

Genesee County
Health Department

Genesee Health
System

Michigan State
University Extension

Health Plan of
Michigan

Youth Violence
Prevention Center of
Michigan

Crim Fitness
Foundation

Safe and Active
Genesee for Everyone

Genesee Intermediate
School District

Hurley Medical
Center

YMCA of Greater
Flint

HealthPlus of
Michigan

McLaren Health Plan

Mott Children's
Health Center

Hamilton
Community Health
Network

Total Health Care
Priority Children
University of
Michigan-Flint

Michigan State
University

Genesee County
Parks

Flint River
Watershed Coalition

Blue Cross Blue
Shield of Michigan

Genesee County
Community Action
Resource
Department

Flint Community
Schools

National Kidney
Foundation of
Michigan

Universal Kidney
Foundation

Flint Children's
Museum

Genesee County
Community
Members



Growing Healthy Children and Families in Genesee County through

SPROUT

STEERING PREVENTION-REDUCING OBESITY- UTILIZING TEAMWORK

Mission:

To improve the health and well-being of Genesee County children by addressing ways to reduce and prevent childhood obesity.

Vision:

Creating a community that fosters and supports healthy lifestyles for children and families.

MEDIA RELEASE

Date: October 20, 2015

Release Date: For Immediate Release End Date: December 18, 2015

Contact Person: Suzanne Cupal, M.P.H.
Public Health Supervisor
Genesee County Health Department

Phone: (810) 768-7970

RE: **SPROUT Art Contest**

The SPROUT Coalition is sponsoring an art contest open to school age children in kindergarten through 12th grades. The contest is open from now until December 18, 2015. Children in grades kindergarten through 3rd grade are asked to answer the question *“What Does A Healthy Plate Look Like?”* The art work submitted should be an original design and can be submitted on 8 1/2 inch by 11 inch or 11 inch by 17 inch paper. Students in grades 4th-12th grades should submit an original design that answers the question *What Does A Healthy Community Look Like?”* All the art work submitted can be submitted on 8 1/2 inch by 11 inch or 11 inch by 17 inch paper.

Prizes will be awarded in the following age categories:

- Kindergarten-3rd Grade
- 4th - 6th Grade
- 7th-8th Grade
- 9th-12th Grade

Local school, after-school and faith based youth programs are participating in the contest. Original art work and an entry form can be submitted through those programs or mailed to the Genesee County Health Department at 630 S. Saginaw Street, Suite 4, Flint, Michigan 48502. Entries must be received by 4pm on Friday December 18, 2015 to qualify.

Childhood obesity is entirely preventable. The SPROUT Coalition has launched a 5210 campaign to remind everyone of four simple steps that can help prevent childhood obesity. Every day:



5 - Eat 5 or more fruits and vegetables.

2 - Spend 2 hours or less on the computer or playing video games ("Screen Time").

1 - Be physically activity for at least one hour.

- and -

0 - Avoid sugary drinks. Drink more water & low-fat milk instead.

Winning entries will be used to continue to support the 5210 message in our community. The artwork submitted will be displayed in a gallery exhibit at the Flint Children's Museum next spring. A jingle and public service announcement contest for student groups will follow the art contest in January 2016.

The SPROUT Coalition is a group of community organizations, institutions and community members that have come together to address the issue of childhood obesity in Genesee County. Together we will improve the health and well-being of Genesee County children and families by raising awareness of this issue in our community. We are working to change the environments in which individuals make decisions about their health. By changing policies, we can provide access to healthy foods, provide safe places for children to play, promote community gardens, improve access to health care and promote healthy eating and active living.

Children need information and guidance to make informed decisions about food and exercise. The SPROUT Art Contest provides an opportunity for school, after-school and faith-based youth programs to share that information with students. If we keep our kids healthy now, it will alleviate a major burden on our health care system while giving millions of young people the opportunity to live longer, healthier lives. The SPROUT Coalition's vision is a community that fosters and supports healthy lifestyles for children and families. Visit the SPROUT website for more information about preventing childhood obesity www.sproutgc.org or The Genesee County Health Department's website at www.qchd.us

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