MISSION STATEMENT

Franciscan Health is committed to supporting children in making good choices in food and in maintaining beneficial levels of physical activity. Our mission is to reduce the incidence of health problems related to obesity in children.

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Continuing Christ’s Ministry in our Franciscan Tradition
Franciscan Health’s *Healthy Choices* and *RUFIT* programs are committed to providing educational tools children need to avoid or reduce obesity and the subsequent effects diabetes has on one’s health. Obesity in children continues to be a national health issue. *Healthy Choices* educators present a customizable health education program to school age children, in a fun and interactive way for children to learn the benefits of making healthy food choices and learning why keeping active is important for growing bodies.

**HISTORY**
Franciscan Health has presented *Healthy Choices* for over six years at various locations in South Suburban Chicago. We have worked with schools, park districts, community and day care centers and after school programs providing education on making healthy choices in nutrition and activity levels for youth ages 8 to 14.

**MISSION**
Along with our community educators and clinical experts in areas of diabetes and nutrition, we are here to assist schools in the communities we serve to increase opportunities for activities and educate students about nutrition so the incidence of childhood obesity can be reduced.

**GOAL**
Our goal is to provide children with the tools they need to make better choices at home, school and restaurants. The *Healthy Choices* and *RUFIT* programs provides a unique opportunity for youth in the community to learn about healthy decision making with food and activity levels in a way that keeps them engaged and informed.

**By the program end, participants are able to**
- Make better choices at a fast food restaurant
- Learn more about portion control
- Name three ways of increasing activity level
- Fun activities to get yourself moving
- Understand food pyramids and food labels
- Discover new fruits and vegetables

We have the ability to customize the program for each location to provide the best learning opportunity. Length, frequency and dates of the program can be modified to fit the needs of your organization. Healthy snacks are provided at the last session. Hands on demonstrations are used to make learning fun. There is no cost to participants or the organization. The program is funded by Franciscan Health.

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