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**TO PREVENT CHILDHOOD OBESITY IN CHILDREN
UP TO AGE 5**

**Application Grant Program
Funding Guidelines 2016**

PREVENTION OF CHILDHOOD OBESITY FUNDING PRIORITY

The HNH Foundation has long prioritized the health and well-being of vulnerable children and their families and has identified the prevention of childhood obesity as a funding priority.

Obesity increases the risk for several chronic diseases including type 2 diabetes, high blood pressure, liver disease and depression during childhood and into adulthood. According to The Centers for Disease Control and Prevention, halting and reversing the obesity epidemic requires a comprehensive and coordinated approach using policy, system and built environment change to support healthy eating and physical activity across multiple settings and populations. Between 1990 – 2014, obesity rates continued to rise among New Hampshire adults.¹ While the rates for childhood obesity show promising signs of leveling off, the rate of overweight and obesity for children remains high. According to the 2013-14 [New Hampshire Healthy Smiles Healthy Growth Survey](#), 28% of New Hampshire's third grade students were overweight or obese; 25% of New Hampshire high school students reported being overweight or obese in 2013.²

Addressing the environments in which children live, learn and play is key to supporting children's ability to achieve and maintain a healthy weight. For example, establishing healthy food policies in early learning settings provides children with opportunities develop healthy eating habits; improving local access to fruits and vegetables provides parents and caregivers the opportunity to prepare healthy meals and snacks; re-thinking communities to include nearby access to parks and playgrounds and adopting policies and plans that include safe places to walk and bike enhance opportunities for physical activity. Integrating these supports throughout communities demonstrate support for childhood obesity prevention efforts.

As the evidence base has accumulated over the last several years regarding best practices to prevent childhood obesity, the role of policy development, system change and built environment strategies have emerged as critical components for making broad based, measurable improvements in the growing epidemic. Given the HNH Foundation's strong interest in investing its resources in evidence-based strategies, the Foundation has focused its resources to these higher-impact interventions. Funding is available for activities that promote access to affordable healthy food, and enhance opportunities for physical activity for children and their families at the local and state level. In addition, data, communication and advocacy to support these approaches are also a priority to prevent childhood obesity.

¹Source: Trust for America's Health and Robert Wood Johnson Foundation. The State of Obesity 2015 [PDF]. Washington, D.C.: 2015.

²Youth Risk Behavior Survey New Hampshire 2013 and United States 2013 Results

PREVENTION OF CHILDHOOD OBESITY FUNDING STRATEGIES

Funding is available from the HNH Foundation for activities that support children, up to age 5, achieving and maintaining a healthy weight. As described in the [Healthy People Healthy Places Plan 2014](#), this includes building local and state-level capacity to establish policies, systems, and environment change to enhance places to walk and bike, and increase consumption of fruits and vegetables, and other healthy foods. Applicants seeking funding to support activities in this Activities supported by HNH Foundation funding. [Funding requests for strategies and activities to prevent childhood obesity should align with- and advance the Healthy People Healthy Places Plan](#)

While the Foundation focus is on young children, we recognize the role of parents and caregivers in children's access to healthy food and physical activity. Therefore, proposals for funding that include adults, in addition to young children, will be considered.

The Foundation has a long-standing commitment to- and investment in [Healthy Eating Active Living \(HEAL\) NH](#). Therefore, obesity prevention funding for established HEAL Coalitions is prioritized, although all entities meeting the criteria for this funding priority are encouraged to apply.

Funding strategies include:

- A. Support for establishing and sustaining coalitions or partnerships that result in communities with increased access to healthy food and enhanced places for physical activity, for children up to age 5 and their families.
- B. Support for activities to establish local level policies and practices to promote healthy eating and active living, for children up to age 5 and their families.
- C. Data collection, analysis, communication and advocacy to increase awareness of childhood obesity for children up to age 5, and build support for state and local policies and practices to prevent childhood obesity.

The Foundation invites proposals from:

- HEAL Coalitions or other community partnerships with capacity to plan and implement Healthy People Healthy Places Plan strategies and outcomes;
- NH Public Health Networks that include obesity prevention in their NH Division of Public Health Services planning documents;
- Regional Planning Commissions, municipalities or similar entities seeking to establish and enhance places to walk, bike and play, and access healthy food within neighborhoods or communities;
- Early learning coalitions or peer mentoring collaboratives seeking to build professional capacity to implement childhood obesity prevention policies and practices.

Examples include –

- Convening to develop a plan to improve access to healthy food and safe places to walk and bike, as identified in Healthy People Healthy Places Plan 2014
- Implementing policies or practices to improve access to healthy food and safe places to walk and bike
- Improving knowledge to implement policies and practices to prevent childhood obesity in children up to age 5
- Gathering data, communicating assessment results, or conducting information sessions to improve policies, systems and environments to prevent childhood obesity

Interested applicants may contact Patti Baum, Program Officer, for more information or to discuss your concept for funding – pb@hnhfoundation.org