

2009

# HEALTHY KIDS, HEALTHY JACKSONVILLE:

A PARENT'S  
GUIDE TO GROWING  
A HEALTHY CHILD



# HOW TO USE THIS GUIDE



Congratulations on taking the first step to improving the health of your children and family! This guide will help you find programs, services and community assets to help you connect your children.

As you look through the pages, you will find many local programs and the following information:

- ▶ Organization Name
- ▶ Program Name
- ▶ Services Offered
- ▶ Description
- ▶ Populations Served
- ▶ Location
- ▶ Cost of program
- ▶ Contact information

**This information will help you to find out which programs will best help your family to be healthy and happy.**

## WHY WAS THIS GUIDE CREATED?

This guide was created by the Healthy Jacksonville Childhood Obesity Prevention Coalition to address a community need for referral services, programs and community

assets that promote healthy eating and physical activity for children.

The guide serves as a partial listing of the many resources that Jacksonville has to help lead healthier lifestyles.

THE FOLLOWING SERVICES ARE OFFERED BY THE PROGRAMS AND ORGANIZATIONS LISTED IN THIS GUIDE. THE SYMBOLS WILL HELP YOU IDENTIFY WHICH PROGRAMS HAVE THE SERVICES YOU NEED FOR YOUR FAMILY.



### **Physical Activity**

These programs offer options for children to take part in physical activity in a group or individual setting. This includes team sports or exercise classes.



### **Nutrition & Health Education**

These programs teach children and families nutrition basics and how to lose weight in a healthy way.



### **Nutrition Counseling**

These programs offer intense instruction and meal-plan development for children and their families from registered dietitians.



### **After-School**

These programs allow students to attend after the Duval County Public School day ends. Programs are either on school grounds or buses are provided from schools.



### **Community or Youth Development**

These programs work to help youth and other community members or organizations to be empowered through mentoring, education, or skills-development programs.



### **Medical Services**

These programs provide medical services like doctor check-ups and monitoring for children or families.

Nationally, state-wide and locally we are seeing increasing rates of childhood overweight and obesity. Reasons behind this increase include: increased “screen” time (television, computers and video games), less time outdoors, more time “eating on-the-go” and many others.



## What is childhood obesity?

Of course, all children gain weight as they grow. But extra pounds—more than what’s needed to support their growth and development—can lead to childhood obesity. Childhood obesity is a serious medical condition that affects children and adolescents.

## How does being overweight impact my child’s health?

Overweight children can develop serious health problems, such as diabetes and heart disease, often carrying these conditions into adulthood. Overweight children are at higher risk of developing:

- ▶ Type 2 diabetes
- ▶ High blood pressure
- ▶ Asthma
- ▶ Sleep disorders
- ▶ Liver disease
- ▶ Early puberty
- ▶ Eating disorders
- ▶ Skin infections

Helping kids lose weight may reduce this risk and allow them to lead longer, healthier lives.

## How can I tell if my child is overweight?

Each child’s situation is unique when it comes to their weight. Therefore, in order to determine if your child is overweight or at risk for becoming overweight, it is best to visit your physician. CDC and the American Academy of Pediatrics (AAP) recommend the use of Body Mass Index (BMI) to screen for overweight and obesity in children and teens aged 2 through 19 years. Although BMI is used to screen for overweight and obesity in children and teens, it should not be used as a tool to diagnose your child.

## What can I do as a parent or guardian to help prevent childhood overweight and obesity?

As a parent you play a vital role in your child’s health. Give your baby the best start in life by breastfeeding. As your child grows, you can model a healthy lifestyle that will last by eating well, exercising regularly and incorporating healthy habits into your family’s daily life. It is important to encourage your child to adopt healthy behaviors. Parents who adopt and encourage healthy behavior are more likely to pass on those habits to their children. Talk to your kids about the importance of eating well and being active, but make it a family affair that will become second nature for everyone.

