

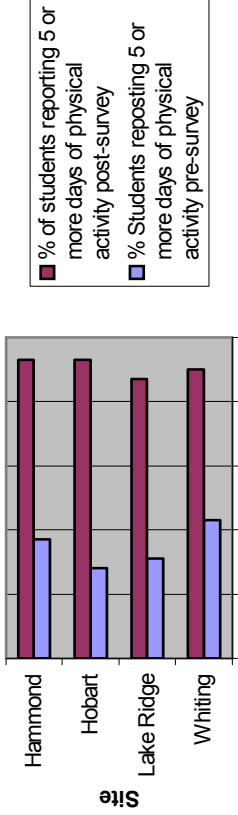
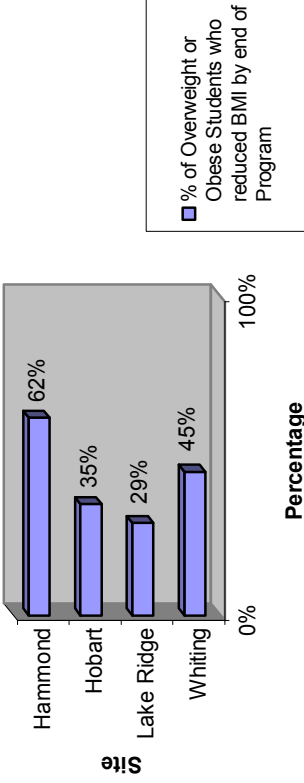
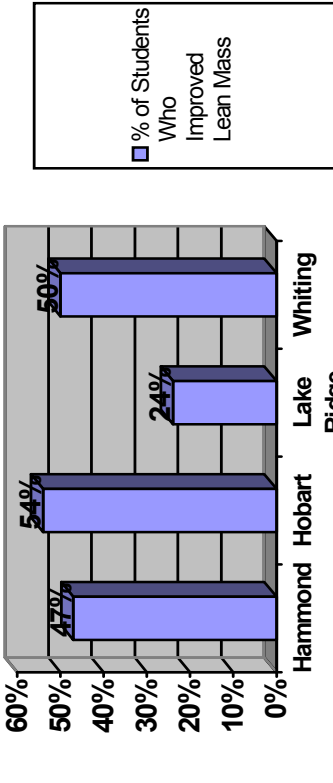
**4Community Initiative,  
Lake, Porter, and La Porte Counties  
Obesity Project**

**Fourth Quarter Report  
August 2007**

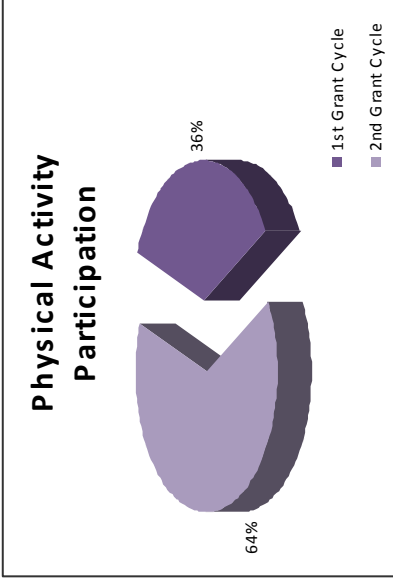
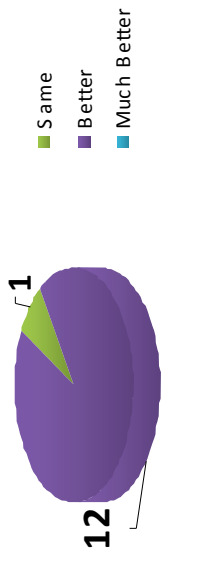
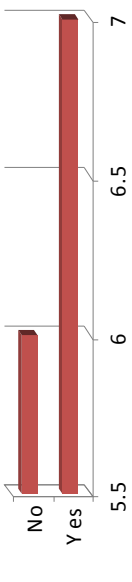


