

In response to the priority issue addressing youth obesity and Type II diabetes, The Health Collaborative developed a youth obesity prevention project called Project Measure Up (PMU). The importance of this initiative can be seen over the past 20 years as the number of overweight children between 6 and 11 years old has more than doubled and the number of those between ages 12 and 19 has more than tripled.

PMU began as an effort to bring resources to our schools to improve school health culture and meet the State fitness mandates. The PMU Volunteer Corps worked with local school districts to conduct health and general fitness assessments. Through PMU, our volunteers continue to be involved with school-based youth fitness programs.



Mission

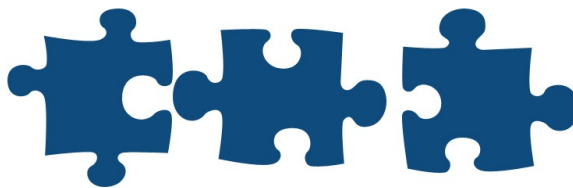
The mission of Project Measure Up is to raise awareness of the prevalence of youth obesity in Bexar County by facilitating and advocating for activities and policies focused on youth obesity prevention and reduction.

Goal

The goal of Project Measure Up is to decrease the prevalence of youth overweight and obesity in Bexar County by providing leadership in planning and partnership related to surveillance research of the impact of school-based programs targeting youth obesity prevention.

Funders

Project Measure Up is generously funded by the following organizations: Baptist Health Foundation of San Antonio, the Kronkosky Charitable Foundation, Methodist Healthcare Ministries, the San Antonio Area Foundation, and the Max and Minnie Tomerlin Voelker Fund.



Partners

Alliance for a Healthier Generation
Girl Scouts of Southwest Texas
Reshape to Live/Inspiration for Life
San Antonio Metro Health

Volunteer Corps/ Service Learning

Baptist Health System School of Health Professions
Our Lady of the Lake University
San Antonio College School of Nursing
St. Phillips College School of Allied Health
Trinity APO
University of Texas Health Science Center SA
University of Texas San Antonio
University of the Incarnate Word

ISD's

Alamo Heights, Harlandale, East Central, Edgewood, Judson, San Antonio, South San, Somerset, and Southside.



www.ProjectMeasureUp.com

How we achieve our goals:

- Training and maintaining the Project Measure Up Volunteer Corps to help conduct physical education evaluations and health education lessons.
- Facilitating meetings with parents and community members to build resources and create strong family outreach networks.
- Developing the District Health Index (DHI). The DHI illustrates the state of our children's health with regards to physical fitness and the prevalence of overweight and obesity over time. This information can be broadly applied across schools, public health agencies, funding organizations and local governments.

Community Outreach

- 'Spring Into Action' Spring Break Camp
- Fit Fest
- Fun Fitness Safari
- Morgan's Wonderland's Race for Inclusion
- Salvation Army Summer Camp

*Please click [here](#) to view our YouTube channel

Project Measure Up Volunteer Corps

We currently have an open call for volunteers and have been very successful in our recruitment efforts. The PMU Volunteer Corps is comprised of college students, nurses, parents and individuals concerned about the health of our kids

Our Volunteers:

- Help evaluate physical education classes
- Engage and educate Families
- Assist PE coaches with their curriculum
- Encourage students
- Help maintain our community garden



Become a Volunteer!

If you are interested in becoming a PMU Volunteer, please call The Health Collaborative at (210) 481-2573.

Also visit our website at www.HealthCollaborative.net



The Health Collaborative community garden is an extension of Project Measure Up. Local universities, community members and organizations contribute time and effort to maintain the community garden throughout the year. The community garden is used as an interactive education tool to inform children about healthy eating and gardening. Master Gardeners attend community garden work days to help educate children

Interested in The Health Collaborative Community Garden?

Please contact us at
(210)481-2573 or visit us at
Www.HealthCollaborative.net

