

ENERGY BALANCE RESOURCE LIST

A list of Energy Balance Organizations in the Houston MSA working to improve the health of Houstonians by providing opportunities for educational programming, physical activity and nutrition.

Bike Houston

Website: <http://www.bikehouston.org/>

- Bike Houston is a 100% volunteer group dedicated to making Houston a better place for all types of cyclists.
- Bike Houston's mission is to:
 - Secure equitable access to regional facilities, lands and roads
 - Educate the public about rights and responsibilities of bicyclists; and
 - Promote public awareness of the personal and community benefits of cycling.

Bounce

Website: <http://bounce.uh.edu/default.cfm>

Contact: **Dr. Norma Olvera**

- Program is for Hispanic and African American girls between the ages of 9-14 and their families to adopt a healthy lifestyle by incorporating healthy food choices, daily exercise, and positive self-esteem in a supportive environment.
- Program Activities Includes Learning :
 - Healthy food choices
 - Healthier ways to prepare meals and cooking
 - Healthier menu options and portion sizes
 - Fun ways to exercise &
 - To identify positive body sizes.

CAN DO HOUSTON

Website: <http://www.candohouston.org/>

Contact: **Dr. Beverly Gor or Dr. Jasmine Opusunju**

- Art and Wellness Program - This program's focus is on the prevention of childhood obesity and type 2 diabetes. The Art and Wellness program combines health education with art projects that underscore lessons pertaining to nutrition and exercise. A primary goal of this program is to empower youth and create advocates for change in their community.
- Healthy Lifestyle Program – The six week Healthy Lifestyle Program consists of nutrition and physical activity education, information for making practical changes to the home food environment, food demonstrations and food sampling. The classes are free and open to the public
- Let's Move Magnolia – is a physical activity campaign in Houston's Magnolia Park community. This program has been in session since January 2013. Aerobics and Zumba classes are offered throughout the week at various locations to increase access to physical activity opportunities throughout the community.
- Healthy cooking classes are offered in Sunnyside and will soon be offered in Fifth Ward.

Clinton Foundation – Clinton Health Matters Initiative

Website: <http://www.clintonfoundation.org>

Contact: Toral F. Sindha, RD, LD

- The Clinton Health Matters Initiative (CHMI) works to improve the health and well-being of all people by activating individuals, communities, and organizations to make meaningful contributions to the health of others. The goals of CHMI are to reduce the prevalence of preventable health outcomes, close health inequities and disparities, and reduce health care costs by improving access to key contributors to health for all people.

Community Transformation Initiative (CTI)

Website: <http://www.houstontx.gov/health/communitytransformation/>

Contact: Carra Moroni

- Community Transformation is a movement taking place across the nation, including Houston/Harris County. Communities are working together to improve livability to support public health efforts to reduce chronic diseases, the leading causes of death and disability.
- CTI focuses on sustainable policy, built environment, and infrastructure or systems changes across the City of Houston and Harris County.
- Completed Health Equity Report for Houston/Harris County. This report brings together a summation of findings from existing health data, an extensive community engagement process and recommendations of a policy scan relevant to the four strategic directions, one of which is active living and healthy eating.

Elves & More

Website: <http://www.elvesandmore.org>

Contact: David L. Moore

- Elves & More is dedicated to "changing lives-one bike at a time!" They focus on at-risk children living in Greater Houston.

