



Champions

for bringing healthy choices to life

MULTI-YEAR PROGRESS REPORT



PennState
PRO Wellness



A photograph of four diverse children running happily on a grassy field in a park. The children are of various ethnicities and are wearing colorful clothing. The background shows trees and a blurred park setting.

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Dear Reader,

Thank you for your interest in Penn State PRO Wellness! We are thrilled to share with you our multi-year progress report, highlighting our evidence-based work throughout the Commonwealth of Pennsylvania. Since the Center's inception 13 years ago, we have been engaged in addressing health and wellness for children and their families. Unfortunately, the obesity epidemic wages onward, with an estimated one out of three children overweight or obese. For the first time in history, our youngest generation is expected to live shorter lives than their parents, unraveling recent major medical advances. Now, more than ever, our work is necessary in transforming public health.

This report highlights a key number of projects PRO Wellness has undertaken in the last several years. We have been fortunate to have a collaborative relationship with the Pennsylvania Department of Health and funding through the Centers for Disease Control and Prevention. Through this work, we will engage 15 school districts, 80 schools in all, to empower them to make a difference in the lives of their students through effective health and wellness policies and their implementation. We've continued a long-standing relationship with the Highmark Foundation, which has enabled us to partner on their mission to address childhood obesity. From providing technical assistance to over 100 schools funded through their mini-grants to improve health and wellness, to conducting school-based screenings, and providing professional development opportunities to school nurses, we have played a role in the lives of students, teachers, and school nurses in approximately 500 schools.

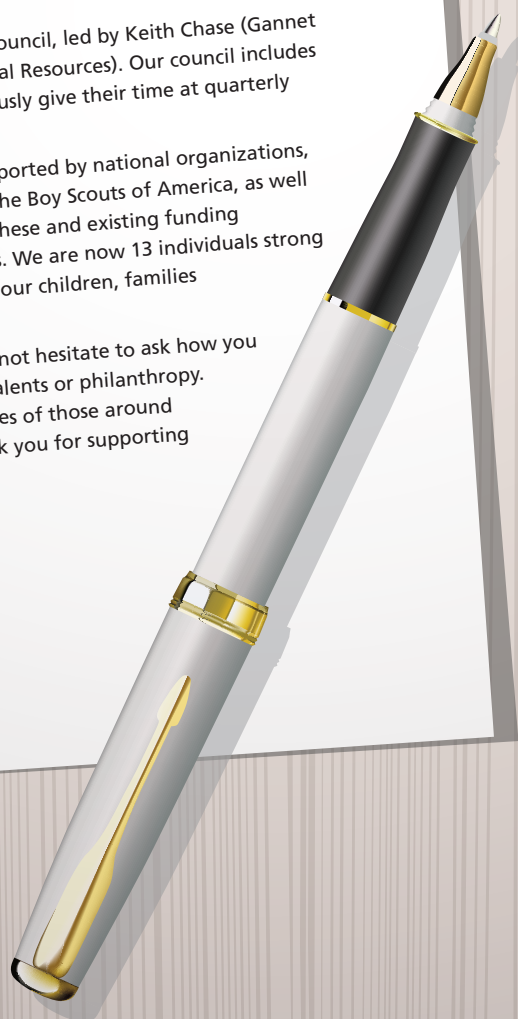
We are appreciative of our new home in Penn State College of Medicine's Department of Pediatrics. Leadership within pediatrics has been long-time incredible supporters of our initiatives. Kohl's Cares funding that the Children's Hospital receives has supported our Healthy Champions program, which has reached 425 schools over its three-year history.

We would be remiss in not recognizing our incredible Advisory Council, led by Keith Chase (Gannet Fleming) and Diane Kripas (Department of Conservation & Natural Resources). Our council includes experts from over 40 organizations across the state, who generously give their time at quarterly meetings and throughout the year to guide the Center.

Our funding portfolio continues to grow, with new projects supported by national organizations, including Patient-Centered Outcomes Research Institution and the Boy Scouts of America, as well as new local partners, including Faulkner Nissan. As a result of these and existing funding opportunities, our team has continued to grow in size and skills. We are now 13 individuals strong and better equipped to meet the health and wellness needs of our children, families and communities both locally and across the state.

