

## **Lincoln Elementary Healthy School Pilot**

### **Goals and Purpose**

#### **Purpose of the Community Forum:**

1. To inform participants about the obesity and overweight epidemic, its potential consequences, and solutions.
2. To inform participants about the Mount Vernon Healthy Communities Project, and the Lincoln Elementary Healthy School Pilot Project
3. To secure the commitment of participants to be members of the Lincoln Healthy School Pilot Team.
4. Provide a healthy activity for children

#### **Goals of the Healthy Schools Pilot Project at Lincoln Elementary School:**

1. Formation of a Healthy Schools Pilot Team
2. Involving a diverse group in which the school community and greater Mount Vernon Community are well represented.
3. Conducting an audit of the opportunities and barriers to healthy nutrition and physical activity at Lincoln.
4. Identifying at least 3 priority recommendations for Lincoln and developing an action plan by means of which to achieve them.
5. Evaluating the pilot project with a view toward enabling other schools to conduct similar projects.
6. Building a foundation for successfully implementing the action plan.