

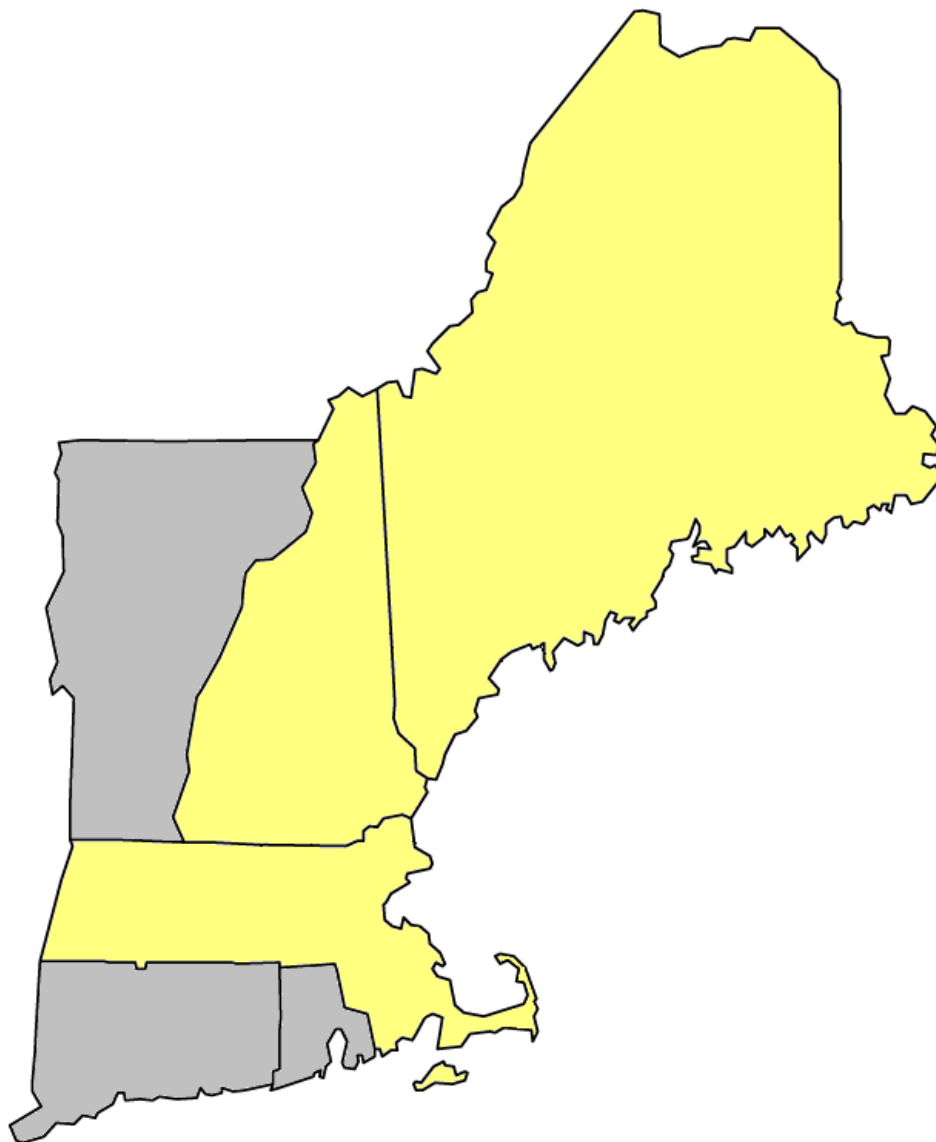
# The Harvard Pilgrim Health Care Foundation provides...