Of course, we cannot do this important work alone. Please do not hesitate to ask how you can participate in the Center's efforts, either with your time, talents or philanthropy. Together, we can make a difference in helping improve the lives of those around us – one child, one family and one community at a time. Thank you for supporting our efforts!

On behalf of PRO Wellness,
Jennifer Kraschnewski, MD MPH
Executive Director



Committed to Inspiring Healthy Living

Penn State PRO Wellness is committed to educating and inspiring youth and their families to eat well, engage in regular physical activity, and become *champions for bringing healthy choices to life*.

We help Pennsylvania communities live healthier lives using evidence-based strategies for measurable and sustainable results. Our approach of Prevention, Research and Outreach provides schools, communities and like-minded organizations with program development and implementation, assessment and evaluation, capacity building, technical assistance, collaborative partnerships and access to proven wellness interventions.



PennState
PRO Wellness

Major Funders:

PENNSYLVANIA DEPARTMENT OF HEALTH
HIGHMARK FOUNDATION
KOHL'S CARES



**PENNSYLVANIA
COUNTIES SERVED**



\$1,600,000

IN GRANT MONEY AWARDED TO SCHOOLS

The Pennsylvania Advocates for Nutrition and Activity (PANA) got its start through a partnership with the Pennsylvania Department of Health and a Centers for Disease Control and Prevention grant to fund healthy community activities in the state of Pennsylvania.

Just one year later, PANA established its connection to Penn State by joining Penn State Outreach.

PANA/I-CAAN received a five-year, \$1 million grant from the Highmark Foundation. A teenager empowerment campaign, nrg-Powered by Choice Teen Movement, forwarded a mission to obtain teen champions in high schools to learn healthy habits, adopt them and advocate for fellow students to do the same.

2003

2004

2006

2007

Schools required a wellness policy (mandated in 2004 by the Child Nutrition and WIC Reauthorization Act). The Healthy Champions Program was created.

PANA established a new organizational home through the Penn State Institute for the Collective Advancement of Activity and Nutrition (I-CAAN), a joint initiative between Penn State Outreach and the College of Health and Human Development.

7,000 STUDENTS

IMPACTED BY SAFE ROUTES TO SCHOOL PROGRAMS

THE LAUNCH OF AN
EXPERT-REVISED **BMI LETTER**
RESULTED IN OVER

360

REQUESTS FOR ACCESS



**HEALTHY
CHAMPION
SCHOOLS**

472

SCHOOLS

56

PA COUNTIES

809

SCHOOLS OR DISTRICTS
WERE PROVIDED
TECHNICAL ASSISTANCE

1,119



**INDIVIDUALS TRAINED THROUGH OUR
PROFESSIONAL DEVELOPMENT PROGRAMS**

SCHOOL NURSE SERVICES

OVER 1,200 SCREENINGS
503 PROFESSIONAL DEVELOPMENT SESSIONS
6 WEBINARS WITH 234 PARTICIPANTS



In 2007, PANA/I-CAAN set their sights on the Hershey campus. They established a new affiliation in the Health Evaluation Sciences Department (now Public Health Sciences) at the College of Medicine and became Penn State Hershey Center for Nutrition and Activity Promotion (CNAP).

2007

2009

2013

2015

2016

In 2013, CNAP changed its name to Penn State Hershey PRO ('Prevention, Research, and Outreach') Wellness Center—a rebranding decision that propelled the Center to work more heavily in public health.

In April 2016, the Center became known as Penn State PRO Wellness.

Donna Kephart became the Center's Executive Director in 2009.

In 2015, Dr. Jennifer Kraschewski became Executive Director.



Super+ School Challenge

Schools are uniquely positioned to be a national focal point for obesity prevention. More than 95% of children and adolescents ages 5-17 years are enrolled in schools each year, spend up to half of their waking hours in school, and consume close to one-half of their daily calories there. Evidence shows that improvements in physical activity and nutrition at school give students of all backgrounds opportunities for leading healthier, more productive lives. In contrast to clinical programs, school programs can be delivered at little or no cost to families and can reach low-income children who otherwise may not receive treatment.