## Organization: Community Hospital Fitness Pointe

**Note:** Program was completed at the beginning of the year; this summary is the same as the 6-month report.

Indicator	Measurement	Recommendation/Conclusion															
<p>Number of 5th grade children who participate in daily physical activity</p>	<p style="text-align: center;"><b>% of Students Reporting Physical Activity by Site</b></p>  <table border="1" data-bbox="313 831 548 1640"> <caption>% of Students Reporting Physical Activity by Site</caption> <thead> <tr> <th>Site</th> <th>% of students reporting 5 or more days of physical activity post-survey</th> <th>% Students reporting 5 or more days of physical activity pre-survey</th> </tr> </thead> <tbody> <tr> <td>Hammond</td> <td>93%</td> <td>37%</td> </tr> <tr> <td>Hobart</td> <td>93%</td> <td>37%</td> </tr> <tr> <td>Lake Ridge</td> <td>87%</td> <td>56%</td> </tr> <tr> <td>Whiting</td> <td>87%</td> <td>56%</td> </tr> </tbody> </table>	Site	% of students reporting 5 or more days of physical activity post-survey	% Students reporting 5 or more days of physical activity pre-survey	Hammond	93%	37%	Hobart	93%	37%	Lake Ridge	87%	56%	Whiting	87%	56%	<p><b>Hammond:</b> In the Pre-Program Survey, 37% of students reported 5 or more days of physical activity. In the Post-Survey, 93% of the students reported 5 or more days of physical activity. (56% increase)</p> <p><b>Hobart:</b> In the Pre-Program Survey, 28% of students reported 5 or more days of physical activity. In the Post-Survey, 93% of the students reported 5 or more days of physical activity. (65% increase)</p> <p><b>Lake Ridge:</b> In the Pre-Program Survey, 31% of students reported 5 or more days of physical activity. In the Post-Survey, 87% reported 5 or more days of physical activity. (56% increase)</p> <p><b>Whiting:</b> In the Pre-Program Survey, 43% of students reported 5 or more days of physical activity. In the Post Survey, 90% of the students reported 5 or more days of physical activity. (47% increase)</p>
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<p>Number of 5th graders who were overweight or obese based on BMI (Pre-Program) and have reduced their BMI (Post-Program) Overweight = BMI between 25 and 29.9 Obese = BMI over 30</p>	<p style="text-align: center;"><b>Percentage of Overweight or Obese Students Who Reduced BMI</b></p>  <table border="1" data-bbox="743 852 1045 1629"> <caption>Percentage of Obese Students Who Reduced BMI</caption> <thead> <tr> <th>Site</th> <th>% of Overweight or Obese Students who reduced BMI by end of Program</th> </tr> </thead> <tbody> <tr> <td>Hammond</td> <td>62%</td> </tr> <tr> <td>Hobart</td> <td>35%</td> </tr> <tr> <td>Lake Ridge</td> <td>29%</td> </tr> <tr> <td>Whiting</td> <td>45%</td> </tr> </tbody> </table>	Site	% of Overweight or Obese Students who reduced BMI by end of Program	Hammond	62%	Hobart	35%	Lake Ridge	29%	Whiting	45%	<p><b>Hammond:</b> 16% of student population was identified as overweight or obese, according to BMI, at the beginning of the program. 62% of those students reduced their BMI by the end of the program.</p> <p><b>Hobart:</b> 14% of the student population was identified as being overweight or obese, according to BMI, at the beginning of the program. 35% of those students reduced their BMI by the end of the program.</p> <p><b>Lake Ridge:</b> 19% of student population was identified as overweight or obese, according to BMI, at the beginning of the program. 29% of those students reduced their BMI by the end of the program.</p> <p><b>Whiting:</b> 14% of student population was identified as overweight or obese, according to BMI, at the beginning of the program. 45% of those students reduced their BMI by the end of the program.</p>					
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<p>Number of 5th graders who have one or more risk factors for obesity and/or heart disease</p>	<p style="text-align: center;"><b>Lean Mass</b></p>  <table border="1" data-bbox="1125 852 1455 1629"> <caption>% of Students Who Improved Lean Mass</caption> <thead> <tr> <th>Site</th> <th>% of Students Who Improved Lean Mass</th> </tr> </thead> <tbody> <tr> <td>Hammond</td> <td>47%</td> </tr> <tr> <td>Hobart</td> <td>54%</td> </tr> <tr> <td>Lake Ridge</td> <td>24%</td> </tr> <tr> <td>Whiting</td> <td>50%</td> </tr> </tbody> </table>	Site	% of Students Who Improved Lean Mass	Hammond	47%	Hobart	54%	Lake Ridge	24%	Whiting	50%	<p><b>Hammond:</b> 47% of the students had an improvement in lean mass (fat-free mass).</p> <p><b>Hobart:</b> 54% of the students had an improvement in lean mass (fat free mass).</p> <p><b>Lake Ridge:</b> 24% of the students had an improvement in lean mass (fat free mass).</p> <p><b>Whiting:</b> 50% of the students had an improvement in lean mass (fat free mass).</p>					
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# Organization: Merrillville Parks and Recreation Seniors In Motion

