



## LiveFIT NH: It's for EveryBody.

### THE FACTS:

**Obesity in children** has become a troubling trend over the past 20 years; the likelihood that an American child will be overweight has tripled. The NH Child Advocacy Network estimates that 22 percent of boys and 17 percent of girls in the Granite State are overweight, with another 20 percent at risk.

NHPTV's LiveFIT NH is a proud recipient of a 2007 Outstanding Achievement Award from the New Hampshire Governor's Council on Physical Activity and Health.

**WHAT WE'RE DOING:** LiveFIT NH is a New Hampshire Public Television community engagement project designed to encourage healthy eating and physical activity in children and adults. Recognizing the challenge of maintaining healthy habits, the LiveFIT NH project is focused on increasing awareness of, and helping to reduce the incidence of, childhood obesity, which has become an epidemic in the U.S. Health experts say that obesity causes serious health complications, shortens lifespans and strains our health care system.

**THE COMPONENTS:** With its partner organizations statewide, the LiveFIT NH initiative demonstrates—through television segments, educational and outreach activities, and online resources—how individuals, families, schools and communities can combat obesity trends. The initiative includes:

- A multi-part series broadcast on **NH Outlook**, NHPTV's award-winning public affairs program; segments can be viewed online anytime at [nhptv.org/outlook](http://nhptv.org/outlook).
- A "LiveFIT NH Challenge" promoting six actions and activities that are known to improve our health.
- "Fit Tip" health breaks, based on the six LiveFIT NH Challenges, broadcast on NHPTV and viewable online at [nhptv.org/livefitnh](http://nhptv.org/livefitnh).
- **Family Health Nights** with fun activities, resources and theme-related children's books; also, **workshops** on nutrition, exercise, and healthy family lifestyles for parents, educators and caregivers presented around the state by NHPTV's Knowledge Network – Educational Services staff.
- A **website**, [nhptv.org/livefitnh](http://nhptv.org/livefitnh), that offers information about the project, the LiveFIT NH Challenge, links to state and national resources and partner organizations, and a schedule of special events.

**HOW YOU CAN GET INVOLVED:** Go to [nhptv.org/livefitnh](http://nhptv.org/livefitnh) to download the LiveFIT NH Challenge Card, view the events and workshop calendars, find links to state and national resources and partner organizations, and more!

*The LiveFIT NH initiative is generously funded by:*





**NHPTV'S AWARD-WINNING PUBLIC AFFAIRS PROGRAM, is broadcasting a multi-part **LiveFIT NH** as part of NHPTV's LiveFIT NH community engagement initiative. Several of these stories received awards from the Associated Press Broadcasters and New England Tellys.**

Watch NH Outlook Sundays at 9:30 a.m., and Mondays at 6 p.m.; and online at [nhptv.org/outlook](http://nhptv.org/outlook)



### **Grading School Lunches**

Explore some of the innovative ways schools are getting students to think about what they eat.

### **Brown Bag Snack Tips**

How do you pack healthy snacks and lunches that children will actually eat?

### **CircusFit and Physical Education in Schools**

Physical education and fun can be synonymous. Explore the fun-damentals of clowning around with the circus!

### **Reading Food Labels**

Dietician Eileen Behan shows us how to read food packaging.

### **Eating Well**

Sometimes it takes a health crisis to change eating habits; here's how one New Hampshire family learned to make changes.

### **Fast Food, Healthy Choices**

Can you eat well when you're on the run? We sample some fast fare and find tactics for eating well when you're in a hurry.

### **Heart Disease Prevention**

We look at how to prevent heart disease, the leading killer of people of all ages in NH.

### **Childhood Type 2 Diabetes**

An increasing number of children are at risk for Type 2 Diabetes. We look at how to guide them to making healthy food choices.

### **No More Diets**

Dietician Eileen Behan offers steps for changing our relationship with food.

### **Food Marketing to Children**

We explore the influence advertising and the media have on children's eating habits and how parents can reduce that effect.

### **Food Security (Hungry in New Hampshire)**

We look at families who don't have access to fresh or nutritious food, and who find themselves "food insecure."

### **Take the Challenge**

The Barker family of Manchester is inspired by the **LiveFIT NH Challenge!**

### **For the Love of Food Dinner Party**

Dietician Eileen Behan prepares a special, healthy dinner party.

### **Mindless Eating**

Get tips on reducing overeating and "mindless eating."

### **Exercise and Aging**

We explore how being active keeps us young.

### **Start (Walking)**

We see how the staff at Monadnock Hospital is walking the walk using the American Heart Association "Start" program.

### **Heart / Stroke Profiles**

Heart disease and strokes are the number one killers of women. We profile two young women who have been affected by these.



## PROJECT PARTNERS

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NHPTV's **community engagement initiatives**, like **LiveFIT NH**, extend the impact of public broadcasting through a variety of media services, educational and collaborative activities. This work engages individuals and fosters community participation to raise awareness and effect change.

### **NEW HAMPSHIRE PUBLIC TELEVISION [www.nhptv.org](http://www.nhptv.org)**

Beyond its award-winning local and national television programs, New Hampshire Public Television is a leader in education and community outreach. NHPTV provides instructional services for 206,000 students from kindergarten through high school; offers Ready To Learn programs and services for children preschool to age 8, parents, and early education professionals; and provides professional development programs and advanced technology training for educators in New Hampshire and neighboring states.

**Watch NHPTV on analog channels 11 Durham, 18 Pittsburg, 49 Littleton, 52 Keene;  
digital channels 57 Durham, 48 Littleton, 49 Keene, 50 Hanover**