Our Role

In 2010, the Highmark Foundation took its Highmark Healthy High 5 school challenge program to a new level by providing \$650,000 in Super+ School Challenge funds to 13 Pennsylvania schools spanning 11 counties, seven of which exceeded the Pennsylvania state average of children who are overweight or obese. Each school was awarded approximately \$50,000 to make effective and sustainable changes to their school environment in the areas of nutrition and physical activity.

To oversee the success of the grant program, Penn State PRO Wellness served as the coordinating center for the Super+ School Challenge grant program. We provided technical assistance to ensure grant requirements were met. We interacted with these schools regularly through meetings, webinars, one-on-one calls and site visits throughout the two-year funding period to help ensure each school's success.

\$650,000 | was awarded to help make sustainable changes to 13 PA schools in nutrition and physical activity.

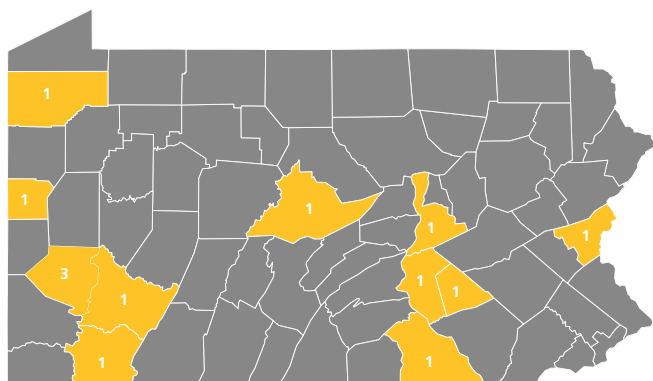
The Results

The Super+ Challenge positively impacted the nutrition and physical activity habits of more than 7,880 students spanning grades K-12. The schools increased physical activity with new recreation and activity-related curriculum in physical education classes; purchased heart rate monitors and mountain bikes; retrofitted unused building space into fitness centers; implemented physical-activity based after school programming; and built an outdoor fitness trail. In addition, Super+ Schools have incorporated nutrition education into classrooms; put salad bars into elementary school buildings; grew fruits and vegetables; and, implemented nutrition-based after-school programming, all yielding significant results.



... Once we kicked off the program, the kids loved it! We have received such positive feedback from the students. The initial response was overwhelming and we had so many students eating at the salad bar that the other lunch lines were nearly empty!

New Kensington Arnold School District
– Greenwald Elementary





Community-Based Organizations

With large demands placed upon schools, it is vital that communities provide alternative, but accessible, venues for healthy lifestyles that service large groups of children. Changes in these settings can inform policies and programs in schools and after school programs. Furthermore, with more than half of our nation's youth participating in out-of-school organizations, this is an under-utilized subset of accessible youth for implementation and evaluation of obesity prevention programming.

In April 2011, the Highmark Foundation funded seven community-based organizations (CBOs) in central, southwest and southeast Pennsylvania with the purpose of building their capacity to provide evidence-based, quality physical activity and nutrition programs and, subsequently, showing measurable changes and improvement in the health status of the children and youth they serve.

Our Role

Penn State PRO Wellness, in partnership with the Highmark Foundation, developed a practical and comprehensive approach for the CBOs to implement nutrition education and physical activity programs in their after-school and summer programs. This approach included:

- expanding or increasing capacity of CBOs with existing year-round after school physical activity and/or nutrition programs that are coordinated and accessible
- educating and engaging parents and families about the importance of children's health by providing strategies for adopting healthy behaviors
- partnering with schools to further the health and wellness agendas
- increasing awareness among families through a series of education forums, workshops and presentations