- ▶ **Reduce sedentary time.** Cut down on TV, computer, and video game time and discourage eating while doing these activities. The American Academy of Pediatrics (AAP) recommends limiting the time kids over 2 years of age spend in front of a screen to no more than 1-2 hours. The AAP also discourages any screen time for children younger than 2 years.
- ▶ **Encourage healthy eating habits.** Provide plenty of vegetables, fruits, lower fat dairy products, lean meats, and whole-grain products. Also limit sweetened beverages, serve reasonable-sized portions and eat meals together as often as possible.
- ▶ **Get active.** The Center for Disease Control (CDC) recommends that kids over 2 years of age should engage in at least 60 minutes of moderate to vigorous physical activity on most days of the week.
- ▶ **Breast-feed.** Breast-feeding reduces the risk of childhood obesity. The AAP recommends breast-feeding for the first six months of life.

# COMMUNITY PROGRAMS

5

ACTIVE KIDS

 WHERE CAN I TAKE MY KIDS TO BE ACTIVE?

## First Coast YMCA



☎ (904) 854-2080

🌐 [www.firstcoastymca.org](http://www.firstcoastymca.org)

YMCA locations throughout the First Coast offer a wide range of activities for youth including: swimming lessons, karate, gymnastics, various sports leagues and a Kids Triathlon. The YMCA also provides a youth fitness certification that allows youth 9 and up to work out on the wellness floor at all YMCA branches.

**LOCATION:** Various

💰 Fees vary, financial assistance available

## First Tee

☎ (904) 924-0401

🌐 [www.thefirstteejacksonville.org](http://www.thefirstteejacksonville.org)

A youth-centered golf facility where youth in Jacksonville learn the game and values of golf in a structured and supportive environment.

**LOCATION:** Northside

💰 Fees vary

## Girls on the Run

☎ (904) 730-9670

🌐 [www.gotrneflorida.org](http://www.gotrneflorida.org)

Girls on the Run (GOTR) encourages preteen girls to develop self-respect and healthy lifestyles through running. GOTR creates life-changing experiences for all girls ages 8-12 by combining training for a 5k along with important life lessons that encourage healthy habits, self-esteem, positive thinking and an active lifestyle.

Girls ages 8-12

**LOCATION:** Various

💰 Fees apply

## Let Us Play

☎ (904) 270-8818

🌐 [www.letusplay.org](http://www.letusplay.org)

Let Us Play's goal is to motivate children to take advantage of the life-long benefits of sports and education. Let Us Play hosts a 4 day sports camp as well as a junior 2k run.

Uninsured children

**LOCATION:** Various

💰 Free or low-cost

## Temple Builders Fitness Center



☎ (904) 394-0856

Temple Builders is a gym associated with the Potter's House Christian Fellowship. The gym offers a variety of classes and programs for all ages as well as an indoor heated pool.

All community members, including children over the age of 14 and seniors

**LOCATION:** Westside

💰 Fees apply



# COMMUNITY PROGRAMS

## 🕒 WHERE CAN I TAKE MY KIDS AFTER-SCHOOL?

### The Bridge of Northeast Florida



📞 (904) 354-7799 x122

🌐 [www.Bridgejax.com](http://www.Bridgejax.com)

Offers programs on healthy life choices that focus on health and nutrition education and the benefits of active healthy lifestyles. The Bridge also offers many recreational sports and activities including flag football, basketball, tennis, step dancing, yoga and karate.

Children and teens

**LOCATION:** Downtown

💰 No or low cost services

### Boys & Girls Clubs of Northeast Florida



📞 (904) 396-4435

🌐 [www.bgcnf.org](http://www.bgcnf.org)

Our Clubs conduct programs in five core program areas; one of which is sports, fitness, and recreation. The most implemented program in this area is Triple play. This national program takes a whole-child approach to educating boys and girls about good nutrition, making physical fitness a daily practice and developing individual strengths and good character. In addition to components for the mind and body, the Triple Play program gets at the soul of the Club experience—the gamesroom. Each Mind, Body and Soul program component can stand alone; yet combining them allows Club members to obtain more powerful, lifelong benefits.

