

## BFit Grantees

### **American Heart Association, *Building a Healthier Broward***

This pilot program is currently working to reduce hypertension among 300 targeted residents in the Lauderhill/Washington Park area. All participants are patients of a medical clinic and referred because they have high blood pressure. A patient navigator (registered nurse) is closely monitoring each person and designs an individualized treatment plan, health coaching, and fitness activities through a partnership with Urban League and YMCA.

### **American Diabetes Association, *What Can I Eat?***

Building on successful pilot projects from around the country, 250 Broward residents with Type 2 Diabetes are participating in a four-week program led by registered dietitians and nutritionists. Individualized healthy eating and activity plans pave the way for behavioral change while introducing healthy habits.

### **Broward County Library Foundation, *Wellness Resource Centers***

This pilot program targeted 200 families of the surrounding area of two libraries located in Broward food deserts (North Lauderdale Saraniero Library and African-American Research Library) to provide access to more active lifestyles. The program provided nutrition and fitness counseling, and workout classes for adults that improved their health.

### **Broward Regional Health Planning Council, *Lauderdale Lakes: A Healthy Community Zone***

City of Lauderdale Lakes was the focal point for a new Healthy Community Zone model targeting the 34,000 residents. The project worked to transform residents and the city by increasing access to healthy foods, physical activity, changing residents behavior, engage all sectors in creating and implementing solutions for access to healthy choices and advocate for policy change. 200 residents were tracked and surveyed to determine their physical activity and eating behavior to help combat chronic diseases, such as diabetes, obesity and heart disease.

### **Healthy Mothers Healthy Babies, *Getting Healthy - Inside Out***

This project targeted 500 low-income women, men, and teens who reside in the City of Lauderhill. In collaboration with community partners, the project provided a one-stop shop with nutrition assessments, educational classes, cooking demonstrations, and fitness activities. Target individuals learned how to change eating habits and adopt a more active and healthy lifestyle to decrease obesity/overweight and perinatal conditions that could lead to premature births and fetal/infant death.

### **H.O.M.E.S., *Outdoor Kitchen & Nutritional Learning Center***

Sixty residents who live in the 13th Street corridor was enrolled in this program that provided healthy eating, interactive education and fitness activities. The residents had free access to the community garden and worked weekly with a chef to create healthy dishes in their outdoor kitchen. In addition, individualized eating plans and follow-up with each participant ensured their success.

**Life Sports Fitness, BFit**

This program created customized plans for 35 adults to increase their active lifestyles and generate better eating habits for them and their families. The program improved adults muscular and cardiovascular strength and endurance while also providing wellness education seminars that focus on nutrition, fitness, self-motivation, and health.

**Schott Communities, BFit: Staying Healthy and Strong**

This program will provide a comprehensive health and nutrition program for 70 special needs individuals. Participants were engaged in daily exercises, adaptive vegetable gardening, and cooking classes.

**Sunrise Community, Healthy Lifestyles**

50 adults with disabilities worked with a registered nurse to track their health improvements while participating in a new yoga, movement/cardio, and nutrition program. Participants learned healthy eating habits and became more active and, subsequently, improve their overall health.

**YMCA of South Florida, IMPACT Program**

A Community Health Worker worked with 100 residents who have a chronic health condition such as diabetes, hypertension or pre-diabetes. The program followed an evidenced-based model that proven to create behavioral change and reduce obesity and ultimately improve their health.