



Healthy Living Cambridge Kids

HEALTHY CHILDREN TASK FORCE – CAMBRIDGE, MA

Purpose

To help children eat better and be more active through innovative programs developed by the Cambridge Public Health Department and partners throughout the city³²

Target Population

Children in Cambridge, Mass.

Goals

- To increase fruit and vegetable consumption to five or more servings per day
- To reduce television viewing time to two or fewer hours per day
- To exercise for one hour every day

Years in Operation

2000 – present

Structure and Operations

Key components of the Healthy Living Cambridge Kids intervention include:

- Improved physical education; a Health and Fitness Progress Report that documents body mass index for age and fitness scores
- FITtogether family outreach nights
- Farm to school activities
- School nutrition policy (e.g., vending machine guidelines); partnerships with school nutritionists, and; CitySprouts school garden program
- Expanded extracurricular nutrition and fitness programming and staff training
- Public health outreach and community partnerships (e.g., Cambridge Youth Sports Commission)

The Healthy Children's Task Force also produces a community guide, *Cambridge Moves*, for families and children. The guide provides ideas on where and how to participate in local physical activity programs. The Institute for Community Health provides the research, monitoring and evaluation for the Healthy Children Task Force and Healthy Living Cambridge Kids.³³

Funding

Healthy Living Cambridge Kids is funded by the Cambridge Public Health Department in conjunction with the Cambridge Health Alliance.

For More Information

Additional information is available online:

<http://www.icommunityhealth.org/ichprojectshealthychildren.shtml>