Youth ages 6-18 at various locations

**LOCATION:** Various

💰 Low cost

### Children's Home Society



Foster Care Case Management

📞 (904) 493-7744

🌐 [www.chsfl.org](http://www.chsfl.org)

Children's Home Society provides after-school care that includes nutrition and physical activity involvement and education for children in foster care.

Children in foster care

**LOCATION:** Arlington

💰 Free

### Community Connections Fitness & Anti-Obesity Program



📞 (904) 350-9949

🌐 [www.communityconnectionsjax.org](http://www.communityconnectionsjax.org)

The Fitness and Anti-Obesity Program teaches participants about making healthy eating choices and how to prepare healthy snacks. Students participate in regular exercise routines and earn incentives for program participation.

School-aged children and adolescents

**LOCATION:** Various

💰 Free

### Girls on the Run



📞 (904) 730-9670

🌐 [www.gotrnefflorida.org](http://www.gotrnefflorida.org)

Girls on the Run (GOTR) encourages preteen girls to develop self-respect and healthy lifestyles through running. GOTR creates life-changing experiences for all girls ages 8-12 by combining training for a 5k along with important life lessons that encourage healthy habits, self-esteem, positive thinking and an active lifestyle.

Girls ages 8-12

**LOCATION:** Various

💰 Fees apply

### Girls Inc. of Jacksonville



📞 (904) 731-2880

🌐 [www.girlsincjax.org](http://www.girlsincjax.org)

Girls Inc. of Jacksonville serves girls everyday in after-school programs and summer camps. After-school programs provide a supporting and safe environment; homework assistance; and activities like dance, computer, art, story telling, theatre, and karate. In addition to after-school programs, Girls Inc. also provides outreach programs that build self-confidence, self-esteem and help girls to make better life decisions.

Children 5-18

**LOCATION:** Various

💰 Fees vary

## 🕒 WHERE CAN I TAKE MY KIDS AFTER-SCHOOL?

### First Coast YMCA 🕒 🏃❤️

PrYme Time  
 ☎ (904) 854-2080  
 🌐 [www.firstcoastymca.org/community/outreach](http://www.firstcoastymca.org/community/outreach)

Provides before/after-school care for children in a fun, safe, comfortable environment that promotes the YMCA's four core values: caring, honesty, respect, and responsibility. PrYme Time offers a variety of outdoor playtime, arts and crafts, games, snack, a fitness program, and enrichment classes.

School-aged children

LOCATION: Various

💰 fees vary

### MaliVai Washington Kids

#### Foundation 🏃❤️🎨

☎ (904) 359-5437  
 🌐 [www.malwashington.com](http://www.malwashington.com)

The MaliVai Washington Kids Foundation promotes school success and positive life skills through tennis. Tennis gets kids involved in an active and fun game and offers so much more. By connecting success on the court with success in life, we promote leadership, sportsmanship, self-esteem, confidence, discipline, responsibility and the value of hard work, teamwork and individual effort.

School-aged children and adolescents

LOCATION: Northside

💰 Free

### Police Athletic League (PAL)

#### 🕒 🏃❤️🎨

☎ (904) 854-6555  
 🌐 [www.jaxpal.com](http://www.jaxpal.com)

PAL offers year-round and seasonal sports programs, after-school education programs, and summer camps. Provides safe and structured activities to youth of Jacksonville. PAL programs and facilities are available to all youth, regardless of their race, religion or financial situation.