COMMUNITY-BASED ORGANIZATIONS

FAMILY RESOURCES

HOSANNA HOUSE

LANCASTER RECREATION COMMISSION

OLIVET BOYS & GIRLS CLUB OF READING & BERKS COUNTY

SALVATION ARMY

SCHENLEY HEIGHTS YOUTH DEVELOPMENT

YOUTHPLACES

**5,000 YOUTH
GRADES K-12**
POSITIVELY IMPACTED BY
AFTER SCHOOL/SUMMER PROGRAMS

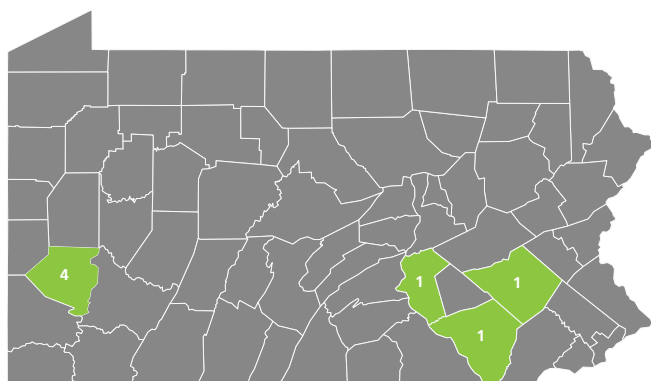
The Results

As a result of this funding and technical assistance provided by PRO Wellness, the seven grantees partnered with schools to incorporate sustainable, evidence-based nutrition and physical activity programs into their existing after-school and summer programs with remarkable results and outcomes.

Nearly 5,000 youth in grades K-12 were positively impacted as a result of participation in one or more of these community-based organization's after-school and/or summer programs. These included a year-round swimming program, a team sports program, teen health and fitness program called Kids in the Kitchen, tennis, soccer, basketball and Zumba.

Other results included:

- exceeding enrollment goals with some nearly doubling in number
- significant improvement in knowledge of nutrition and physical activity
- 160% increase in physical activity minutes
- 9.7% increase in BMI percentiles measured in the 75th and 100th percentiles
- increased parent attendance at program events
- increase in the number of sites offering after-school programs
- expansion of after-school programming as a result of school partnerships in all seven CBOs



The more we instill in our children early in life these physical activity habits that will last them a lifetime, the better they're going to do. And so we'll try to do what we can to expand those opportunities before school, during the school day, after school...

– Arne Duncan, U.S. Secretary of Education





Mini-Grant Programs

In 1970, 50% of students walked to school. Today, only about 10% of children walk to school, which took about 3 miles out of a child's weekly routine. Safe Routes to School programming is shown to increase the rates of walking and biking to school and increases safety for students doing so.

The Pennsylvania Department of Health provided funding through the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention to support both a Safe Routes to School and Capacity Building for Increasing Physical Activity mini-grant program to address the need for increasing physical activity programs in schools and communities.

Our Role

Penn State PRO Wellness, in partnership with Pennsylvania Department of Health, assisted with the development and management of awarded mini-grant programs.

Through detailed technical assistance, which included school assessment and data assistance, webinars, partnerships, evaluation and reporting; 95-100% of schools responded on all reporting elements required to participate in the grant program. All 30 mini-grant recipients reported receiving technical assistance that was “excellent” or “very good”.

Safe Routes to School (SRTS) Mini-Grants

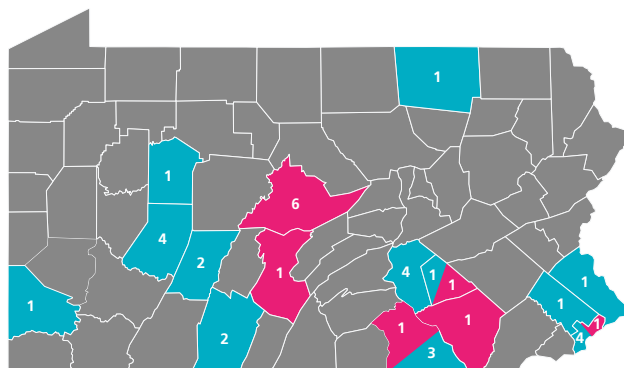
SRTS mini-grants were available to schools (K-8) to make walking and biking to school a safer and more appealing transportation alternative while encouraging health, physical activity and safety. PRO Wellness awarded over \$26,000 in mini-grants across 11 schools and community based organizations (CBOs). Funded programs focused on education, encouragement, enforcement and evaluation. Participating schools reported reaching almost 7,000 students with the programs and events sponsored through the grant program.

