

PUBLIC SECTOR NEWS

HARC DATA SHOW HEALTHY HABITS PROGRAM CHANGES LIVES

A study by the Health Assessment Resource Center (HARC) shows that the Boys & Girls Clubs of Coachella Valley's (BGCoFCV) Healthy Habits program made strides in improving health knowledge and behavior of local youth.

"The program that we developed had measurable, life-changing results for our members," said Quinton Egson, BGCoFCV chief professional officer. "We are eager to expand this program, and its results, to our clubs across the valley."

HARC researchers looked at health knowledge, health behaviors and objective health outcomes of the members at three clubs. Tests conducted before and after the program measured its effectiveness.

HARC data showed that the Healthy Habits program led to positive changes in youth behavior and activity:

- 30 percent average increase in health knowledge
- 33 percent average rise in daily fruit consumption
- Average days per week with substantial exercise jumped from 4.4 to 5.2
- Physical fitness test scores improved an average of 10 percent

The Healthy Habits program, supported by the Humana Foundation and developed by BGCoFCV, is a 10-week program comprised of: nutrition classes, fitness classes, family nights and community events. The program was offered to 54 youth ages 9 to 17 at the Indio and Mecca Clubs, as well as the Jefferson Middle School afterschool program site.

"We are delighted to partner with outstanding nonprofits in Coachella Valley, like the Boys & Girls Clubs of Coachella Valley," said Virginia Kelly Judd, executive director of the Humana Foundation. "These are exciting outcomes and we are thrilled to be part a program that is improving the health and well-being of young people and families in the community."

The two primary components of the program, nutrition classes and fitness classes, were enhanced with six family nights and participant involvement at the Indian Wells Chamber of Commerce Health and Wellness Fair.

For more information about Boys & Girls Clubs of Coachella Valley, the Healthy Habits Program, or to donate, visit www.bgcofcv.org, or call (760) 836-1160.

HEALTH FAIR AT CSUSB PALM DESERT ON MAY 4

The nursing department at Cal State San Bernardino's Palm Desert Campus will host a health fair on Saturday, May 4, from 9 a.m. to noon, in the campus's Palm Desert Health Sciences Building.

The goals of this free health fair are to bring together healthcare providers, health-related organizations and residents of the Coachella Valley; raise awareness of disease prevention and treatment; educate the public on achieving and maintaining healthy lifestyles; reinforce the actions of individuals who are already practicing healthy behaviors; and deliver up-to-date preventive health information.

"This health fair is a great opportunity for people of all ages within our community," said Paula Spencer, a nursing instructor at the campus. "We will have the nursing students seeking a bachelor's degree at the CSUSB Palm Desert Campus, along with other local healthcare partners, coming together to offer health screenings, information and education on a wide array of topics, specifically chosen to meet the needs of the people of the Coachella Valley."

Confirmed vendors include: Desert AIDS Project, Lifestream, FIND Food Bank, WIC, Desert Women for Equality/Susan G. Komen for the Cure, SchockenAwe Fitness and Clinicas de Salud del Pueblo, Inc.

Admission is free and parking will be paid by Friends of the Palm Desert Campus. The CSUSB Palm Desert Campus is located at 37-500 Cook St., in Palm Desert.

Attendees are encouraged to bring non-perishable foods to be donated to FIND Food Bank.

The fair is co-sponsored the CSUSB Palm Desert Campus, the CSUSB Palm Desert Campus Nursing Department and the Coyote Nurses of the Desert.

For more information about the health fair, contact Ana Mata at ana.matausmc@yahoo.com.

RANCHO CORDOVA SITE TO BECOME A DESIGNATED COVERED CALIFORNIA CALL CENTER

Covered California announced today that by the end of the year it will open a state-of-the-art call center in Rancho Cordova. Representatives at the call center will guide Californians