**The tools, training and leadership to build healthy communities**



# Our Home



# One in Three



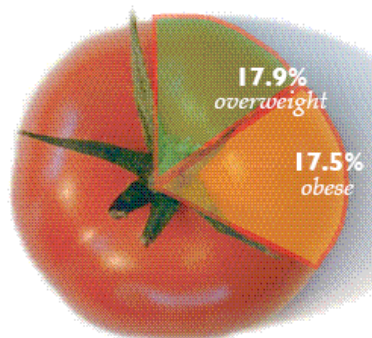
# Growing Up Healthy

From The Harvard  
Pilgrim Health  
Care Foundation

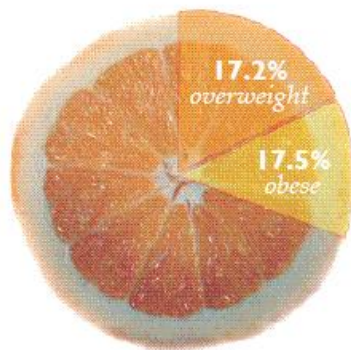


# Tipping The Scales in Favor of our Children

Be A Spark Plug in Your Community!



**Maine**



**Massachusetts**



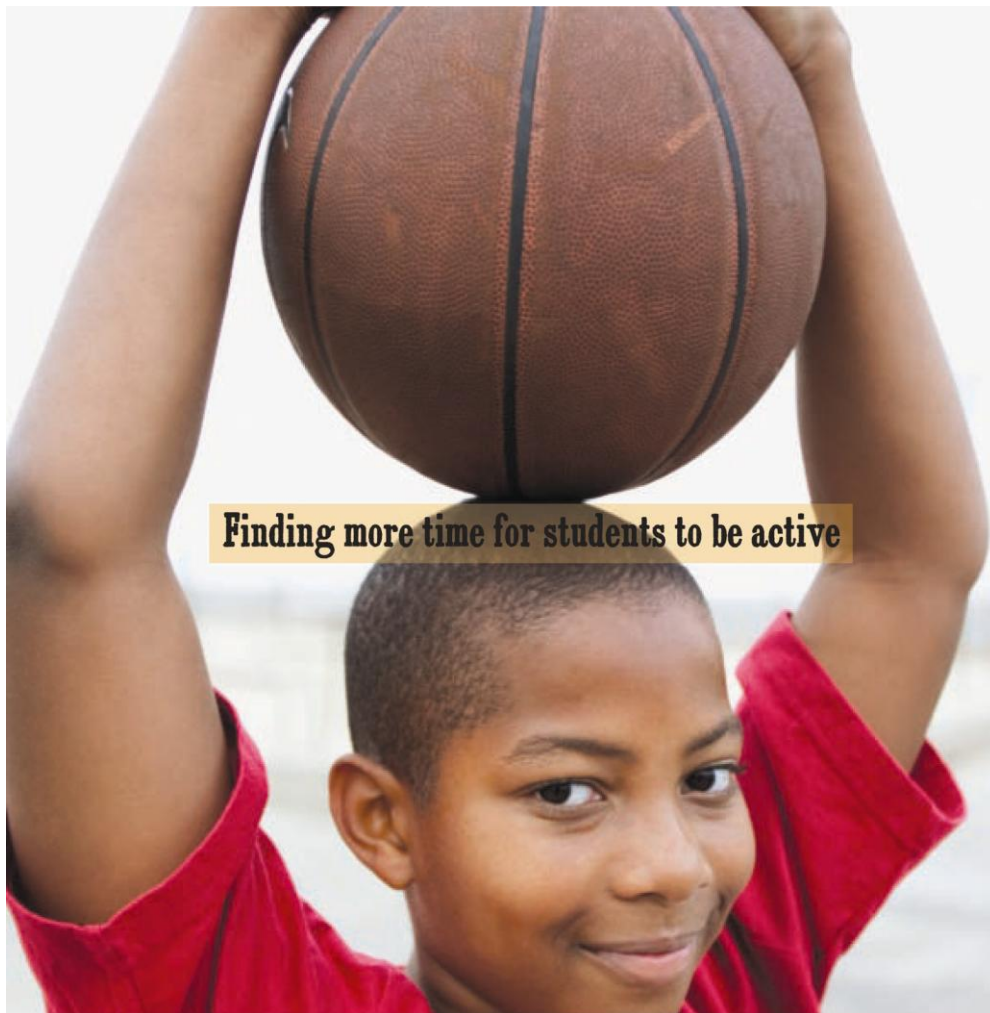
**New Hampshire**



# All Health is Local...



# Massachusetts



Finding more time for students to be active



BOYS & GIRLS CLUBS  
OF BOSTON



**Mass  
in Motion**

Better health. It's your move. 