Greater Houston Partnership

Website: <http://www.houston.org/>

- The Greater Houston Partnership is dedicated to building regional prosperity, advocating for critical policy issues, advancing job growth through attracting and retaining business and capital investment in world trade, and leading the broader community discussion related to positioning Houston as a top global city.
- Related Advisory Committees, Subcommittees and Task Forces:
 - Health Care
 - Emerging issues
 - Quality of Life
 - Parks, green space and recreation
 - Texas Medical Center
 - Transportation Policy
 - Freight/commuter rail operations and transit planning

Health Museum

<http://www.mhms.org/>

- The Health Museum is committed to excellence in innovative and interactive health and science educational experiences such as:
 - a hands-on walk through the human body
 - new and exciting exhibits
 - real organ dissections
 - science mini-classes and mini-med schools
 - health fairs and community outreach
 - family science labs
 - school field trip experiences
 - home school classes and programs
 - scout programs; and summer camps

Healthy Living Matters - Houston/Harris County Childhood Obesity Prevention Collaborative

Website: <http://www.healthylivingmatters.net/>

Contact: **Toral Sindha or Susan Lackey**

- The Houston/Harris County Childhood Obesity Prevention Collaborative (now called **Healthy Living Matters**) consists of a multi-sector group of local leaders, engaged in a two-year planning initiative to curb childhood obesity in Houston/Harris County by using policy action to enact system and environmental change.

Go Healthy Houston (City of Houston's Mayor Initiative)

Website: <http://www.gohealthyhouston.org/>

- Houston's Mayor Annise Parker launched Healthy Houston, an initiative designed to reduce obesity and increase healthy eating and exercise. The initiative will promote programs, policies and actions designed to reduce food deserts, promote the availability of locally-grown foods, encourage the development of sustainable food systems and promote recreational opportunities.

Houston Department of Health and Human Services

Website: <http://www.dshs.state.tx.us/obesity/Houston-Department-of-Health-and-Human-Services.doc>

- The Get Moving Houston Farmers Market Program is designed to combat obesity through improved nutrition. The program brings fresh fruits and vegetables to Houston communities that are underserved by grocery stores and other fresh food outlets, communities often referred to as “food deserts.” The program collaborative will work with Urban Harvest, local farmers, local community advisory councils, HDHHS Multi-Service Centers, and the City of Houston Parks and Recreation Department to design and implement farmers markets for three “food desert” communities in east and southeast Houston. The target communities, Greater Fifth Ward, Magnolia Park, and Sunnyside, have populations made up primarily of minority groups, with many children, high unemployment, and a large percent of people who live below the poverty level.

Houston Food Bank

Website: <http://houstonfoodbank.org/>

- The Houston Food Bank collects and distributes food to hunger relief charities. The food comes from various sources in the food industry, like stores and wholesalers that have thousands of pounds of food to contribute. The Food Bank warehouses the food, and with the help of volunteers, sorts, packs and re-distributes it to the community.

Houston Tomorrow

Website: <http://www.houstontomorrow.org/>

- Houston Tomorrow, formerly the Gulf Coast Institute, is a 501(c)(3) charitable nonprofit organization founded in 1998 to explore urban issues and to inform the discussion of growth in the Houston region.
- Mission: Improve the quality of life for all the people of the Houston region through research, education, and discussion.
- Vision: On its 200th birthday, the Houston region is home to the healthiest, happiest, most prosperous people in the United States.
 - We need to create safe, walkable neighborhoods.
 - We need to enhance and protect our communities.
 - We need clean air and water.
 - We need a dependable food supply.
 - We need green space and parks near our homes.
 - We need better transportation choices.

Houston Food Policy Workgroup

Website: <http://www.houstontomorrow.org/initiatives/story/houston-food-policy-workgroup/>

Contact: Rosalind Bello

- The Houston Food Policy Workgroup is a voluntary group open to the public, but generally populated with leaders from many diverse organizations in the Houston region working on food issues. The group meets to discuss and encourage the advancement of local food production and consumption, and has begun to take on projects to work towards the functions stated in the mission statement.
- The mission of the Houston Food Policy Workgroup is to nurture the growth of a sustainable local food system, accessible to all, through education, collaboration, and creation of a food policy council for the Houston region.

Oliver Foundation

Website: <http://www.oliverfoundation.org>

- The Oliver Foundation is a Houston-based 501(c)(3) non-profit operating foundation organization dedicated to the prevention of childhood obesity. We provide technical support, training, and nutrition and physical activity education materials to grant recipients.

