

DATE: MARCH 4, 2009

TO: THE HONORABLE MAYOR AND MEMBERS OF CITY COUNCIL

FROM: JAMES HARTMANN, CITY MANAGER

SUBJECT: PARTNERSHIP FOR A HEALTHIER ALEXANDRIA AWARDED
\$40,000 ACHIEVE GRANT

I am pleased to advise you that the Healthy Lifestyles Work Group of the Partnership for a Healthier Alexandria and the Alexandria Health Department received a two-year grant for \$40,000 from the National Association of City and County Health Officials (NACCHO) to support a coalition building and early childhood obesity prevention initiative. Representatives of the Partnership will be presented at Council's March 10 legislative meeting to announce the grant during the City Manager Oral Presentations.

The Healthy Lifestyles Work Group's early childhood obesity prevention initiative is being done in collaboration with the Early Childhood Commission, the Arlington/Alexandria School Readiness Council, and other community organizations and businesses.

Alexandria was chosen by NACCHO as one of ten demonstration sites to address chronic disease risk factors of physical inactivity and poor nutrition at the policy, systems, and environmental change level to reduce the burden of chronic diseases such as arthritis, obesity, diabetes, cardiovascular disease, and cancer.

This initiative is funded by the Centers for Disease Control and Prevention (CDC) and is part of a broader Healthy Communities collaborative with NACCHO, YMCA of the USA, National Association of Chronic Disease Directors, and National Recreation and Parks Association. For the CDC's broad collaborative, 43 communities were chosen from across the United States, of which Alexandria was the only site in Virginia.

With the grant funds, the Healthy Lifestyles Work Group plans to collaborate with early childhood groups and other stakeholders in the community, including the Early Childhood Commission and the Arlington/Alexandria School Readiness Council, to implement an environmental and policy change initiative that promotes physical activity and healthy eating among children, ages 2-5. This initiative is targeted at young children to address results of the INOVA Health System's 2007 Healthy Weight Collaborative survey revealing that 43.5 percent of Alexandria children, ages 2-5, are at risk for being overweight or obese, compared with only 28.6% of children in Arlington.

As part of the grant, the Healthy Lifestyles Work Group and its partners will be attending two national trainings on leadership, community engagement, and policy change. One of these trainings will be held here in Alexandria and will draw teams from across the eastern United States. We're pleased that NACCHO has chosen Alexandria for the East Coast training meeting.

The Healthy Lifestyles Work Group received \$15,000 for the first fiscal year (ending September 2009) to support training and coalition building efforts that will ultimately lead to the creation of a community action plan to address early childhood obesity. Upon successful completion and approval of an action plan, the Healthy Lifestyles Work Group will be awarded an additional \$25,000 to begin implementing this plan. The Health Department will serve as the fiscal agent for all funds received.

cc: Marian Van Landingham, Chair, Partnership for a Healthier Alexandria
Lisa Baker, Co-Chair, Healthy Lifestyles Work Group/ Director, Office on Women
Christina Johnston, Co-Chair, Healthy Lifestyles Work Group/Registered Dietitian of Arlandria Neighborhood Health Services, Incorporated
Jackie Henderson, City Clerk
Michele Evans, Deputy City Manager
Debra Collins, Assistant City Manager for Community and Human Services
Bernie Caton, Legislative Director