One of the priorities of the grant program was to support schools in increasing walking and biking to and from school by at least 5% and 2%, respectively. Henry Houck Elementary school in Lebanon County increased walking to school by 7%, Lincoln Charter School in York County increased walking to school by 19% and from school by 8%, and Port Matilda Elementary School in Centre County increased bicycling to and from school by 7%.

Capacity Building for Increasing Physical Activity Mini-Grants

Capacity Building mini-grants were available to schools (K-12) and CBO partners to increase youth physical activity opportunities. PRO Wellness awarded over \$100,000 in mini-grants across 19 schools and CBO partners in 12 Pennsylvania counties. Participating schools and CBOs reported reaching almost 8,500 students, 500 staff and 3,000 community members through programs and events sponsored through the grant program.

Opportunities for physical activity included before and after-school intramural and fitness programs, community garden projects, implementation of structured recess, a community-wide bike-share program, and a “Family Fitness Fun” program that included physical activity and nutrition components.



This program opened up a place where students and staff could go to participate in after school fitness programs. We had another student lead a pilates and yoga program as well as the cardio kickboxing. Students used the equipment during study halls to release built up energy and aggression.

– Michael Witman, Physical Education Teacher, Millersburg Area School District





Body Mass Index (BMI) Letter Research

Assessing BMI is a quick and simple screening method that can serve as a measure of body fat. However, conveying the results of the BMI measurement to the parents, via letters, presents challenges.

Although state-mandated BMI screening and notification programs look attractive at first glance, school-based interventions have been unsuccessful in reducing childhood obesity prevalence, potentially due to the lack of follow-up with appropriate nutritional education programming for children who screen positive for overweight or obesity. In addition to limited effect, studies have revealed that BMI screening procedures performed on school-aged children do not meet sufficient quality measures regarding policies and guidelines, screening practices, staff training, equipment, and data management. Further, school nurses cite multiple barriers to BMI screening, including workload, lack of privacy, lack of time and lack of policy.



Healthy Champion Schools

Health care providers in Central Pennsylvania conduct a collaborative Community Health Needs Assessment for Dauphin, Cumberland, Perry, Lebanon and York counties in order to understand the region's health needs. As a result of this assessment, two of the greatest needs identified by our communities are the promotion of healthy lifestyles, specifically nutrition and physical activity, and health education.

Our Healthy Champions Program, funded by Kohl's Cares, was developed for Pennsylvania schools as an education and awareness initiative designed to teach youth and their families how to eat well and engage in regular physical activity. Through outreach events, in-school programs, and a strong web presence, the program provides tools and resources for making behavior changes to support increased consumption of fruits and vegetables, making better beverage choices, understanding proper portion size, increasing minutes of daily physical activity and recognizing the need to balance calories consumed through food/drink versus calories burned through physical activity and growth.

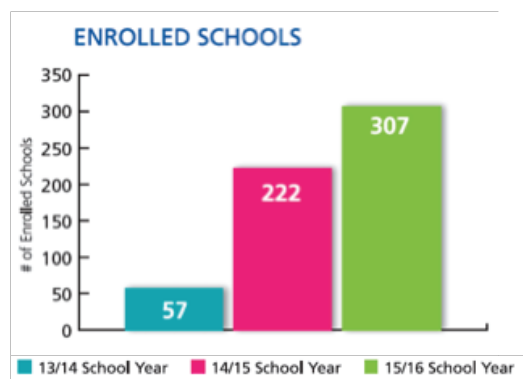
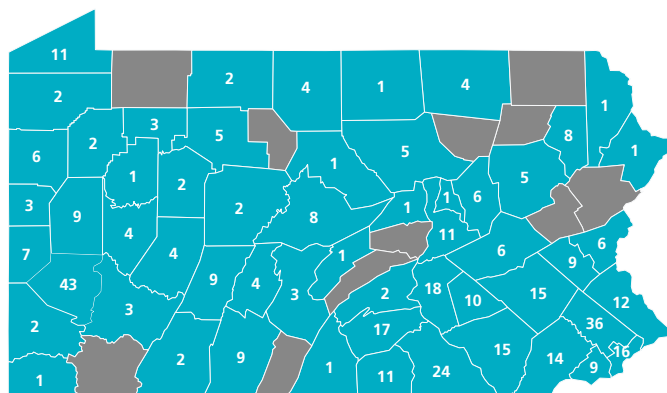
Our Role

In order for schools to enroll in the free Healthy Champions program, an online assessment must be completed and “stars” are awarded based on assessment results. Based on the Institute of Medicine’s recommendations for goals and strategies to prevent obesity, schools are provided with a customized report and are encouraged to set goals for attaining the next level of star ranking in subsequent participation years. A maximum of five stars can be reached.