Indicator	Target Outcome	Progress to Date														
<p><b>Indicator #1 Youth in Motion:</b>  <b>Indicator #1:</b> Engage 60 girls in regular physical activity and reduce sedentary activities to promote health, psychological well-being and a healthy body weight. Girls will participate in physical fitness activities five or more times per week for 30 minutes or more. (USDA dietary Guidelines for Americans 2005).</p>	<p>After 11 months in the program, there will be a 10% increase over the first grant cycle participants who engage in physical activity at least 30 min. per day, 5 days per week. Overall, 75% of participants will notice a positive attitude toward exercise.</p> <div style="text-align: center;">  <p><b>Physical Activity Participation</b></p> <table border="1"> <tr> <th>Grant Cycle</th> <th>Percentage</th> </tr> <tr> <td>1st Grant Cycle</td> <td>64%</td> </tr> <tr> <td>2nd Grant Cycle</td> <td>36%</td> </tr> </table> </div>	Grant Cycle	Percentage	1st Grant Cycle	64%	2nd Grant Cycle	36%	<p>Throughout the grant cycle, the Boys &amp; Girls Clubs of Northwest Indiana/Merrillville Intermediate School Club continued to work with our girls in grade 5th and 6th by providing educational assistance that would assist in increasing their upward mobility and lend a hand in modifying their dietary intake. The girls pursued the goal of exercising a minimum of 2 days per week and during the summer months, increased their activities from 2 days weekly to daily. Their physical fitness activities ranged from:</p> <ul style="list-style-type: none"> <li>*Running relays</li> <li>*African Dance</li> <li>*Body Sculpting</li> <li>*Aerobic &amp; Liturgical Dance</li> <li>*Cardio/Step &amp; Jazz Dance</li> <li>*Jump Rope Challenges and</li> <li>*Flag Football</li> <li>*Calisthenics</li> </ul> <p>In retrospect, during the grant cycle, there was an increase in active physical engagement. Several of the girls began noticing the physical changes that took form and were delighted.</p>								
Grant Cycle	Percentage															
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2nd Grant Cycle	36%															
<p><b>Indicator # 1 Seniors in Motion:</b>  Indicator # 1: Increase the proportion of adults 50 years and older who engage regularly, preferably daily, in light to moderate physical and social activities for at least 30 minutes or more, 3-5 days per week. (2005 epidemiological report of Health Concerns of Northwest Indiana Physical activity and fitness and Healthy People 2010 physical activity and fitness 22-12.)</p>	<p>How would you rate your fitness level now compared to when you began taking yoga?</p> <div style="text-align: center;">  <p><b>12</b></p> <table border="1"> <tr> <th>Rating</th> <th>Count</th> </tr> <tr> <td>Same</td> <td>1</td> </tr> <tr> <td>Better</td> <td>11</td> </tr> <tr> <td>Much Better</td> <td>0</td> </tr> </table> </div> <p>Would you take the class again if it required a fee?</p> <div style="text-align: center;">  <table border="1"> <tr> <th>Response</th> <th>Value</th> </tr> <tr> <td>No</td> <td>5.5</td> </tr> <tr> <td>Yes</td> <td>6.5</td> </tr> </table> </div>	Rating	Count	Same	1	Better	11	Much Better	0	Response	Value	No	5.5	Yes	6.5	<p>Merrillville Parks &amp; Recreation's goal for Seniors In Motion is to serve 60 adults 50 years of age and over. To date, the department has served 271 senior participants in social, educational and physical activities. The purpose of the program is to: 1) introduce seniors to a number of physical, social and educational activities designed to help promote a healthier lifestyle; 2) provide education for health related issues by using a combination of seminars, screenings, and blood pressure checks; and 3) change old habits and attitudes toward a healthier lifestyle. Successful programs that we use to reach these goals are Aerobics, Ballroom Dancing, Chicago Style Steppin', Needlecrafts, Pinochle, Walking, and Yoga. The chart that is provided shows the results of a survey taken by our yoga participants. The survey was designed to get the impressions of the class from the participants, how they feel that their health, fitness and stress level have changed since joining, and future intentions regarding class participation.</p> <p>The Future of the Program: Both Seniors and Youth in Motion are excited to keep the partnership between the two groups strong in the future. The groups still plan on meeting each month to continue the mentoring program. The bond between the senior volunteers and the kids at Boys and Girls Club is strengthening with every meeting. The kids are starting to become more familiar with the volunteers and have gone as far as requesting certain volunteers on their teams before different races and recognizing them outside of the club. Continuing with this program is essential to both groups; it keeps the seniors connected to the kids of today and it also teaches the kids that they can look up to and learn from someone they wouldn't have otherwise.</p>
Rating	Count															
Same	1															
Better	11															
Much Better	0															
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## Organization: Parents as Teachers - Lake County Project

