

# Healthy Kids/Hungry Kids

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## **BACKGROUND:**

“Childhood obesity is a serious medical condition that affects children and adolescents. It occurs when a child is well above the normal weight for his or her age and height. Childhood obesity is particularly troubling because the extra pounds often start children on the path to health problems that were once confined to adults, such as diabetes, high blood pressure and high cholesterol. Childhood obesity can also lead to poor self-esteem and depression. One of the best strategies to reduce childhood obesity is to improve the diet and exercise habits of your entire family.”

*(<http://www.mayoclinic.com/health/childhood-obesity/DS00698>)*

## **PROJECT OBJECTIVE:**

Our project’s objective was to make it easy for children to eat nutritiously and to encourage active lifestyles. To this end, we created a video that illustrates children easily making a healthy snack that will be available on the wellness program web pages at Cornell University and on a microsite that will be hosted by [www.goshindo.us](http://www.goshindo.us). The microsite will include the video and serve as a portal to online information that highlights “things to do to be active.”

## **COMMUNITY PARTNERS:**

Cornell University Wellness Program  
Dragon Fire Marshall Arts

## **PROJECT OUTCOMES:**

Cornell University Wellness Program has a website, and we produced and made available to Cornell a video that stars children speaking about healthy lifestyles, and making a healthy snack, accompanied by easy directions.

A website portal was also created, and will be maintained by [www.goshindo.us](http://www.goshindo.us) that directs users to information about healthy activities for adults, children and families.