



## SUMMARY

HealthCorps® is a 501 (c) 3 founded in 2003 by heart surgeon and Daytime Emmy Award-winning host Dr. Mehmet Oz and his wife Lisa to combat the childhood obesity crisis. HealthCorps is building a nationwide movement to shape a new generation.

HealthCorps Coordinators lead unique in-school and community programming designed to foster physical and mental fitness, particularly among high-need populations. The Coordinators serve as peer-mentors who deliver a progressive curriculum in nutrition, exercise and mental strength to students nationwide. For more than a decade, the HealthCorps program has inspired its participants to adopt a healthier lifestyle. And the HealthCorps schools have served as Living Labs through which we can explore the complex, underlying causes of the obesity crisis, as well as discover, communicate implement and advocate for national and regional solutions.

Today, the program network spans 44 schools in 10 states and the District of Columbia. Ultimately, HealthCorps' goal is to extend the reach of its program to an ever-wider network of American communities. To that end, in 2012, we introduced HealthCorps University, a train-the-trainer professional development program that makes available the HealthCorps principles and curriculum to virtually any school, community or organization.

## PRIORITIES

HealthCorps focuses on education as the most effective way to drive real change, and offers three key programs for schools:

### **1. Educating the student body through Living Labs**

Our in-school program includes embedding a trained HealthCorps Coordinator in a high school on a full-time basis for a minimum of two years. With HealthCorps, students are educated by a peer-mentor with a relevant view of the importance of living healthy.

**Nutrition:** Students learn practical ways to choose foods that are healthy and develop healthy relationships with food that will last a lifetime.

**Fitness:** Students learn how to maximize their caloric burn everyday by making simple lifestyle choices.

**Mental Resilience:** HealthCorps helps students develop decision-making and communication skills, foster healthy relationships and set long-term goals.

### **2. Supporting Schools through HealthCorps University**



HealthCorps University is a train-the-trainer professional development program that makes the HealthCorps principles and curriculum available to virtually any school, community, or organization.

HealthCorps conducts an intensive two-day training program for a school or district, and also includes special sessions for parents and students.

### **3. The Active Alliance**

The Active Alliance ([www.ActiveAlliance.org](http://www.ActiveAlliance.org)) is a California-based partnership designed to educate and inspire children to become physically and mentally fit by connecting them with professional athletes.

The members of the Alliance include HealthCorps, California's professional basketball teams and The California Endowment. The Active Alliance builds on HealthCorps' current work in schools and communities, then adds the star power of professional sports teams to empower students to live healthier lives. Athletes, dancers, trainers and mascots work with students on physical activity, nutrition and mental resilience by partnering on events such as basketball and dance clinics, community court renovations and community-wide health fairs.

### **Our Scope**

HealthCorps' national program spans 44 high schools in 10 states (CA, FL, MA, MD, NJ, NC, NY, OH, OK, TX) and the District of Columbia. Since our inception we have impacted 223,100 students and 446,200 of their friends and family.

### **Advocating for Change**

HealthCorps advocates for healthy public policy at the local, state and federal level. Our goal is to elevate health education and physical education to "core subjects" within federal education laws, thus allowing both subjects to be eligible for federal funding.

As a member of the Green Schools National Network, we also promote policy shifts and best practices that move us towards safer environments affecting students' health and encouraging communities to become more physically active.

HealthCorps Chairman Dr. Mehmet Oz and HealthCorps President Michelle Bouchard appeared before the United States Senate's Health Education Labor and Pension Committee in 2009 to discuss wellness policy and HealthCorps' commitment to national service.



## PROBLEM

Obesity in the United States has reached epidemic proportions. About one-third or 33.8% of U.S. adults are obese. (Journal of the American Medical Association, "Prevalence and Trends in Obesity Among US Adults, 1999-2008," January 13, 2010.)

No state has met the nation's Healthy People 2010 goal to lower obesity prevalence to 15%. In fact, the number of states with an obesity prevalence of 30% or more has increased to 12 states in 2010 from nine states in 2009. In 2000, no state had an obesity prevalence of 30% or more. (Source: CDC's Morbidity and Mortality Weekly Report, "Vital Signs: State-Specific Obesity Prevalence Among Adults - United States, 2009," August 6, 2010.)

In 2008, medical costs associated with obesity were estimated at \$147 billion; the medical costs paid by third-party payors for people who are obese were \$1,429 higher than those of normal weight. (Health Affairs, "Annual Medical Spending Attributable To Obesity: Payer-And Service-Specific Estimates," September/October 2009.)

According to "F as in Fat: How Obesity Threatens America's Future 2011," a report from the Trust for America's Health and the Robert Wood Johnson Foundation, released on July 7, 2011 and which references HealthCorps' peer mentoring program, adult obesity rates increased in 16 states in the past year and did not decline in any state. Twelve states now have obesity rates above 30 percent. Four years ago, only one state had an obesity rate above 30 percent.