# New Hampshire



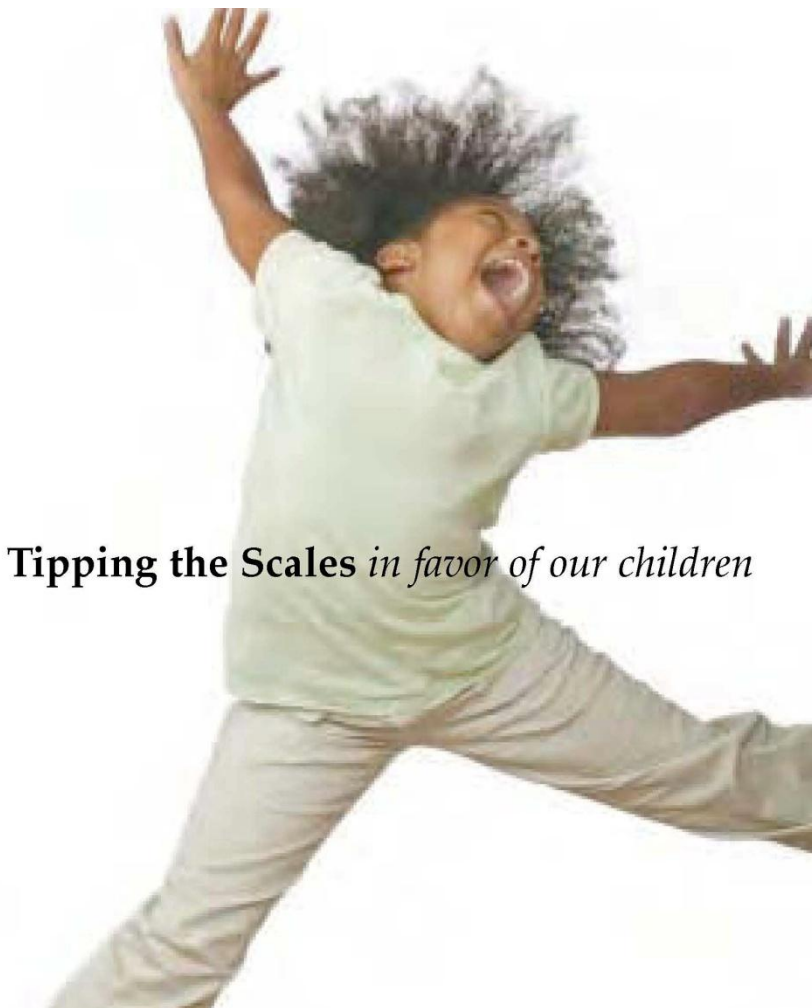
# Maine



Letting the sunshine in



# Communicating best practices in the region...



**Tipping the Scales** *in favor of our children*

*Dishing Out* **healthy** *School Meals*

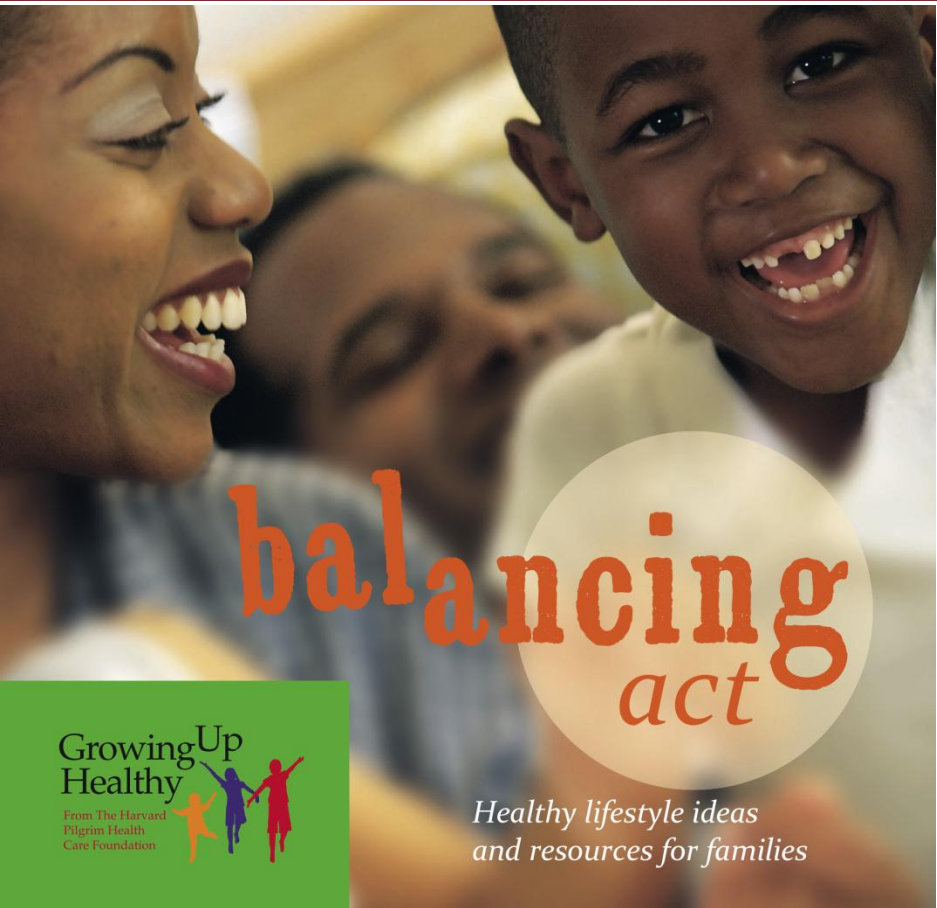
How efforts  
to balance meals  
and budgets  
are bearing fruit

A young girl with brown hair in pigtails, wearing a green and white striped shirt and tan overalls, is smiling and holding three apples (two red, one green) in front of her face. The background is plain white.

*a study sponsored by*  
**GrowingUp  
Healthy**  
From The Harvard  
Pilgrim Health  
Care Foundation

The logo for GrowingUp Healthy features three stylized human figures in orange, blue, and red, representing a child and an adult.

# Communicating best practices in the region...



## The Exchange



MARCH 2010



Send us your Comments

Send to a friend

Suggest article ideas and calendar events

Print entire issue

### INSIDE THIS ISSUE

**The sap is running and we should be, too**  
 A message from our Executive Director, Karen Voci.  
[\[learn more...\]](#)

**Better than broccoli! Prizes for exercise and healthy eating.**  
 Before every game, the Celtics' Paul Pierce eats the same healthy meal ...  
[\[learn more...\]](#)

**Where do mitts, bats, hoops and team T-shirts come from?**



[\[learn more...\]](#)