Providing Resources

Schools enrolled in this program receive a complimentary welcome kit, which includes a banner, infographics and event posters, access to an online resource portal, monthly newsletters, customized school reports, and tools and resources to host and promote four signature awareness events: Apple Crunch, Walk to School Day, Go for the Greens and Move it Outside.

In addition, PRO Wellness provides special incentives through established partnerships. Through collaboration with the Hershey Bears Hockey Club, actively enrolled schools in Dauphin, Lebanon, Lancaster, York, Cumberland, Perry, Schuylkill, Northumberland and Adams counties an opportunity for each student to attend a Hershey Bears home game during the current season.



The Results

- Of the 19 schools that participated in Years 1 and 2, 26% saw an improvement in star status
- Of the 95 schools that participated in Years 2 and 3, 41% saw an improvement in star status
- Of the 17 schools that participated in all 3 years, 76% saw an improvement in star status.

The Healthy Champions Program has proven success and utility in school districts across the state of Pennsylvania. Designed as an education and awareness initiative, the program contains components that may be adapted for use in the workplace, early childcare centers and local community organizations to support or supplement current obesity prevention efforts.



My students love Apple Crunch! The event grows each year and now parents even get involved!

Certified School Nurse, Aronmark Elementary





Building Healthy Schools Grant Program

With a focus on wellness policy and programming in schools, key national organizations in the fight against childhood obesity call upon the use of technical assistance (TA) and professional development as a best practice for advancing overall student health. Technical assistance can be delivered in many forms, including assisting schools in assessment, professional development, identification of administrator support, community partnership development, program implementation and team or wellness council development and meeting organization. TA can be used to facilitate program planning and policy updates and has been shown to increase the effectiveness and sustainability of both. In addition, effectively administered TA can lead to post-program sustainability.

Our Role

The Pennsylvania Department of Health (DOH) provided funding to PRO Wellness through two federal funding sources to facilitate programs focused on healthy eating and physical activity in up to 15 school districts (81 schools) across the Commonwealth through the Building Healthy Schools program.

This initiative builds the capacity of the 15 school districts to:

- implement policies and practices that create a supportive nutrition environment;
- develop, implement and evaluate comprehensive school physical activity programs; and
- identify opportunities to create or enhance community access to places for physical activity.

In addition to developing the grant program, PRO Wellness provides hands-on technical assistance that supports each awarded district in establishing a framework for continued wellness success. Technical assistance includes:

- site visits;
- serving as an extended member of district wellness councils;
- training on policy and assessment tools;
- hosting educational webinars to enhance the funded programs; and
- sharing information for resources, trainings and additional funding opportunities.

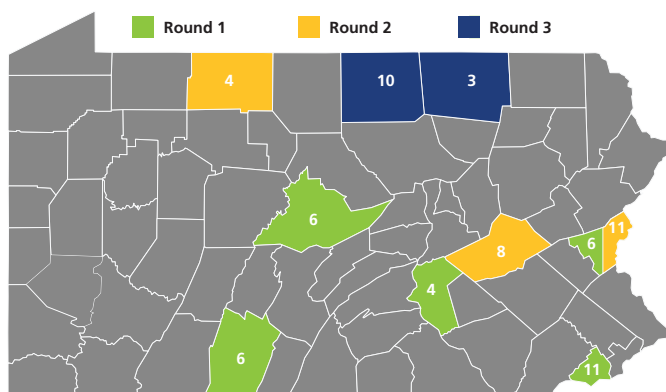
\$165,000 | made available across
15 school districts in PA.

The Results

The Building Healthy Schools grant program takes place over a five-year period. The invited districts were divided into three participation rounds and enroll for two-year cycles. The 15 invited districts represent 12 counties and all six Pennsylvania health districts.