Approximately 17% (or 12.5 million) of children and adolescents aged 2—19 years are obese. Since 1980, obesity prevalence among children and adolescents has almost tripled.

Childhood obesity can have a harmful effect on the body in a variety of ways. Obese children are more likely to have:

- High blood pressure and high cholesterol, which are risk factors for cardiovascular disease (CVD). In one study, 70% of obese children had at least one CVD risk factor, and 39% had two or more.
- Increased risk of impaired glucose tolerance, insulin resistance and type 2 diabetes.
- Breathing problems, such as sleep apnea, and asthma.
- Joint problems and musculoskeletal discomfort.



- Fatty liver disease, gallstones, and gastro-esophageal reflux (i.e., heartburn).
- A greater risk of social and psychological problems, such as depression and poor self-esteem.

Are more likely to become obese adults. (Source: [Division of Nutrition, Physical Activity and Obesity, National Center for Chronic Disease Prevention and Health Promotion](#), April 26, 2011.) In 2003, when the last National Survey of Children's Health was conducted, only Washington, D.C. and three states had childhood obesity rates higher than 20 percent. Four years later, in 2007, six more states had childhood obesity rates over 20 percent. (Source: 2007 National Survey of Children's Health) The prevalence of obesity among children from lower-income families increased from 12.7 percent in 1999 to 14.8 percent in 2009, although rates have remained stable since 2003. Also, significant racial and ethnic disparities in obesity prevalence exist among U.S. children and adolescents. In 2007—2008, Hispanic boys, aged 2 to 19 years, were significantly more likely to be obese than non-Hispanic white boys, and non-Hispanic black girls were significantly more likely to be obese than non-Hispanic white girls. (Source: National Center for Health Statistics, "Prevalence of Obesity Among Children and Adolescents: United States, Trends 1963-1965 Through 2007-2008," June 4, 2010)



## RESEARCH

Affinity Health Plan Study: HealthCorps was highlighted in the October 2011 issue of Childhood Obesity academic journal, published by Mary Ann Liebert, Inc. The article presents the results of an independently conducted two-year efficacy study overseen by a researcher from Cornell University and funded by Affinity Health Plan. This quantitative study in a predominately Hispanic New York City intervention group demonstrated the impact of HealthCorps. The study concluded that HealthCorps exerted a positive impact on students in three areas:

1) Sugary soda pop consumption decreased by 0.61 times per week; 2) Participants reported they were 36% more likely to be physically active; 3) Participants scored 10.7% higher on the test of health knowledge.

## FUNDING

Each HealthCorps school program costs approximately \$100,000 for a twelve-month period – with over half that amount going towards the Coordinator base salary and fringe benefits.

HealthCorps is strategically partnered with leading foundations, private and public corporations, associations, and agencies.

### National Sponsors

- Continental Resources, Inc
- The California Endowment
- The Harold Hamm Oklahoma Diabetes Center
- New York City Council and Dept. of Health & Mental Hygiene
- USANA Health Sciences
- Power Crunch
- Christy & John Mack Foundation
- Tibor & Sheila Hollo Foundation & Florida East Coast Realty

### Regional Sponsors

- 4 Point 4 Foundation
- California Walnut Board
- Desert Healthcare District

### Community Sponsors

- Chickasaw Nation
- Dalio Foundation
- New Jersey Department of Health
- Omron Healthcare, Inc.
- Vemma Nutrition Co.

### School Sponsors

- Steven & Alexandra Cohen Foundation

### Coordinator & Curriculum Sponsors

- Anthony E. Meyer Family Foundation
- Better Body Foods
- Michael Rubin
- Spring Hills Senior Communities
- Sol Goldman Charitable Trust
- Yvette & Joel Mallah Family Foundation

### National Curriculum Partners

- Alliance for a Healthier Generation
- Brainrush
- MindUp
- National Green Schools Network
- Sahaja Meditation
- Teen Battle Chef
- Yoga Across America



### Training Partners

- Community of Unity
- Cornell Center for Behavioral Economics in Child Nutrition Programs
- National Institute of Whole Health
- Punk Rope
- Presidential Active Lifestyle Award
- Sacramento Food Bank & Sacramento Area Council of Governments
- Sacramento Unified School District
- ShapeAmerica
- SleepMed, Inc.
- St. Hope Public Schools

### TESTIMONIALS

#### California:

"Health Corps has positively impacted our campus culture in a variety of ways. Students and staff are much more aware of the importance of wellness in their lives. Being an urban, low-income high school the need for our students to understand how their health impacts their lives is absolutely essential. HealthCorps has filled a very obvious hole in our system and is changing the lives of our kids."-**Tim Liles, Principal, Sunnyside High School, Fresno, CA**

