



**heartland
foundation**

FOR IMMEDIATE RELEASE

Contacts:

Christel Gollnick, *regional relations team leader*
816.588.2730 (mobile)
christel.gollnick@heartlandfoundation.org

Dr. Sandra Pettit-Weber, *resources director*
816.271.7571 (office)

Photo Note: *If you are interested in covering this story and using an, photos, please contact Christel Gollnick or Sandra Pettit-Weber, listed above, to obtain the photos being taken today over lunch.*

Grants awarded to innovatively promote healthy eating and active living

**Heartland Foundation, along with Mosaic Life Care and North Kansas City Hospital,
awards HEALTHY PARTNERSHIPS competitive grants in northwest Missouri**

St. Joseph, Mo. (June 29, 2016) – Five recipient organizations of HEALTHY PARTNERSHIPS grants in a combined total of \$36,875 are being announced today at Heartland Foundation’s Board of Trustees meeting. Heartland Foundation, along with Mosaic Life Care and North Kansas City Hospital, encourage and fund outcomes-based, collaborative initiatives designed to improve health in a 19-county northwest Missouri region. Combining resources allows for greater impact, and through this multi-decade collaboration called HEALTHY PARTNERSHIPS, matching grants are awarded annually.

Area nonprofit organizations were encouraged to develop new, innovative ideas that positively impact health issues. The focus of the projects for 2016 awards was developing solutions that promote Healthy Eating and Active Living (HEAL). Grants awarded include:

- Midwest Adaptive Sports’ *Athletics on Wheels* (AOW), \$5,325 in support of a camp for kids ages 5-18 who rely on wheelchairs for mobility. AOW will introduce campers to basketball, baseball, swimming, Karate, laser tag, and other activities. The camp will demonstrate to

-more-

Grants awarded, Page 2

participants, parents, and friends how activities can be adapted for people in wheelchairs.

Healthy lunches will also be provided with a camp program on making healthy snacks.

- Northwest Missouri State University's *Building Healthy Bearcats Health Coach Program*, \$16,700, in support of piloting a program that provides 200 residents of Nodaway County with free access to a Certified Health Coach. The Health Coaches will assist the patrons in developing lasting, positive health habits and lifestyles for themselves and their families. Personalized goal setting with ongoing support is the foundation of this new program.
- Sisters of St. Francis' *Shared Blessings Community Garden*, \$4,800, in support of their project that brings gardeners of diverse ages, volunteers, and seniors together. This community garden will provide a place for those who have no space to grow fresh produce. Volunteers will work in the garden so that fresh produce can be shared with patrons of the Andrew County Food Pantry as well as the local Senior Center. Additionally, the sisters will share recipes and canning techniques with participants and beneficiaries.
- St. Francis Hospital Foundation's *The St. Francis Wellness Program*, \$7,050, in support of empowering community members and families of all ages in Maryville and the surrounding area to improve their health and wellness through healthy eating, active living, and by tracking measurable outcomes. This program will track activity and basal metabolism and practical interventions such as healthy cooking and fitness tracking. The focus of the program is to combine clinical screenings to help foster positive lifestyle changes as well as help with disease management.
- St. Joseph Chamber of Commerce's *Healthy St. Joseph*, \$3,000, in support of a new wellness initiative designed to bring leaders from area businesses, healthcare organizations, government, nonprofits, and foundations together to plan, research and collaborate on how to create healthy workplaces. Organizations will be certified as to their level of wellness programs and will be assisted in working towards reaching higher levels.

Grants awarded, Page 3

Learn more about Heartland Foundation's initiatives, programs, grants, and scholarships by calling call 816.271.7200 (800.447.1083) or visiting www.heartlandfoundation.org. For information specifically about grant opportunities, please contact Dr. Pettit Weber by email at sandra.pettitweber@heartlandfoundation.org or by phone at 816.271.7571.

Serving as a catalyst, convener and innovator, Heartland Foundation is a public charity dedicated to championing education and empowering people to build healthy and thriving communities. Founded in 1982 and leading the region's Healthy Communities movement since 1994.

###