Indicator	Target Outcome	Progress to Date
1) Number of NWI residents who consume > 2 servings of fruit per day	Post evaluations of participants will have improved fruit eating habits, reaching the 75% target as set by Healthy People 2010.	At the conclusion of the project, <b>96.23%</b> of respondents found the nutritional information presented throughout the project to be useful when preparing food for their family. On average, at the conclusion of the project, the respondents consume <b>2.42</b> fruits per day. They serve their children slightly more servings at <b>2.78</b> per day. Over the course of the project 50.24% of respondents increased the number of servings they ate and 47.26% increased the number of servings for their children. At the conclusion of the project, <b>74.22% of parents eat 2 or more servings of fruit per day and 74.66% of the children.</b>
2) Number of NWI residents who consume > 3 servings of vegetables/day, 1/3 of which are dark green or orange	Post evaluations of participants will have improved vegetable eating habits, reaching the 50% target as set by Healthy People 2010.	<b>80.09% of participants improved their vegetable eating habits during the project, one third of which are dark green or orange in color.</b> At the start of the project 31.64% parents and 30.23% of their children reported eating three or more vegetables, one third of which were dark green or orange in color. The post evaluation shows an increase to 44.29% for parents and 46.23% of the children ate more than 3 serving of vegetables daily. 4.5% of parent respondents ate NO vegetables per day as reported on the pre project evaluation; the post evaluation showed a drop in this statistic to 1.36%. Likewise, in the pre evaluation 7.3% of the children in the survey ate NO vegetables daily, post project this number decreased to only 2.51%.
9) Number of children who participate in regular physical activity five or more times/week for 30 minutes or more	75% of the children who participate will have increased their physical activity (based on age) to recommended levels based on the pre- and post- surveys.	<b>79.51% of parents, based upon pre and post project evaluations, reported an increase in their child's physical activity. 89.32% of respondents stated they had changed their actions toward family/child fitness such as trying to get more exercise and helping their child to do more physical things as a result of this project.</b> 47.80% of families reported they participated 5 or more times per week in physical activities with their child. Overall, the number of times per week that parents/children do physical activities <b>together rose from 2.85</b> times per week to <b>3.73</b> as did the reported number of times per week the parent participates in "vigorous" physical activity (described as an activity that produces heavy sweating or large increases in breathing and heart rate). Note: Almost half (47%) of the parents participating in the project classified themselves as overweight or obese. Whereas the pre-project worksheet required the parent to classify their weight category, the mid and post worksheets did not. Our goal in asking was to build further awareness on the part of the parent and to open the topic for potential discussion with their PAT Parent Educator throughout the project.