Children and adolescents

LOCATION: Various

💰 Free

### The Sanctuary 🏃❤️🎨

☎ (904) 356-3588  
 🌐 [www.sanctuaryon8th.org](http://www.sanctuaryon8th.org)

The Sanctuary on 8th Street provides a safe environment for kids living in Springfield. We strive to offer activities that enrich, enhance, and expand their understanding of the world. The Sanctuary offers after-school enrichment and summer camps.

Children living in Springfield

LOCATION: Springfield

💰 Free

### Wayman Community Dev. Corp.

#### 🕒 🏃❤️🎨

Lifchance Family Services  
 ☎ (904) 693-1503

Wayman Community Development Corp. offers workshops dedicated to positive self-image, nutrition and healthy lifestyles.

Children ages 6-16

LOCATION: Westside

💰 Free

### First Coast YMCA 🕒 🏃❤️🎨

Youth Fit for Life  
 ☎ (904) 854-2080  
 🌐 [www.firstcoastymca.org/community/outreach](http://www.firstcoastymca.org/community/outreach)

Youth Fit for Life is designed to promote healthy eating habits and increase physical activity. A nutrition and health education component will be provided by YMCA dietitians and health educators.

Children grades K-5th

LOCATION: Various

💰 Fees vary



# COMMUNITY PROGRAMS

♥️ WHERE CAN I GO TO LEARN ABOUT EATING HEALTHY?

## Baptist Health

Department of Community Health

📞 (904) 202-2530

Baptist Health provides education on nutrition and fitness for children and their families. The sessions focus on the Food Pyramid and provide ways that children and families can become healthy through proper diet and exercise.

Children and families

LOCATION: Downtown

💰 Fees vary

## Boy Scouts/Cub Scouts



📞 (904) 388-0591

🌐 [www.nfcscouting.org](http://www.nfcscouting.org)

The goal of Boy Scouts and Cub Scouts is to prepare young people for life by promoting character development, community involvement and personal fitness.

Boys ages 6-18

LOCATION: Various

💰 Low cost

## Duval County Health Department

Community Nutrition Services



📞 (904) 253-1170

🌐 [www.dchd.net/community%20nutrition.htm](http://www.dchd.net/community%20nutrition.htm)

In the Duval County Health Department, Community Nutrition Services Division provides programs to improve the nutrition of Jacksonville residents. The Community Nutrition Services Division is responsible for breast-feeding education and support, WIC and nutrition education. They offer classes such as supermarket tours, food budgeting classes, nutrition counseling, menu planning and food demonstrations.

Underserved children and adults in Jacksonville

LOCATION: Various

💰 Fees vary

## Empowerment Resources, Inc.



📞 (904) 268-8287

🌐 [www.Empoweringfamilies.org](http://www.Empoweringfamilies.org)

Empowerment Resources, Inc., as well as the "Journey Into Womanhood" program helps teens by promoting leadership development, academic performance, increased self-esteem. Parenting workshops, as well as the Journey into Womanhood program, include nutrition and health education for young people.

Children and their parents

LOCATION: Southside

💰 Fees vary





# COMMUNITY PROGRAMS

9

♥ WHERE CAN I GO TO LEARN ABOUT EATING HEALTHY?

## First Coast YMCA

Individual Nutrition Counseling

☎ (904) 355-1436

🌐 [www.firstcoastymca.org/wellness/nutrition](http://www.firstcoastymca.org/wellness/nutrition)

Meet with a Registered Dietician in a one hour session and receive a personalized diet plan to achieve a healthy weight. Or meet to discuss healthier eating habits and how to implement those habits.

All populations

LOCATION: Various

💰 Fees vary

## Girl Scouts

☎ (904) 388-9954

🌐 [www.girlscouts-gateway.org](http://www.girlscouts-gateway.org)

Girl Scouts encourages girls to partner with caring adults and creates a wide range of fun and challenging leadership activities that empower them to discover, connect, and take action to make a difference in today's world.

