



# Healthy Active Long Beach

**Presented by:**  
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# Healthy Active Long Beach

- The Healthy Active Long Beach Project was developed in 2003 to address obesity and chronic disease rates in Long Beach.
- Healthy Active Long Beach is funded by the USDA's CalFresh Program thru the Network for a Healthy California.
- A City-Wide project, with most activities taking place in Downtown, Central, West and North Long Beach.



# Healthy Active Long Beach

- **Project Activities Include:**

- **Fun with Food and Play!**

- **Interactive, Free Nutrition Workshops and Healthy Cooking Demonstrations taught in English and Spanish throughout Long Beach.**

- **Jr. Beach Runners Program!**

- **A year-round nutrition and physical activity program for 4<sup>th</sup>-5<sup>th</sup> graders conducted at afterschool WRAP sites and LB Parks. *(partnership with LB Parks & Recreation, ICES Education and RunRacing)***



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- **Project Activities Include:**

- **ReTHINK your Drink!**

- A city-wide education and marketing campaign to increase awareness and promote drinking water while decreasing the consumption of sugar sweetened beverages.

- **Kids in the Kitchen!**

- Co-Sponsored by the Junior League of Long Beach, Kids in the Kitchen is an annual community event focusing on healthy cooking and eating, physical activity and community safety. *(additional partners include LB Parks & Recreation, Chef Michael Poompan, CSULB Dietetics, and Miller Children's Hospital)*



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- **Project Activities Include:**
  - **Recess Breaks!**
    - Physical activity breaks and demonstrations led by Healthy Active Long Beach staff. Breaks include Hula Hoopin', Yoga, Walk-n-Talk, Instant Recess and Bean Bag Cardio!
  - **Community Events and Health Fairs!**
    - Nutrition education, material distribution, cooking demonstrations and healthy food tasting at health fairs, farmers' markets, community gardens and community events.



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- **Project Activities Include:**

- **CX3!**

- **Communities of Excellence in Nutrition, Physical Activity and Obesity Prevention (cx3)**

- **Walks the Talk!**

- **Healthy Active Long Beach staff practice what they teach... marathons, bike tours, triathlons, community garden build days, charity walks, etc.**



# Healthy Active Long Beach

- **Partners:**

- **LB Parks and Recreation!**
- **Junior League of Long Beach!**
- **ICES Education!**
- **RunRacing!**

- **Other Key Partners Include:**

- **The Children's Clinic, LBUSD, LA Collaborative for Healthy Active Children, FIRST5/Best Start, The Growing Experience, The Peace Garden, and the Long Beach Alliance for Food and Fitness.**

# Healthy Active Long Beach



Long Beach Department of Health and Human Services



# Healthy Active Long Beach

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