



ULSTER COUNTY NEWS

ULSTER COUNTY NEWS INFORMATION
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FOR IMMEDIATE RELEASE

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The Community Heart Health Coalition Of Ulster County Announces BodyWorks Summer 2008 At The Kingston Hospital Beginning July 1st For 8 Consecutive Weeks

The Ulster County Legislature's Health Services Committee Chairman, Robert Parete – (D-Olive), announces his continued support for *BodyWorks* and urges parents and caregivers of adolescent girls to participate in the program. The first 6 families to sign up and complete the program will receive a \$50.00 gas card. The program will begin July 1 at the Kingston Hospital and there is still room for more participants.

BodyWorks received funding through the **Healthy Eating And Living/HEAL** – Ulster County Task Force in 2007 and the Department of Social Services this year. **HEAL-Ulster** was created by Legislator Robert Parete in 2007, which distributed mini-grants to organizations that demonstrate an interest in the development of educational and outreach efforts to combat obesity in our communities.

According to the Healthy Eating And Living (HEAL) Body Mass Index Screening Study, February 2008, of the 2,105 children included in the study, 2% were underweight, 61.85% were of a healthy weight, 16.58% were at risk of becoming overweight, 19.57% were overweight with 4.75% being extremely overweight. In total 36.15% of the children (18.48% males, and 17.67% females), or 1 in 3, are overweight or at risk of overweight. For a copy of this report, please email the Ulster County Health Department at HealthEd@co.ulster.ny.us.

BodyWorks is an obesity prevention program to inspire families to grow healthy girls and strong women developed by The Office on Women's Health, U.S Department of Health and Human Services. Parents and caregivers of adolescent girls set action plans to improve family eating and exercise habits. Through facilitated workshops parents and caregivers will learn how to create change for their families and break down the barriers that keep people from engaging in physical activity while recognizing the impact that the environment and media have on their choices.

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For more information on the upcoming BodyWorks program in Ulster County visit www.chhculster.org or to register, please contact Laurie Deutsch Mozian MS, RD of the Community Heart Health Coalition of Ulster County at (845) 331-3131 ext. 3252.