

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: May 16, 2016
 Release Date: For Immediate Release End Date: May 31, 2016
 Contact Person: Suzanne Cupal, MPH
 Public Health Supervisor
 Genesee County Health Department
 Phone: (810) 768-7970
 RE: **SPROUT Art Contest Winners**

The SPROUT Coalition sponsored an art contest open to school age children in Pre-kindergarten through 8th grades. Children in grades Pre-kindergarten through 3rd grade were asked to answer the question, "What Does A Healthy Plate Look Like?" The students in grades 4th-8th grades submitted an original design that answers the question, "What Does A Healthy Community Look Like?"

Congratulations to the Winners:

- Pre-K – 1st Grade**
 - 1st Place – Levi Momch
 - 2nd Place – Joshiah Thomas
 - 3rd Place – Taniya Kenney
- 2nd - 3rd Grade**
 - 1st Place – Masin Green
 - 2nd Place – Joshua Momch
 - 3rd Place – Alisha Strong
- 4th - 6th Grade**
 - 1st Place – Andre Johnson
 - 2nd Place – Dylan Petrowski
 - 3rd Place – Amari Stuart
- 7th - 8th Grade**
 - 1st Place – Sydney Clark
 - 2nd Place – Caleb Welch
 - 3rd Place – Beylah Carver

The winner's art work will be on display at the Flint Children's Museum through the entire month of May. Afterwards, they will be on permanent display at the Genesee County Health Department.

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 active 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.gchd.us

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