

## What is Moffitt Healthy KIDZ Program?

Moffitt Healthy KIDZ Program is an innovative health education program for children ages 3-6 years of age; offered by the Moffitt Cancer Center since July 2008. Moffitt Healthy KIDZ takes a holistic approach and provides theme-based healthy lifestyle education. Moffitt Healthy KIDZ is guided by the philosophy that "prevention starts early".

Moffitt Healthy KIDZ Program has provided the curriculum to more than 1,000 children from the Hillsborough County Head Start/Early Head Start Centers, Schools and the Tampa-Hillsborough County Public Library Cooperative.



## The Moffitt Healthy KIDZ Program works!

"Moffitt Healthy KIDZ Program is important to me because it teaches kids how to be healthy in their lives and to be happy with themselves. It teaches us how to live healthy and eat healthy. It is about helping kids learn not to smoke. It's important because if your kid grows up smoking it hurts their body. If you put all that bad stuff in your body you get sick! People close to you who love you don't want you to get sick. They teach you about sun safety and the food guide pyramid. It teaches you about eating healthy foods. Moffitt Healthy KIDZ Program has taught me to be a healthy and happy kid."

- Gabriela Colón Age 8  
*Moffitt Healthy KIDZ Program*

"Healthy minds need healthy bodies. Our partnership with the Moffitt Healthy KIDZ Program has helped the library take part in the education of Hillsborough County's children and families about the importance of healthy lifestyles. The Moffitt Healthy KIDZ Program passport to health has received many positive reviews from library customers. The library system and its customers thank Moffitt Healthy KIDZ for these continued opportunities."

- Joe Stines  
*Director, Library Services Department*



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# PREVENTION STARTS EARLY

## MOFFITT HEALTHY KIDZ PROGRAM



## MOFFITT CANCER CENTER



## Who teaches the class?



The Moffitt Healthy KIDZ program is taught by Moffitt Cancer Center outreach and health education professionals who have experience working with children. College students serve as volunteers.

## What happens during a Moffitt Healthy KIDZ class?



Fitness

**Moffitt Healthy KIDZ offers an INTERACTIVE and FUN 5-week curriculum for children ages 3-6:**

- Week 1: Healthy Me- Fruits and Vegetables
- Week 2: Moffitt Healthy KIDZ fitness
- Week 3: Sun Protection
- Week 4: Dangers of Smoking
- Week 5: Creative Health through the Arts

**By the end of the Moffitt Healthy KIDZ program, children are able to identify:**

- 👉 Fruits and vegetables
- 👉 Ways of protecting themselves from the sun
- 👉 Exercises that can be done easily at home
- 👉 The importance of taking care of their bodies

Children take the excitement of the program's healthy lifestyle messages home to their families, along with program material and promotional items.

## Moffitt Healthy KIDZ Successes

- 👉 **2010 Partner of Excellence Award** presented by the Hillsborough County Early Head Start/Head Start Program.
- 👉 **Pepsi Refresh Project** - Tampa Bay Rays selected Moffitt Healthy KIDZ Program to compete along with other Major League Baseball teams to win a \$200,000 Pepsi Refresh Grant™. More than 2 million people participated around the country. Moffitt Healthy KIDZ proudly won \$5,000.
- 👉 **Moffitt Healthy KIDZ** was recognized with proclamations from both Hillsborough County & Pinellas County City Councils in 2010.
- 👉 **Moffitt Healthy KIDZ** selected as the 2011-2012 Patel Conservatory STRAZ Center for the Performing Arts Affiliate Community Partnership.

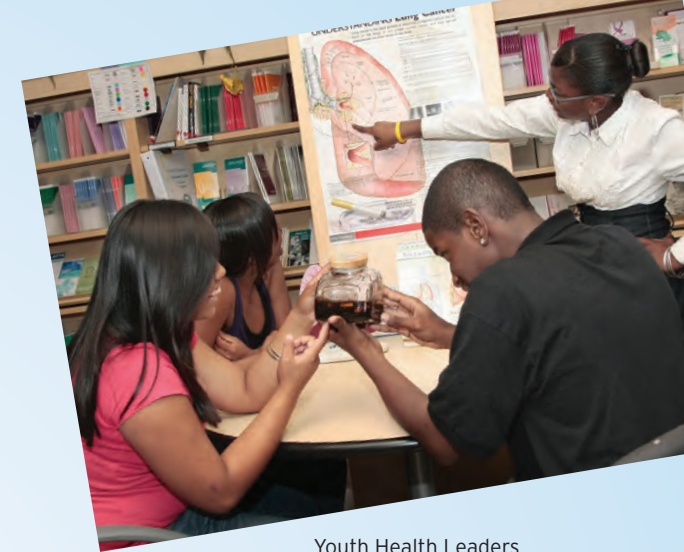


Sun Protection

## How much does the Moffitt Healthy KIDZ Program cost?

Contact Nikki Ross-Inda at 813-745-6618 or email [Nikki.Inda@moffitt.org](mailto:Nikki.Inda@moffitt.org).

Visit our Web site : [www.insidemoffitt.com/Moffitt-Healthy-Kidz.htm](http://www.insidemoffitt.com/Moffitt-Healthy-Kidz.htm).



Youth Health Leaders



Saxophone Sensation  
B.K. Jackson

- 👉 **Moffitt Healthy KIDZ offers: Dangers of Smoking workshops for students in grades K-12.**

All photos are authentic and inspired by Moffitt Healthy KIDZ Program participants