## Organization: Southlake YMCA

		Progress to Date	
Indicator	Target Outcome		
1.) Number of children who increased their knowledge of nutrition.	85% of participants understood the importance of healthy meal planning and good nutrition.	<p style="text-align: center;">94% of children were present for the dietician's class during Session I. 71% were present for the dietician's class during Session II. 66% were present during Session III. Session IV: 68% were present.</p>	
2.) Number of participants who improved on their cardio respiratory fitness, muscular endurance and flexibility.	<p>Post evaluation will indicate that 90% of participants will have improved in each area of the YMCA fitness evaluations.</p> <p><u>Progress to Date:</u></p> <p>Sit-up test scores improved each session with exception of Session I. In response to this, participants took part in a "cross training class" several times each session which emphasized muscular endurance.</p>		
Parents who participate in the program will show better knowledge of meal planning.	90% of parents attending classes with the dietician will report they have increased knowledge of healthy meal planning.	<p>100% of parents who attend the classes with the dietician report verbally that they have increased their knowledge of healthy meal planning. Attendance rate for the parent classes was 23% for Session I, 11% for Session II and 29% for Session III, and 23% for Session IV.</p>	

## Organization: Gary YWCA

Indicator	Target Outcome	Progress to Date
1. Participants will be weighed at the beginning of the program to establish their weight and then track bi-weekly for weight loss.	75% of participants will lose at least eight (8) pounds.	78% of the participants lost an average of 17 pounds 12% of the participants lost an average of 10 pounds 6% of the participants lost an average of 8 pounds 3% of the participants lost an average of 6 pounds 1% of the participants dropped out of the program and we were unable to track them at the end of the program.
2. Participants will keep a journal where all of their recreational activities will be tracked.	100% of participants will increase their daily physical fitness	99% of all participants increased their daily physical fitness activities.
3. Participants will sign up for nutritional classes and will participate in a pre and post test to determine increased awareness.	75% of participants will receive information on nutrition.	74% of the participants attended the nutritional classes. This increase occurred because we offered incentives for those who attended the classes.
4. Meals prepared during the program will be tracked and monitored.	100% of participants will increase their consumption of a healthy meal.	Based on the participant's journals, 100% of the participants consumed a healthy meal during the grant. However, 72% maintained healthy eating habits.

## Organization: LaPorte Hospital and LaPorte YMCA

Indicator	Target Outcome	Progress to Date
Increase Dump Your Plump™ participant diversity	At least two teams with Hispanic members will register	Dump Your Plump participation is more diverse than last year. Minority participation has increased. We were able to market to the La Porte County Minority Health Coalition.
Increased scholarship usage	At least 15 scholarships will be utilized by low-income participants	Five scholarships were utilized in the 2007 contest.
Increase number of individuals making progress toward a healthy weight	65% of overweight participants will meet individual weight loss goals	Of the 921 people that finished the contest, 420 met the individual weight loss goal. 46% of participants met individual weight loss goals.
Increase numbers of individuals who maintain a healthy weight	85% of participants already at a healthy weight will meet individual maintenance goals	Of the 7 participants that chose a maintenance goal, one person gained weight. 86% of participants already at a healthy weight met an individual maintenance goal.
Increase fitness awareness	90% of workshop attendees will increase knowledge of healthy fitness behaviors	Personal Trainer, Danielle Kessler presented, "Exercise Basics" for participants at the YMCA. 95% of fitness workshop attendees increased knowledge of healthy fitness behaviors. Feedback to workshop was overwhelmingly positive. The exercise classes at the YMCA were very popular with the Cardio Kickboxing class averaging about 55 participants and the Water Aerobics class averaging about 35 people.
Participants will exercise 5days a week for at least 30 minutes	65% of participants will meet the program exercise goal > 90% of the time	Of the 921 people that finished the contest, 630 met the individual exercise goal. 68% of participants met individual exercise goal
Increase awareness of nutritious food intake recommendations	90% of workshop attendees will increase knowledge of healthy nutrition, including recommended fruit and vegetable intake	The nutrition workshop with Registered Dietitian Norma Wherman was well attended. 100% of participants increased knowledge of healthy nutrition. The nutrition presentation was posted on the Dump Your Plump website and participants could look at it on their own. Feedback was overwhelmingly positive.

