

Add \$250,000 for Go Healthy Challenge for SYEP and Summer Recreation Programs.

The Association of NYS Youth Bureaus urges you to support the expansion of funding to address the growing crisis of childhood obesity. Especially in minority communities, the obesity prevention efforts are not gaining significant successes. We believe that by adding a nutrition and exercise component to existing youth opportunity programs, we can reach youth individually and develop independent knowledge of healthy eating, food selection and educate on the value of regular exercise at the correct stage of youth development. Our outcome monitoring would allow us to track simple health measures such as body mass index and weight over the course of a summer youth employment program or an afterschool program. A weekly session can be added to existing programs to allow youth to learn how to make a healthy lunch, snack or breakfast; talk about nutrition and food choices and report on their personal exercise goals. A health and wellness initiative must include food shopping awareness, food preparation training and the value-added of regular exercise.



Launched in 2006 by Rachael Ray, "Yum-o!" is a nonprofit organization that empowers kids and their families to develop healthy relationships with food by teaching cooking, feeding hungry kids and funding cooking education. In combination with the Alliance for a Healthier Generation, "Yum-O!" supports the "Go Healthy Challenge" and that is the type of curriculum the Association hopes you will consider funding in this year's budget.

Add \$250,000.00 to the budget so that the Office of Children and Families (OCFS) and Office of Temporary and Disability Assistance (OTDA) can put forth a cross-systems initiative and provide contract supplements that support a "Go Healthy Challenge" curriculum to be incorporated into selected Summer Youth Employment and summer recreation programs during the summer of 2013.