"I have enjoyed the HealthCorps Curriculum that Betsy Reedy has brought to our campus. Personally I am a lot more conscious of my food choices both at school and at home. Her "toilet tidings" are always informative and thought provoking and fun. Through the staff competition I have finally reached a goal of losing 12 pounds to keep my BMI at a much better level for my age. I have enjoyed the variety of exercise opportunities such as Zumba and yoga, which is made more fun by having both students and staff participating. I have noticed a lot of students who are making more thoughtful choices, especially when it comes to exercise, and I am hopeful that this program is going to help make some long term changes for a lot of our students and their families." - **Carol Germano, Science Teacher & Mentor Teacher, Anderson New Technology High School, Anderson, CA**

#### District of Columbia:

"Washington Mathematics Science Technology Public Charter High School's relationship with HealthCorps is an extremely valuable partnership that has



provided our students with much needed information about the important role that health plays in their lives. The “Peer Mentoring” and the “Living Labs” programs, implemented by our great HealthCorps Coordinator, give students

“hands on” experiences and inspire them to adopt more healthy habits such as eating well and exercising more. In addition, students are provided with an exposure to various health and culinary arts careers. We truly appreciate all of the fantastic benefits that HealthCorps has brought to our students.” **Dr. N’Deye Diagne, Head of School, Washington Math Science Technology Public Charter High School, Washington, D.C.**

#### **Mississippi:**

"HealthCorps has encouraged my students and teachers to take a more in-depth look into healthy living. They have been exposed to foods that they would have otherwise thought to be tasteless" – **Dr. Kemp, Clarksdale High School, Clarksdale, MS**

#### **Oklahoma:**

“HealthCorps at Astec Charter Schools is so proud to have this great program. It really is life-transforming for young people and their families (and teachers).” **Freda Deskin, CEO and Founder of ASTEC Public Schools, Oklahoma City, OK**

#### **New York:**

"HealthCorps teaches our students to make healthier decisions and increase healthy habits by teaching classes and running positive after school programming"- **Renel Piton, Principal, Brooklyn Lab School, Brooklyn, NY**



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### **MEHMET C. OZ, M.D.**

Dr. Oz, three-time Daytime Emmy® Award-winning host of the three-time Daytime Emmy® Award-winning “The Dr. Oz Show,” is Vice-Chair and Professor of Surgery at Columbia University. He directs the Cardiovascular Institute and Complementary Medicine Program at New York Presbyterian Hospital. His research interests include heart replacement surgery, minimally invasive surgery, alternative medicine and health care policy. He has authored over 400 original publications, book chapters, and medical books, has received several patents, and performs more than 100 heart surgeries per year. He also hosts the internationally syndicated “Daily Dose” in 134 radio markets and a newspaper column in 175 markets internationally. Dr. Oz launched his magazine *The Good Life* with Hearst Corporation in spring 2014.

Dr. Oz was born in Cleveland, Ohio, raised in Delaware and received his undergraduate degree from Harvard University (1982) and obtained a joint MD and MBA (1986) from the University of Pennsylvania School of Medicine and Wharton Business School. He was awarded the Captain’s Athletic Award for leadership in college and elected Class President twice followed by President of the Student Body during medical school. He lives in Northern New Jersey with his wife Lisa of 29 years and their four children, Daphne, Arabella, Zoe and Oliver.

Previously, Dr. Oz was a featured health expert on “The Oprah Winfrey Show” for six seasons, spanning over 60 episodes. He also served as chief medical consultant to Discovery Communications, where his “Transplant!” series won both a Freddie and a Silver Telly award. He has guest-hosted “The View”, “Piers Morgan” and “Charlie Rose” and appeared on all the network morning and evening news broadcasts. He also served as medical director of Denzel Washington’s “John Q” and performed in the hip hop video “Everybody” as part of the Let’s Move Campaign.

Dr. Oz authored seven New York Times Best Sellers, including “You: The Owner’s Manual”, “You: The Smart Patient”, “YOU: On a Diet”, “YOU: Staying Young”, “YOU: Being Beautiful”, “YOU: Having a Baby”, “YOU: The Owner’s Manual for Teens”, as well as the award-winning “Healing from the Heart”. He has a regular column in Oprah



Magazine and Time, and his article “Retool, Reboot, and Rebuild” for Esquire magazine was awarded the 2009 National Magazine Award for Personal Service.

In addition to belonging to every major professional society for heart surgeons, Dr. Oz has been named Time magazine’s 100 Most Influential People, Forbes’ most influential celebrity, Esquire magazine’s 75 Most Influential People of the 21st Century, a Global Leader of Tomorrow by the World Economic Forum, Harvard’s 100 Most Influential Alumni, as well as receiving the Ellis Island Medal of Honor and AARP 50 Influential people over 50. He won the prestigious Gross Surgical Research Scholarship, and he has received an honorary doctorate from Istanbul University. He was voted “The Best and Brightest” by Esquire Magazine, a “Doctor of the Year” by Hippocrates magazine and “Healer of the Millennium” by Healthy Living magazine. Dr. Oz is annually elected as a highest quality physician by the Castle Connolly Guide as well as other major ranking groups.

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