

O.C.E.A.N., Inc. Awarded Grants to Provide Obesity Outreach to Low-to-Moderate Income Children and Families in Ocean County

O.C.E.A.N., Inc., the Community Action Agency serving New Jersey's Ocean County, was awarded a grant for \$40,000 from the National Libraries of Medicine and the Kraft Employee Fund of New Jersey to provide obesity outreach to low-to-moderate income children and families.

Beginning in September, 2005, O.C.E.A.N., Inc. will work with the Ocean County Library, the Ocean County Board of Health, and a Fitness Instructor at the Ocean County Vocational Technical School (OCVTS) to provide monthly workshops which will enrich and educate participants on proper nutrition.

Through the Obesity Outreach Initiative, O.C.E.A.N., Inc. and the community partners will provide a better understanding of childhood obesity and identify symptoms/habits that if not corrected in the early stages of a child's life, will negatively impact their eating habits, growth, and self-esteem throughout their life.

In the workshops instructors will teach participants how to access reliable internet sites with trusted information regarding obesity; increase and strengthen proper nutritional and fitness skills; increase parent involvement with regard to the nutritional and fitness program in the home; and increase the parents' confidence in their ability to be the primary nutritional and fitness educator in their child's life.

For more information, please contact Mr. Theodore Gooding, President/CEO O.C.E.A.N., Inc. by email at tgooding@oceaninc.org or by phone at 732-244-5333 or online at www.oceaninc.org.