

Presentation Topic



Disseminating fun and interactive education focused on physical activity and nutrition in collaboration with health care organizations and parents

CMOM: A Trusted Institution




- ❖ Over 35 years serving families in the most diverse city in the world
- ❖ Valued and trusted resource for parents, educators and caregivers
- ❖ A nationally recognized leader, CMOM tours exhibitions and programs in early childhood education, creativity, culture and health
- ❖ Experienced collaborator with public and private partners


CMOM's mission is to inspire children and their families to learn about themselves and the culturally diverse world in which they live, through a unique environment of interactive exhibitions and programs.

Good Habits Begin ... at CMOM



Eat Sleep Play™
A CMOM Health Initiative

Exhibits • Curriculum • Family Programs • Professional Development • Products




10/2009 In Photo from left to right: Kathleen Sebelius (Secretary, U.S. Department of Health and Human Services), Karen Donato (National Heart, Lung, and Blood Institute/NIH), Laurie Tisch (CMOM Board Honorary Chair), John Rhea (Chairman, New York City Housing Authority and CMOM Board Member), Haley K. Harrisburg (CMOM Board Chair) Mayor Michael Bloomberg, Andrew Ackerman (CMOM Executive Director), Dr. Nabel (Director, National Heart, Lung, and Blood Institute/NIH)

CMOM Local and National Health Partners



- National Institutes of Health (NIH)
- Community Health Care Association of NY State
- Mayor's Office
- NYC Department of Health and Mental Hygiene (DOHMH)
- NYC Green Carts Initiative
- NYC Housing Authority
- CUNY Professional Development Institute
- Hunter College, School of Public Health
- Nurse-Family Partnership- NYC DOHMH
- NYC Department of Education
- University of Pennsylvania- Penn Literacy Network
- Association of Children's Museums
- Advisory Board of more than 25 health educators and medical professionals



In 2008, the Surgeon General awarded CMOM the U.S. Department of Health and Human Services' Healthy Youth for a Healthy Future Champion Award

NYC Obesity Prevention and Management Consortium




Partnership with CHCANYS

- CMOM created workshops for CHCANYS Health Clinics based on the NIH's WeCan!™ program aimed at helping children stay at a healthy weight
- Tested, research-based innovative arts-based approach to delivering the latest medical and scientific information
- Creative programs focused on helping families develop positive behaviors in areas that most effect obesity: nutrition and exercise




Program Implementation



CMOM provided professional development sessions for three key audiences: **health clinic professionals, community based organization staff and parent ambassadors**

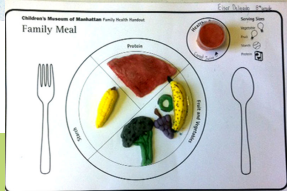
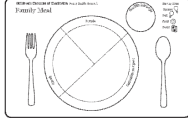


Nutritionist from Ryan Center in Harlem : "The CMOM training was FANTASTIC!" The staff, an Americorp volunteer and the parent ambassador developed a weekly after-school program based on the curriculum.

Morris Heights Center in the South Bronx: Parent Ambassadors ran workshops in the clinic waiting room, developed a guide to local resources (parks and libraries) that provided healthy, active and affordable opportunities for children to participate in, and hosted a health fair.

Adabo in the Rockaways in Queens: Parent Ambassadors received permission from the principal to work with the physical education teacher to facilitate a weeklong series with students using the CMOM health curriculum.




"Never doubt that a small group of thoughtful, committed people can change the world. Indeed. It is the only thing that ever has."
--Margaret Mead

Perfect Portion Plate




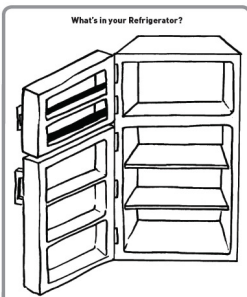

The size of your fist is the amount of starch you should be eating

Calcium and Bones



Fun Fact: Broccoli contains calcium and is great for building strong bones

Refrigerator Makeover



Draw or write down all the food and beverages that are currently in your refrigerator.

Draw or write down all the healthy food and beverages that you would like to see in your refrigerator.

What is the Scoop on Poop?



Let's Make Poop


Ingredients
Water
Oatmeal
Cocoa

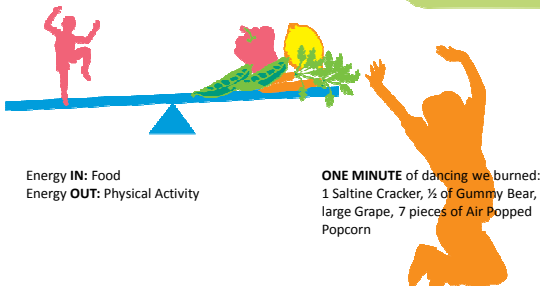
*Your poop and pee can tell you what your body needs!
*Poop should move easily out of you, so one long and soft poop is best!
*Eating fiber (fruits and vegetables) and drinking water will help you!

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clean-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Energy Balance






Energy IN: Food
Energy OUT: Physical Activity

ONE MINUTE of dancing we burned:
1 Saltine Cracker, 1/2 of Gummy Bear, 1 large Grape, 7 pieces of Air Popped Popcorn

How long do you think you would have to dance to burn off a McDonald's Small French Fries? 77 Minutes

CMOM Family Handouts



I Love My Veggies

Benefits of Vegetables:

1. 100 food
2. Packed with vitamins and minerals
3. Low-fat and low-calorie
4. Excellent source of fiber
5. Huge variety from which to choose
6. Different colors provide different nutrients

Family Goal

Add one more serving of vegetables a day!

Monday we added _____

Tuesday we added _____

Wednesday we added _____

Thursday we added _____

Friday we added _____

Saturday we added _____

Sunday we added _____

Fact of the Week Eating a variety of vegetables provides more nutrients!

Vegetable Tip

The fiber in vegetables helps keep your digestive system healthy!

Healthy

Add paper plates to your cart to help remember to include lettuce, tomato, cucumber or carrots.

Health Tip
For a healthy snack, eat up your veggies and enjoy!

At Home Tools

Vegetable Books

I Eat Vegetables!
by Hannah Tully
(Sharing Vegetable Soup)
by Lois Elbert
I Will Show You How to Eat a Tomato!
by Lauren Child

Did you know...
Fresh and vegetable, carotenoid, essential vitamins, minerals, and fiber that may help protect you from chronic disease.

Fun Activities

Use whole wheat English muffins.

Add tomato sauce, low-fat cheese and fresh vegetables to create a delicious vegetable pizza base.

Recipe: Vegetable Smoothie
In a blender combine: spinach, apple, grapes, blueberries and orange juice. Blend until smooth. You can even incorporate fresh cut vegetables like carrots, celery, broccoli and green peppers!

Vegetable Words

1. Fine
2. Mud
3. Soft
4. Seeds
5. Crunchy

Vegetable Recipes

Place steamed broccoli on a plate. Sprinkle 1/2 cup of fresh-cut carrots evenly on top. Microwave for 30 seconds through until steams is washed to perfection.

Snack

1 cup garbanzo beans or chickpeas (1/2 cup after oil)

1 tablespoon fresh roasted almond

Blend all ingredients together until smooth and creamy. You can even incorporate fresh cut vegetables like carrots, celery, broccoli and green peppers!

Decor

Add fresh pieces of carrot and onion to pasta dishes.

www.cmom.org Created by the Children's Museum of Manhattan
