

# HEAL Zone Highlights • Madera

The Madera HEAL Zone is a network of organizations and residents working together to make healthy choices the easy choice for 19,000 people in Madera. In our community, 62% of adults and 20% of children are overweight or obese. Supported by Kaiser Permanente, our focus is to prevent diseases such as diabetes and hypertension that often result from being overweight. Working together, we're creating environments that encourage our residents to eat better and move more as part of daily life. Here are just a few examples of the positive change we've made happen so far.



[www.healzones.org/madera](http://www.healzones.org/madera)

- 1104** students received water bottles and parent letters encouraging them to **Rethink Your Drink**. 481 4<sup>th</sup> and 5<sup>th</sup> graders and 533 K-3<sup>rd</sup> graders received Rethink Your Drink curriculum lessons, and 14 community partners and a parent group were trained on Rethink Your Drink
- 1500** preschoolers are now getting more physical activity thanks to 15 **new T-ball, soccer, and basketball classes** for young children
- 3** **unhealthy vending machines removed** from the local youth center
- 2362** students are benefiting from 6 **portable water stations** installed at 3 elementary schools
- 1500** Body Mass Index checks and consultations are expected to be conducted during **health assessments** at community events. Residents are taught what their BMI score means and steps they can take to improve it
- 300** teenagers are getting active and keeping busy thanks to a **new youth center basketball league**



**Healthy Eating.  
Active Living.**

**“Your teeth get rotten if you don't drink water.”**

— Angelika Campbell, 4th grader, George Washington Elementary, on **KFSN Channel 30's story on the water stations**

“The water stations have provided our students with a healthy alternative to sugar-sweetened drinks. The HEAL Zone has been a welcomed addition ... it has **promoted wellness and a healthy lifestyle to our entire community.**”

— Bill Holden, Principal at George Washington Elementary.

## More Playing, Less Waiting in PE Class

In the past, Madera Unified PE teachers only had one piece of equipment for every 10 kids, so students spent a lot of time waiting for a turn instead of being active. Now, thanks to an \$8000 grant through the Madera HEAL Zone, elementary school students in Madera Unified now have one piece of equipment for every 2 students. The new bowling sets, dodgeballs, softballs, and more are keeping kids active for longer periods of time.