School-aged girls

LOCATION: Various

💰 Low and no cost

## That-a-Weigh Kids

☎ (904) 288-7373

🌐 [www.thataweighkids.com/](http://www.thataweighkids.com/)

That-a-Weigh Kids® teaches overweight children and teens how to manage their weight. Developed by a pediatrician, the program uses hands-on activities, web resources, on-site learning, and plenty of support and motivation. That-a-Weigh Kids® offers overweight children, teens and their families an alternative to a lifelong battle with obesity.

Children and teens

LOCATION: Mandarin

💰 Fees apply



## St. Vincent's HealthCare



Way to Go Kids

☎ (904) 308-7577

Way to Go Kids is a 6–8 week nutrition and physical fitness course. Kids are taught a different topic on nutrition each week and they also participate in physical fitness through choreographed hip-hop dance routines.

Children

LOCATION: Riverside

💰 Free

## University of Florida/IFAS Cooperative Extension Service



4-H Expanded Food & Nutrition Education Program (EFNEP)

☎ (904) 387-8858

🌐 [www.jax4h.com](http://www.jax4h.com)

The 4-H Expanded Food and Nutrition Education Program offers nutrition education in-school, after-school, and at summer camps using cooking demonstrations and physical activity to show the importance of a healthy lifestyle for youth.

Youth and adolescents

LOCATION: Various

💰 Free

# COMMUNITY PROGRAMS

## WHAT IS AVAILABLE TO HELP PARENTS?



### Empowerment Resources, Inc.



☎ (904) 268-8287

🌐 [www.Empoweringfamilies.org](http://www.Empoweringfamilies.org)

Empowerment Resources, Inc. helps teens by promoting leadership development, academic performance, increased self-esteem. Parenting workshops, as well as the Journey into Womanhood program, include nutrition and health education for young people.

Children and their parents

**LOCATION:** Southside

💰 Fees vary

### First Coast YMCA

A Different Weigh

☎ (904) 355-1436

🌐 [www.firstcoastymca.org](http://www.firstcoastymca.org)

This six-month behavioral modification program focuses on achieving total health through lifestyle changes, and a multi-disciplinary approach to weight loss. "A Different Weigh" includes pre- and post- assessments, bi-weekly weigh-ins, plus individual sessions with behavioral therapists, registered dietitians, health educators, and personal trainers. It is based on 50% exercise and 50% nutrition.

Adults

**LOCATION:** Riverside & Southside

💰 Fees vary

### Northeast Florida Healthy Start Coalition

Healthy Start/Magnolia Project/Azalea Project

☎ (904) 723-5422

🌐 [www.healthystart.org](http://www.healthystart.org)

Healthy Start provides free services including: childbirth education classes; healthy pregnancy classes; infant care classes; breast-feeding education and support; home visits; counseling, parenting education and support; and more.

Pregnant women and infants or toddlers

**LOCATION:** Various

💰 Free

### Northeast Florida Lactation Coalition

☎ (904) 338-0434

🌐 [www.neflbreastfeeding.org](http://www.neflbreastfeeding.org)

Provides education on healthy lifestyles, processed/fried food intake, pre-natal health, and breast-feeding.

Expecting/nursing mothers and their children

**LOCATION:** Various

💰 Low and no cost

### United Way of Northeast Florida

Born Learning

 Parenting Classes

☎ (904) 390-3225

🌐 [www.uwnefl.org/Partnerships\\_Born Learning.asp](http://www.uwnefl.org/Partnerships_Born Learning.asp)

Born Learning helps parents, grandparents and caregivers explore ways to turn everyday moments into fun learning opportunities for children.

Low-income parents of children under 13

**LOCATION:** Various

💰 Free

# COMMUNITY PROGRAMS

11

MEDICAL ASSISTANCE

## + WHERE CAN I GO TO GET MEDICAL HELP?

### Duval County Health Department and UF

Center for Women and Children

Breast-Feeding Promotion and Support Services

☎ (904) 253-1080

🌐 [www.dchd.net/cfwc.htm](http://www.dchd.net/cfwc.htm)

Provides women's health care, including: breast and cervical cancer care; family planning/birth control, pregnancy testing, pap smears, clinical breast exams, prenatal care, Healthy Start and WIC. Also provides children's well care, sick care, and immunizations.