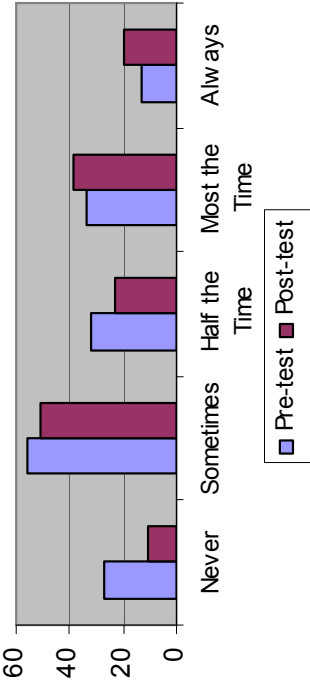
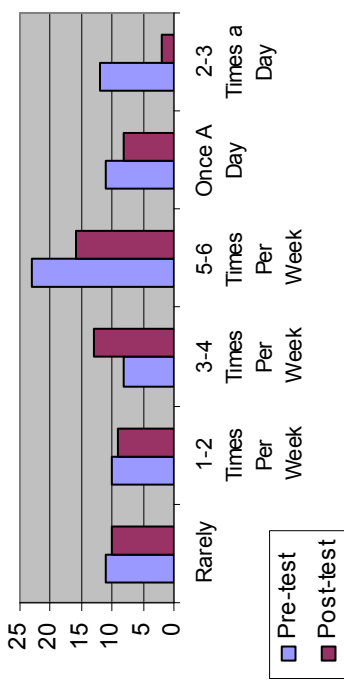
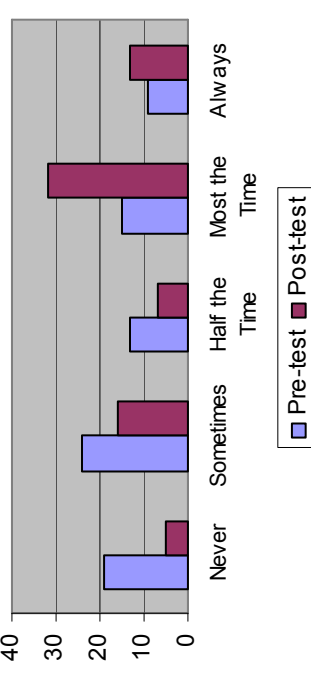
### Additional Development/Implementation Progress to Report:

- ◆ Participation of the 2007 Dump Your Plump contest increased from approximately 760 participants to 1082 participants. Of the 1082 participants on 152 teams, 921 participants finished on 125 teams
- ◆ 13187 pounds was established as the total goal weight loss for all participants, 8607 pounds (65% of the goal) was achieved
- ◆ There was an average weight loss of 7.95 pounds per person
- ◆ 54,100 days of exercise was established as the exercise goal and 43,329 days (80% of goal) was achieved

