Improving the health and wellbeing of the Appalachian region through education, outreach, and advocacy emphasizing nutrition and other lifestyle choices.
Community Outreach Model

Live Healthy Kids

Complete Health Improvement Program (CHIP)

Cornerstone Programs

Appalachian Health Summit

Live Healthy Appalachia

Grassroots Committees

Healthy Kids Committee

Community Health Committees

Worksite Wellness Committee
Live Healthy Kids

- Fun, interactive, and educational cooking and nutrition curriculum
- Designed for second grade students
- Classroom-based program: 1 hour each week for 22 weeks
- Meets over 50 of the New Learning Standards for Mathematics, Language Arts, Science, and Social Studies
Live Healthy Kids in Athens County

- 5 school districts, 9 elementary schools, 30 classrooms – nearly 600 students!
- Complementary after school program serves 145 children
- 22 active, trained facilitators
- 35 OU-student volunteers gave 1400 hours of service
- Grant Funded
Live Healthy Kids in Washington County

- Currently in Marietta City, Warren Local, St. Mary’s, and Williamstown elementary schools
- 7 schools, 19 classrooms, 375 students
- Marietta College partnership
- Grant funded (Marietta Memorial Hospital, People’s Bank, Hunger Solutions Task Force)
What Parents Have Said:

83% of parents reported that kids offered to help prepare meals at home after LHK.

84% of students talked about LHK at home with their families.

31% of participating families made LHK recipes at home.

Live Healthy Kids...

Teaches kids about foods they’re not getting enough of: fruits, vegetables, whole grains, and legumes.

Students learn skills such as measuring, food preparation, and knife skills.

The program meets requirements of Ohio Standards for Learning.

An LHK class ate 21% more of a new food than a non-LHK class in a controlled study.
Healthy Kids, Healthy Future

Fun, interactive nutrition education for kids!
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