

Tom Dale  
Mayor



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## News Release

### Nampa Receives High Five Grant!

(October 3, 2013) – Mayor Tom Dale wants to thank Nampa citizens for their support and votes. Today Blue Cross of Idaho announced the recipients of its Idaho High Five Community Grant Program. Nampa was awarded \$300,000 over three years to bring partners together to help decrease childhood obesity in our town!

Mayor Dale first heard about this grant opportunity while at the Association of Idaho Cities conference. When he returned, he brought together city staff and many community partners. Together they discussed childhood obesity in our community, what programs are needed, what are already underway and what can be made stronger through collaboration.

In Nampa's grant application we noted that according to the 2010 census over half our population is 30 years old and younger and that all our schools in Nampa are Title One eligible, which shows our families have a high level of need. A recent study of 3<sup>rd</sup> graders by Idaho Health and Welfare showed kids within our region had the highest number of obese children in Idaho.

Nampa has support in our community for change and our biggest asset is community partnerships, businesses and organizations willing to partner and work together to change the trend.

Some of the ideas the committee had for the grant were new, some were an expansion of what was in place but could reach more people through a coordinating effort and the financial backing of this grant.

The grant proposal includes:

Working with Nampa Farmer's Market on "Market Sprouts" a scavenger hunt for kids to help them discover new vegetables, a Mobile Produce Program that would expand the efforts of Trinity Gardens with the help of other partners to give people better access to fresh vegetables. Physical activity opportunities would be increased by expanding the traveling playground, and encouraging schools to hold "Recess Before Lunch", and a Healthy Communities Commission within Nampa would be established.

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