

HEAL Zone Highlights • Modesto

The Modesto HEAL Zone is a network of organizations and residents working together to make healthy choices the easy choice for 22,000 people in West Modesto. In our community, 60% of adults and 33% 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 what we've achieved so far.



www.healzones.org/modesto

1749 pounds of **produce grown and sold by Modesto youth**

60 students enrolled in **after-school healthy cooking classes**

100% **water vending machines** installed at 3 rec centers, making water the healthy and easy choice for the area's 8,700 residents

5 churches have committed to implement **healthy policies**, practices, and programs

2265 hours of walking have been logged by over 90 residents in a community-led **walking group**

1338 pounds of **farm-fresh produce** has been distributed to local families through a new Community Supported Agriculture program

75 students are actively participating in the **walking school bus program**

\$897,924 raised for the Helen White Memorial **Walking Trail**, which would turn a trash-strewn eyesore into a half-mile path for local residents and schoolchildren. A 2-for-1 match should help raise the final \$100,000

Healthy Eating Active Living

HEAL ZONE

West Modesto/King Kennedy Neighborhood Collaborative

"This is the only walking trail in the west side of the city and it will make a huge difference for the students and residents. It will enable them to have a **safe walking path to school** and throughout the community."

— Kenni Friedman, former Modesto city councilmember, in the Modesto Bee, on the proposed Helen White Memorial Walking Trail

"A lot of times, before they leave, they'll **snack on a carrot.**"

— Mary Burton, in the Modesto Bee, on a new West Modesto Community Supported Agriculture program that brings fresh, seasonal produce to residents straight from the farm

Yes we have no bananas

In the Modesto HEAL Zone, worksite wellness continues to flourish at the Stanislaus County Health Services Agency (HSA). This year, they kicked off their annual Wellness Challenge with something new—a farmers market. The Wellness Challenge is a friendly competition between departments to encourage healthy lifestyle behaviors. Employees earn points by doing things like drinking water, eating healthy breakfasts and lunches, exercising, and eating more fruits and vegetables. The new farmers market sold 1,154 pounds of fruits and vegetables in just its first month—including every last banana.