Pregnant/Nursing women and children with Medicaid, low-insurance or no insurance

LOCATION: Downtown

💰 Fees vary

### Full Service Schools

☎ (904) 390-3247

🌐 [www.wnefl.org/Partnerships\\_FSS.asp](http://www.wnefl.org/Partnerships_FSS.asp)

Behavioral help for children, individual/family counseling, mentoring, parenting help, medical/health/nursing services, eyeglasses, after-school activities and basic needs assistance. Full Service Schools is the only free mental health resource for children in Duval County.

School-aged children

LOCATION: Various

💰 Free

### Nemours Children's Hospital and Clinic

☎ (904) 731-2880

🌐 [www.nemours.org](http://www.nemours.org)

At Nemours, our hospital and clinics offer intensive and acute inpatient care and outpatient services covering more than 40 disciplines, including internationally

recognized magnet programs in orthopedics, blood and bone marrow transplantation, cardiology, oncology, neonatology and solid organ transplantation.

Children

LOCATION: Downtown

💰 Fees apply, depending on insurance carrier

### St. Vincent's

Mobile Health Outreach Ministries

☎ (904) 308-7536

Doctor's office on wheels that travels throughout the region to minister to adults and children providing immunizations, health screenings, physicals, medical testing and many other services. They also provide referrals to nutritionists for follow-up on nutrition and physical activity education.

Underserved, uninsured individuals

LOCATION: Various

💰 Free

### Wolfson Children's Hospital/ Nemours Children's Clinic



Northeast Florida Pediatric Diabetes Center

☎ (904) 202-8547

🌐 [www.wolfsonchildrens.org/programs-services/programs/diabetes/index.html](http://www.wolfsonchildrens.org/programs-services/programs/diabetes/index.html)

The Northeast Florida Pediatric Diabetes Center is the only center of its kind in the area. They offer a full range of services for children and adolescents, including, but not limited to, Type 1 and Type 2 diabetes, pre-diabetes and weight management.

Children and adolescents

LOCATION: Downtown

💰 Fees vary, financial aid available

# COMMUNITY PROGRAMS



## Commit 2 B Fit

☎ (904) 566-2127

🌐 [www.icommit2bfit.com](http://www.icommit2bfit.com)

Commit 2 B Fit is an award-winning program that incorporates physical activity and nutrition into the school, home and community. It is a simple tool that is included in the school day—without adding another later.

School-aged children

LOCATION: Various

🕒 Fees vary

## Communities In Schools

☎ (904) 354 5918

🌐 [www.cisjax.org](http://www.cisjax.org)

Communities In Schools of Jacksonville is the largest local provider of in-school safety net and dropout prevention services. Each year our programs reach 6,600 students through a wide range of in-school and after-school initiatives.

At-risk youth

LOCATION: Various

🕒 Free

## THE FOLLOWING PROGRAMS ARE AVAILABLE IN SCHOOLS.

CONTACT YOUR CHILD'S SCHOOL TO  
SEE IF THESE PROGRAMS ARE AVAILABLE.

### Duval County Public Schools



Safe and Healthy Schools

☎ (904) 390-2131

🌐 [www.Duvalschools.org](http://www.Duvalschools.org)

The Safe and Healthy Schools Department is committed to providing curricular, instructional, and behavioral support in health, physical education and school climate in an effort to enable students to become healthy, productive and successful learners within a safe and supportive learning environment. The office oversees school-based health education and physical activity.

