

### **Community Health Centers See Positive Results from Obesity Prevention Interventions (Continued)**

Incentives were innovative and helped keep participants on track. “The kids were able to pick an item every time they came to a MEND session and we had everything from bean bags to balls to puzzle books,” said Robin Boyles, Chief Program Planning and Development Officer, Delta Health Center.

“The parents were able to bank \$5 for every session they attended and then were provided a gift card in the end once they completed the final assessment.”

Of course, having the right leadership for these programs can have a deep personal impact for all. “You have to show the parents and kids that you really care,” said Yolanda Davis, GACFHC program assistant. “When you really care, they’ll do their very best.”

CHCAMS obesity prevention activities will continue with the MEND program next fiscal year. It has been selected as a participant for year two of NACHCs Childhood Obesity Management Program. Four community health centers will implement MEND July 1, 2019 through June 30, 2020.