## Organization: St. Anthony Memorial Hospital

Indicator	Target Outcome	Progress to Date
Increase knowledge of nutrition.	75% of students will demonstrate increased knowledge of nutrition based on a pre/post test.	54% of students scored better on post-test than on pre-test.  75% of students achieved 80% or better correct answers on post test.  Instructor and students read pretest questions and answers out loud which may have improved pretest scores and accounted for less improvement from pretest to post test.
Increase participation in physical activity.	50% of students will substitute physical activity for sedentary activity three times per week.	65% of students reported increased participation in physical activity at least 3 times/week.
Increase knowledge of communication and problem solving skills.	75% of students will identify a technique to improve peer relationships.	95% of students reported use of "Magic Words" to communicate feelings in appropriate situations. "Magic Words" include "I feel...." "I need ..." "Would you please ..."

## Organization: Healthy Communities LaPorte County

Indicator	Indicator	Indicator																					
<p>Number of fruits and vegetables consumed by participant / family since class inception</p>	<p>Number of fruits and vegetables consumed by participant / family since class inception</p> <p>Note that respondents indicating “never”, “sometimes”, and “half the time” reduced, while responses indicating “Most of the time” and “always” increased between pre- and post-testing.</p>	<p style="text-align: center;"><b>Daily Fruits/Vegetables</b></p>  <table border="1"> <caption>Daily Fruits/Vegetables Consumption</caption> <thead> <tr> <th>Frequency</th> <th>Pre-test</th> <th>Post-test</th> </tr> </thead> <tbody> <tr> <td>Never</td> <td>25</td> <td>10</td> </tr> <tr> <td>Sometimes</td> <td>45</td> <td>35</td> </tr> <tr> <td>Half the Time</td> <td>35</td> <td>25</td> </tr> <tr> <td>Most the Time</td> <td>15</td> <td>5</td> </tr> <tr> <td>Always</td> <td>5</td> <td>10</td> </tr> </tbody> </table>	Frequency	Pre-test	Post-test	Never	25	10	Sometimes	45	35	Half the Time	35	25	Most the Time	15	5	Always	5	10			
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<p>Number of times per week the family sits down to a joint meal time.</p>	<p>Number of times per week the family sits down to a joint meal time.</p>	<p style="text-align: center;"><b>Family Dinner Times</b></p>  <table border="1"> <caption>Family Dinner Times</caption> <thead> <tr> <th>Frequency</th> <th>Pre-test</th> <th>Post-test</th> </tr> </thead> <tbody> <tr> <td>Rarely</td> <td>10</td> <td>5</td> </tr> <tr> <td>1-2 Times Per Week</td> <td>10</td> <td>5</td> </tr> <tr> <td>3-4 Times Per Week</td> <td>5</td> <td>10</td> </tr> <tr> <td>5-6 Times Per Week</td> <td>20</td> <td>15</td> </tr> <tr> <td>Once A Day</td> <td>10</td> <td>5</td> </tr> <tr> <td>2-3 Times a Day</td> <td>5</td> <td>10</td> </tr> </tbody> </table>	Frequency	Pre-test	Post-test	Rarely	10	5	1-2 Times Per Week	10	5	3-4 Times Per Week	5	10	5-6 Times Per Week	20	15	Once A Day	10	5	2-3 Times a Day	5	10
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<p>Improve the knowledge of reading food labels when making purchases</p>	<p>Target outcome that class participants will report that they have increased the amount of time / attention spent in supermarket visits to read labels to improve the nutrition content of their meals - and / or that they feel better prepared to engage in this behavior</p> <p>Note that respondents indicating “never”, “sometimes”, and “half the time” reduced, while responses indicating “Most of the time” and “always” increased between pre- and post-testing.</p>	<p style="text-align: center;"><b>Use of Food Labels</b></p>  <table border="1"> <caption>Use of Food Labels</caption> <thead> <tr> <th>Frequency</th> <th>Pre-test</th> <th>Post-test</th> </tr> </thead> <tbody> <tr> <td>Never</td> <td>20</td> <td>10</td> </tr> <tr> <td>Sometimes</td> <td>30</td> <td>20</td> </tr> <tr> <td>Half the Time</td> <td>15</td> <td>10</td> </tr> <tr> <td>Most the Time</td> <td>10</td> <td>5</td> </tr> <tr> <td>Always</td> <td>5</td> <td>10</td> </tr> </tbody> </table>	Frequency	Pre-test	Post-test	Never	20	10	Sometimes	30	20	Half the Time	15	10	Most the Time	10	5	Always	5	10			
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# Organization: Portage Township YMCA's Junk Food Free School Initiative