All participating districts will:

- identify a wellness champion to lead the grant initiatives for the district
- establish or enhance a district wellness council
- have active participation of district administrators on the wellness council or wellness activities
- complete assessments of wellness policies and practices to guide action plan development



“

Our community fitness was a success. We keep growing every week. Plus, the program will be self sustaining into the summer months and next school year.

– Tussey Mountain School District

”



Creating a Healthy School Environment Grant Program

Using a project management-based model to develop, implement and evaluate programs and interventions, PRO Wellness strategies have demonstrated success. By utilizing evidence-based resources and research offered by national leading health agencies, such as the Centers for Disease Control and Prevention and National Academy of Medicine, we offer evidence-based wellness strategies in schools, communities and with families. Our models provide the framework for facilitating successful program implementation and fidelity and include hands-on technical assistance, training and tools for continued success and sustainability. Our resources, along with strategic partnership with grant makers, create the recipe needed to guide and empower environments like schools to create a healthier place for kids to play, learn and grow.

Our Role

Through funding from Highmark Foundation's Creating a Healthy School Environment Grant and Awards Program, selected schools across Pennsylvania and West Virginia were awarded grants to create sustainable program and policy change across the school wellness environment.

PRO Wellness was engaged to provide technical assistance and expertise to over 100 schools in the implementation of the awarded programs. Specifically, PRO Wellness provided support to schools who were awarded in three areas of healthy 1) eating and physical activity, 2) childhood injury prevention and 3) physical and environmental health. Our model provided schools with evidence based resources and expertise in program operations, data collection and sustaining change.

TECHNICAL ASSISTANCE WAS PROVIDED TO

100+

SCHOOLS FROM 2014 TO 2016

OF AWARDS
SUPPORTED

99

HEALTHY EATING
PHYSICAL ACTIVITY

2

CHILDHOOD
INJURY PREVENTION

10

PHYSICAL & ENVIRONMENTAL

HEALTH

Programs We Supported

Healthy Eating and Physical Activity

- Enhanced fitness assessments
- Nutrition education
- Nutrition promotion campaigns
- Before and after school physical activity programs
- Farm to table programs

Childhood Injury Prevention

- Concussion prevention and education
- Policy change to reduce injury
- Enhanced AED education
- Injury management instruction

Physical and Environmental Health

- Radon testing
- Replacement of cleaning products with "green" products
- Air purification systems
- Microfiber cleaning systems to reduce allergens

“

We believe that a healthy school environment breeds a better learning environment and workplace for our students and employees. Through the generosity of the Highmark Foundation, Gateway is now on the road to making successful changes in our air quality that will positively impact all who attend and work in our schools

– Dr. Nina Zetty, superintendent of schools for the Gateway School District

”



School Nurse Services

Despite juggling mandated school health screenings, complex medical and social issues, special needs and immunizations; school nurses continue to heal, comfort, mentor and fill a critical need in each district throughout the state. Highmark Foundation has partnered with Penn State PRO Wellness to help school nurses – providing the resources they need to best take care of our children. Two areas of support include technical assistance with expedited state-mandated screenings and providing professional development opportunities.

Our Role

In a typical school year, it could take months to conduct health screenings of the entire student body. This initiative spares the nurses precious time that they can now spend helping students.

School-based student health screenings identify issues that may affect physical and intellectual development and are an important way to maintain student health. Nonprofit hospitals can provide a unique resource to school districts by assisting in the timely completion of school-based screenings and meet requirements of the Affordable Care Act.

With funding from the Highmark Foundation, PRO Wellness is partnering with community hospitals and school districts in western and central Pennsylvania to expedite state-mandated school health screenings.

The Results

Jefferson Hospital nurses teamed up with the Duquesne City School District's school nurse to conduct vision, hearing, scoliosis, height and weight screenings, which occurred over two days for nearly 300 students grades kindergarten through 6.

Hershey Medical Center nurses teamed up with the Steelton-Highspire School District's nursing staff to conduct vision, hearing, scoliosis, height and weight screenings, which occurred over two days for nearly 900 students in grades 1 through 12.

Schools were chosen for health screening assistance based on location and district-wide participation in the federal free and reduced price meals program.