School children

LOCATION: Various

🕒 Free, included in school curricula

### Jacksonville Children's Commission

Nutrition Services and Developmental  
Health Programs

☎ (904) 630-6430

🌐 [www.Jaxkids.org](http://www.Jaxkids.org)

JCC provides nutrition education in 28 team-up sites. They create menus and manage the Childcare Food program to provide after-school snacks and dinners to children. In addition, JCC is a sponsor of the Summer Lunch Program, which provides snacks and lunches to children when school is out for the summer.

Underserved children

LOCATION: Various

🕒 Free

## Northeast Florida Area Health Education Center

Healthy Choice Alternatives for Tweens (HCAT)

☎ (904) 428-0189

🌐 [www.northfloridaahec.org/](http://www.northfloridaahec.org/)

HCAT is a 14-week nutrition education and physical activity program designed to educate and encourage third grade elementary students and their families to adopt behaviors that are consistent with the Dietary Guidelines for Americans and The Food Pyramid. The program is taught by university students who teach six lessons in the fall and six in the spring with an additional week each semester for introduction and celebration.

Third grade students

**LOCATION:** Various

🆓 Free (AHEC can be contacted about bringing it to the school)

## Northeast Florida Area Health Education Center

Osteoporosis Prevention Program (OPP)

☎ (904) 428-0189

🌐 [www.northfloridaahec.org/](http://www.northfloridaahec.org/)

The OPP includes nutrition education, physical activity instruction, eating disorder prevention and healthy lifestyle tips taught at different grade levels in area schools. The program follows Sunshine State Standards and uses MyPyramid as a guide.

School children

**LOCATION:** Various

🆓 Free (AHEC can be contacted about bringing it to the school)



# COMMUNITY ORGANIZATIONS

AGENCIES LISTED BELOW DO NOT PROVIDE DIRECT SERVICES LIKE NUTRITION COUNSELING, BUT OFFER COMMUNITY DEVELOPMENT ASSISTANCE AND HEALTH EDUCATION RESOURCES. CONTACT THESE ORGANIZATIONS IF YOU ARE INTERESTED IN THEIR INVOLVEMENT ON THE COALITION.

## Department of Children and Families

ACCESS Florida

☎ 1-866-762-2237

🌐 [www.dcf.state.fl.us/ess/](http://www.dcf.state.fl.us/ess/)

Find out about and apply for benefits and find other organizations that offer help .

## Health Planning Council of Northeast Florida

☎ (904) 723-2162

🌐 [www.hpcnef.org](http://www.hpcnef.org)

Community planning and research on behavior change.

## Healthy Jacksonville

Childhood Obesity Prevention Coalition

☎ (904) 253-2520

🌐 [www.healthyjacksonville.org/Coalitions/childhood%20obesity.htm](http://www.healthyjacksonville.org/Coalitions/childhood%20obesity.htm)

The mission of the coalition is to prevent and reduce obesity in children and adolescents by promoting healthy and active lifestyles for children in Duval County. The coalition works to educate parents, children, schools and the community about the importance of healthy eating and regular physical activity in reducing childhood obesity and its health risks.

## Jacksonville Kids Coalition

☎ (904) 350-9949 x 41

Dedicated to improving the lives of kids through programming and public advocacy, the Coalition represents over 50 area nonprofits along with other interested individuals committed to the sole purpose of working on behalf of children.

## National Association of Health Services Executives

North Florida Chapter

☎ (904) 391-1356

🌐 [www.nahse.org](http://www.nahse.org)

Focused on education and programming in the area of health disparities and public policy.

## Northeast Florida Regional Council

☎ (904) 279-0885 x 122

🌐 [www.neflrc.org](http://www.neflrc.org)

Influences policy relating to land use and school settings.

## Team Gaia

High School Horror: Changing the Way We Eat

☎ (904) 338-3027

🌐 [www.teamgaia.com](http://www.teamgaia.com)

Working to raise the level of nutrition in schools by instituting community gardens and bringing in fresh produce from local farms. Volunteer opportunities available.