Indicator	Target Outcome	Progress to Date
<p>Reduce the proportion of children and parents in Aylesworth Elementary School who are overweight or sedentary by improvement in BMI.</p>	<p style="text-align: center;"><b>Summary of BMI Data - 2 Schools</b></p>	<p>This graph indicates the final BMI measurements of Aylesworth and Central Elementary Schools.</p> <p>Aylesworth shows an 11% decrease in the normal weight category and the combined 11% increase in the at risk of overweight and overweight categories. The BMI's of these students have gone in a negative direction for the first time since the inception of this program. The hypothesis is that the students are not practicing the same healthy nutrition and exercise habits outside of school that the program is enforcing during school hours.</p> <p>Central shows a 5% decrease in the normal weight category and a 5% combined increase in the at risk of overweight and overweight categories. Though these results are not positive, this program school experienced a smaller increase in those categories than the control school.</p>
<p>Increase the proportion of parents in Central &amp; Aylesworth Elementary Schools who engage in moderate physical activity at least 30 minutes three times a week.</p>	<p style="text-align: center;"><b>Instances of Physical Activity</b></p>	<p>This graph indicates the results from the second survey distributed to Family Fitness Night participants. The data indicates a 36% increase in families exercising together 2-5 days per week since beginning participation in the program. The data also indicates a 19% increase in individuals exercising alone 2-5 days per week. This data was collected through self-reporting surveys from the participants.</p>
<p>Increase the proportion of persons aged 5 years and older in Central &amp; Aylesworth Elementary Schools who consume at least two daily servings of fruit and vegetables.</p>	<p style="text-align: center;"><b>Weekly Activity Level</b></p> <p style="text-align: center;"><b>Fruits &amp; Vegetables</b></p>	<p>This graph indicates the results from the second survey distributed to Family Fitness Night participants. The data indicates a 27% increase in participants that consume 4-6+ servings of fruits and vegetables each day.</p>

## Organization: Boys and Girls Clubs

Indicator	Target Outcome	Progress to Date
<p>The number of youth participants who have a greater knowledge of healthy eating, nutrition and a balanced diet.</p>	<p>Pre- and Post-tests will show 80% of youth participants who complete the program will understand the principles of healthy eating, nutrition and the importance of a balanced diet in their lives.</p>	<p>A total of 544 participants completed the program among the three counties, which is 152 children (or 39%) above our original goal of 392 participants. The average pre-test score was 6.26 out of 10, and the average post-test score was 8.53 out of 10, with 83% of participants showing an improvement.</p>
<p>The number of youth participants who engage in physical activity 60 minutes per day on three or more occasions per week.</p>	<p>Pre- and Post-tracking will show 80% of youth participants have increased the variety and length of physical activity to 60 minutes a day on three or more occasions in or outside of Clubs and understand the importance of physical activity in their lives.</p>	<p>A weekly record is kept for each participant of the program which tracks days and time in physical activity. 463 or 85% of those who completed the program averaged at least 60 minutes in physical activity for at least 3 days per week. The average time in physical activity was 3 hours, 49 minutes among those who completed the program.</p>
<p>The number of youth participants who improve their BMI.</p>	<p>Pre- and Post-tracking will show 50% of the youth participants will improve their BMI scores as compared to children in their own age group using BMI-for-age-percentile charts.</p>	<p>Our original goal was to serve 392 children, and to have 196 (or 50%) of those improve their BMI percentiles. We were able to serve a total of 544 children, and to help 257 of those improve their BMI percentiles. This represents a 31% increase over our original goal.</p>