Professional Development

Because we are actively seeking to improve school health, we asked school nurses what educational topics would be of most value to them – this way we can assist in keeping their students healthy and ready to learn. As a result, PRO Wellness offers five pre-recorded, professional development trainings for school nurses. This web series utilizes physician experts from Penn State Health Milton S. Hershey Medical Center and Allegheny Health Network to address select priority topics identified by school nurses while providing them with required continuing education credits. Topics include dermatology, mental health, diabetes, asthma and allergic rhinitis and food allergies.

The series is uploaded to the Pennsylvania Department of Health Learning Management System where school nurses can easily access the materials and obtain an ACT 48 or 58 certificate upon completion.

“

School nurses do more than just tend to scraped knees and upset stomachs. They play an integral role in keeping our kids healthy. We are proud to partner with Penn State Hershey PRO Wellness to offer the School Nurse Professional Development Web Series and help school nurses learn about health care subjects that are important to them. We want to provide the resources they need to best take care of our children.

– Yvonne Cook,
Highmark Foundation President

”

Advisory Council

Membership of the Advisory Council of the Penn State Hershey PRO Wellness Center is comprised of representatives from allied organizations who are interested in advancing the mission and strategic priorities of the Center – whether through their professional or philanthropic interest. The Advisory Council meets on a quarterly basis or more frequently, if needed. Communication and updates via phone conference and e-mail are also acceptable.

The Council serves as advisors to PRO Wellness leadership and staff, particularly through active participation in current projects, and with framing PRO Wellness strategies and future growth opportunities and priorities.



Membership

Council membership is comprised of over 40 local and state organizations, including representation in:

- Academia
- Health insurance providers
- State agencies
- School districts
- Private industry
- Corporations
- Non-profit groups
- Health systems and community hospitals

“

The council is helping to develop common goals across our State for a healthier, more physically active population.

– Linda Woods Huber, PSAHPERD

”

Recent Council Accomplishments

Expert-revised BMI Letter Launch

Council members were instrumental in the launch of a revised statewide BMI letter developed by PRO Wellness. Members of the Council endorsed and supported the letter by pushing forward the launch of the BMI letter after it had stalled in the approval process with the PA Department of Health.

School Professional Development Survey

Council members were actively involved in the development of a pilot project to determine wellness professional development needs of school professionals. This included efforts from conception to delivery. Council members co-designed the survey instrument and helped to identify a participating school district.

LiveHealthyPA Partnership

Council members were generous in lending professional expertise for the LiveHealthyPA partnership through the PA Department of Health. Several served as expert reviewers for Healthy Living Practices submitted by organizations across the state and provided recommendation for which practices to include in the LiveHealthyPA Healthy Living Practice database.

“

PRO Wellness actively promotes efforts to proactively address the epidemic of obesity with a focus on specific programs, research and outreach.

– Keith Chase, Gannett Fleming, Inc.

”

How You Can Help

Penn State PRO Wellness is committed to inspiring youth and their families to eat well, engage in regular physical activity, and become champions for healthy choices. Private support is essential to the success of our programs and interventions, and enables us to provide vital resources to local schools and agencies in need. Gifts to Penn State PRO Wellness are an investment in the future of our kids and communities, not only in central Pennsylvania but across the entire state.

If you would like to support
our important work ...

1

Visit **engage.pennstatehershey.org**.

2

Select **Give Today**.

3

Specify **"PRO Wellness"** in the gift information block.

Thank you!





About Penn State PRO Wellness

Prevention efforts are critical to battling chronic disease and have been the focus of Penn State PRO Wellness for over 13 years. We are committed to educating and inspiring youth and their families to eat well, engage in regular physical activity, and become champions for bringing healthy choices to life. Our approach of Prevention, Research and Outreach provides approximately 800 schools across Pennsylvania, as well as communities and corporate business partners, with educational programs, collaborative partnerships and access to proven wellness interventions. Advised by over 40 corporate, government and academic representatives, PRO Wellness is highly visible in the health and wellness arena and has a solid history of helping schools and community groups implement wellness solutions.



PennState
PRO Wellness

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PennStateHershey.org/PROwellness