## Urban Dynamics Corporation

☎ (904) 246-7075

Working to create opportunities to build school and community gardens and improving access to healthy foods.

## War on Poverty Florida

☎ (904) 766-7275

🌐 [www.waronpoverty.org](http://www.waronpoverty.org)

Working toward community gardens; community asset analysis; community organizing and engaging; and youth development.

## WHERE CAN I TAKE MY CHILD TO PLAY?

BELOW IS A LIST OF SOME OF THE 60 PLUS PARKS WITH PLAYGROUNDS AVAILABLE IN JACKSONVILLE FOR PUBLIC USE.

Visit [www.jaxparks.com](http://www.jaxparks.com) for a complete list.



**1 Barney Browning Park**

6014 Norwood Ave.  
Jacksonville, FL 32208

**2 Confederate Playground**

949 Hubbard St.  
Jacksonville, FL 32206

**3 Dinsmore Boat Ramp & Playground**

6800 Dunn Ave. Te.  
Jacksonville, FL 32219

**4 Dinsmore Playground**

10632 Old Kings Rd.  
Jacksonville, FL 32219

**5 Eugene M. Glover Playground**

1701 Myrtle Ave.  
Jacksonville, FL

**6 Florida C. Dwight Memorial Playground**

1199 West Church St.  
Jacksonville, FL 32204

**7 Gerries Park**

6629 Fort Caroline Rd.  
Jacksonville, FL 32277

**8 Mitchell Center and Park**

1010 Acorn St.  
Jacksonville, FL 32209

**9 Murray Drive Playground**

1187 Murray Dr.  
Jacksonville, FL 32205

**10 Murray Hill Playground**

4208 Kingsbury St.  
Jacksonville, FL 32205

**11 Ortega Hills Playground**

5000 Greenway Dr.  
Jacksonville, FL 32244

**12 Parkwood Heights Elementary Park**

1709 Lansdowne Rd.  
Jacksonville, FL 32211

**13 San Pablo Elementary Playground**

801 18th Avenue N.  
Jacksonville, FL 32246

**14 St. Nicholas Playground**

2260 Spring Park Rd.  
Jacksonville, FL 32207

**15 Sweetwater Playground**

7220 Esther St.  
Jacksonville, FL 32210

**16 Westridge Park**

2301 Maple Grove Rd.  
Jacksonville, FL 32221

**17 Westwood Park**

5900 West Tampico Rd.  
Jacksonville, FL 32244

**18 Wiley Road Playground**

2150 Lane Ave.  
Jacksonville, FL 32210

# SPECIAL THANKS

**SPECIAL THANKS** to The Blue Foundation for a Healthy Florida for providing funding to support the project and to all the members of the Healthy Jacksonville Childhood Obesity Prevention Coalition for making this directory and the community action plan a reality.

**Special thanks** also to the chairs of the coalition —Dr. Donald George and Dr. Jonathan Evans for their leadership and support of the coalition.

**The Blue Foundation** FOR A HEALTHY FLORIDA 

The Blue Foundation for a Healthy Florida and its Parent, Blue Cross and Blue Shield of Florida, are Independent Licensees of the Blue Cross and Blue Shield Association.

## HEALTHY JACKSONVILLE 2010

Duval County Health Department  
900 University Boulevard North  
Suite 209  
Jacksonville, FL 32211

PHONE: **904.253.2520**

FAX: 904.745.3015

WEBSITE: **www.dchd.net**



A Healthy People 2010 Initiative



**HEALTHPLANNINGCOUNCIL**  
OF NORTHEAST FLORIDA, INC.



The information in this resource guide is not intended to be a substitute for professional medical advice. You should always seek the advice of your physician or other health care provider prior to starting a new exercise or nutrition program.

The services and information listed in this resource guide are intended to serve as a guide only, and are not guaranteed by the coalition and its members.