

# The Fount Online News -- Lincoln Parish Healthy Foundation Grant

---

<http://thefount.org/home/2011/02/lincoln-parish-healthy-foundation-grant/>

March 31, 2011

Submitted by Cathy S. Judd, Family and Consumer Sciences, Extension Agent

January 25, 2011

The Lincoln Health Foundation has awarded the LSU AgCenter \$23,000 to continue the Smart Bodies program and develop three school gardens. The grant will also encourage youth and parents to start an exercise routine together. Lincoln Parish School Board will manage the grant while the LSU AgCenter and volunteers will implement the submitted plan to the Lincoln Health Foundation.

Smart Bodies was implemented at Ruston Elementary and Cypress Springs last year. Youth learned the four Organ Wise Guys rule: eat a low fat, high fiber diet, drink plenty of water, and exercise though fun characters, the Organ Wise Guys. Teachers boosted their students' cognitive skills by engaging them in 10 minutes of exercise with an academic application. Students were challenged to eat fruits and vegetables at lunch. Student walked through the Body Walk where they participated in hands- on experiences. The Body Walk is a 35 x 45 foot exhibit. Students walk in stations: brain, mouth, esophagus, intestine, stomach, heart, bone, muscle, skin, and they travel out a cut in the body.

This year three new schools are executing the Smart Bodies program, Alma J. Brown, Hico and Simsboro. The Lincoln Health Foundation has provided educational resources for teachers to implement the program.

With the help of the Lincoln Health Foundation school gardens will become a reality for Hico, Ruston Elementary, and Cypress Springs. The LSU AgCenter is teaming up with the Master Gardeners to teach youth basic gardening skill and nutrition lessons. Youth will learn about sources of food, agriculture, responsibilities in caring for living organisms, teamwork, healthy food alternatives and ties between the garden and literature, math, science, and art. Students will learn the nutritional benefits of vegetables and will be getting physical activity working the garden.

The Lincoln Heath Foundation goal is to increase the health of Lincoln Parish residents. The Hico walking program is a program that will do just that. Teams will receive a pedometer to help keep up with their steps and help them become aware of the benefits of an exercise program. The plan is to encourage students, family members, teachers and the community to participate in a walking program and to reduce their calorie intake by 100 calories a day. All who sign up will receive information on nutrition through an e-newsletter. There will be friendly competition between classrooms to encourage participants to complete the 30-week program. Each month participants will turn in their six-week tracking form; they will record their steps and reduction of calories.

The LSU AgCenter goal is synonymous with the Lincoln Health Foundation to reduce childhood obesity. The LSU AgCenter is promoting good health and exercise by involving families and youth in hand-on programs.