**Maine's state parks celebrate 75th year with "Invasive Species" and other kids' activities**  
 If you can't lure Maine kids outside with an activity called "Invasive Species," it may be time to ban television, video

### Quicklinks

- Our Foundation
- About Growing Up Healthy
- NH CATCH Kids Club
- Let's Go! (ME)
- Boys & Girls Clubs of Boston
- Mass in Motion
- Calendar of Events and Activities

# Investments in Public Policy

Support the  
**Act FRESH Campaign**  
*(FRESH Environments Support Health)*  
For a Healthier Massachusetts!



**MASSACHUSETTS PUBLIC HEALTH ASSOCIATION**

[www.MPHAweb.org](http://www.MPHAweb.org)

# Fresh Food for All



wholesome  
wave

# Its Adding Up

- 50,000 children engaged consistently
- 300 communities mobilized
- 3 new laws passed and 2 statewide regulations
- National Convergence Foundations working with all 3 states – the only region
- \$3 million has leveraged more than \$10 million in public/corporate/foundation investments



# Childhood Obesity and the Role for Advocates like YOU

- There are few advocates working on this.
- Kids need health coverage for primary and specialty care BUT...
- Obesity has enormous economic and future labor consequences if we don't address it now.

Learn more...

[www.harvardpilgrim.org/foundation](http://www.harvardpilgrim.org/foundation)

[www.wellthen.org](http://www.wellthen.org)