MOVE! Weight Management Program (Michael E. DeBakey Veteran Affairs Medical Center)

Website: <http://www.move.va.gov/>

Contact: Jordyn Forsyth

- MOVE! is Veteran Affairs' national weight management program for veterans. MOVE! helps veterans lose weight, keep it off and improve their health.
- Veterans in the Houston area can participate in the following options :
 - Eight week MOVE! class series focusing on healthy eating, behavior modification, and physical activity.
 - MOVE! Challenge course involving individual counseling sessions with a registered dietitian and a clinical psychologist along with the daily use of self-monitoring logs to increase awareness of food intake and activity levels.
 - MOVE! Support group to assist with weight maintenance and relapse prevention.

Recipe for Success

Website: <http://www.recipe4success.org/>

Contact: Gracie Cavnar

- Recipe for Success is a fee for service program that can deliver the entire Seed-to-Plate Nutrition Education™ repertoire of classes during or after school for any grade or combinations of grades Pre-K through 5th. Prices vary depending on class structure. The Recipe for Success Foundation provides grants to schools for their disadvantaged student population.

Shape Up Houston

Website: <http://www.shapeuphouston.org/>

- Shape Up Houston is creating six complementary collaborations that will focus on obesity from a number of perspectives – health implications, employability, fitness, family, community, and the role of faith, during a 12-month campaign.
- The initial focus is on adults/parents, with the children being addressed once the parents have completed the initial program.

Shriners Hospital

Website: <http://www.shrinershospitalsforchildren.org/>

- Nutritional Environmental Assessment – Nutrition evaluations and assessments are done to ensure that children, based on their physical condition, will be taking in the appropriate amount of calories and selecting foods to promote overall good health.

Texas Obesity Research Center – TORC

Website: <http://www.uh.edu/torc/>

- The Texas Obesity Research Center (TORC) is administratively housed in the Division of Research at the University of Houston.
- TORC promotes interdisciplinary research, education and training and foster local community collaborations to develop state-of-the-art obesity prevention and control methodologies through cross-sectional and longitudinal research investigating psychosocial, environmental and biologic determinants of obesity and its consequences.
- The goals of TORC are threefold:
 - Research activity and development
 - Education and training
 - Community service

Transition Houston – Transportation Action Group

Website: <http://www.transitionhouston.org/>

- The Transition Movement supports the transition from oil dependency to local resilience by equipping communities with creative adaptations in areas such as food, energy, health, education, spirit and economy to generate a road map towards sustainable living.

TeleMOVE! (Michael E. DeBakey VA Medical Center)

Website: <http://www.move.va.gov>

Contact: Jennifer Sugg or Carey Smith

- TeleMOVE! uses home telehealth technology to help veteran's live a healthier lifestyle and meet their weight management goals. The program consists of daily sessions to increase the veteran's self-management skills and knowledge for weight loss. The veteran will take their weight each day along with simply answering the questions in the session. Information obtained from the electronic system allows his or her care coordinator/registered dietitian to monitor the information daily and contact the patient to provide additional support as needed. The ultimate goal of TeleMOVE! is to work with each veteran to meet their personal weight management goals and improve their quality of life.

Urban Harvest

Website: <http://urbanharvest.org/>

Contact: Sandra Wicoff

- Urban Harvest is a nonprofit organization with three hardworking programs at its core: Community Gardens, gardening and youth Education, and Farmers Markets. Urban Harvest inspires and empowers people of diverse backgrounds to grow and share healthy foods.

The **Comprehensive Cancer Control Energy Balance Workgroup** is a collaboration of Houston Metropolitan Statistical Area (MSA) health, community, business, and governmental organizations working together to increase physical activity and proportion of population with a healthy body weight and improve the quality of diet in the Houston MSA region.

If you would like to add your organization to the list or if you are aware of an organization not listed but is providing Energy Balance related programs and/or services, please contact:

The Office of Health Policy
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