



## Lake County General Health District

**NEWS RELEASE**  
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**LAKE COUNTY GENERAL HEALTH DISTRICT**

### **THE LAKE COUNTY OBESITY PREVENTION INITIATIVE**

To combat the rising issue of childhood obesity, the Lake County General Health District (LCGHD) began implementing a \$1.8 million grant through the Carol M. White Physical Education Program (PEP). The program, titled The Lake County Obesity Prevention Initiative, is designed to improve the number of students who meet Ohio State Standards in physical education (PE) through changes to local PE programs over the next three years. The Initiative has been introduced to seven school districts in Lake County, including Fairport Harbor Exempted Village School District, Kirtland Local School District, Madison Local School District, Mentor Exempted Village School District, Painesville City Local School District, Riverside Local School District, and Willoughby-Eastlake City School District. The Lake County Central YMCA and Kennedy Academy will be added to the Lake County Obesity Prevention Initiative in spring 2015.

In fall 2014, 28 elementary schools received SPARK (Sports, Play, and Active Recreation for Kids) physical education curriculum and equipment, as well as Healthy Kids Challenge nutrition curriculum. Each school received a license to FitnessGram, an online comprehensive educational reporting and promotional tool used to assess physical fitness and physical activity levels for children. Food service staff will receive training from HealthierUS School Challenge, a voluntary initiative that works to improve the quality of foods served in schools. Students are also participating in three assessments for physical fitness and activity levels.

The plan over the next three years is to increase the number of schools participating in the program from 28 to 47 to work in partnership with LCGHD to increase physical activity and decrease the rates of childhood obesity among nearly 33,000 students. Let's get moving, Lake County!