



FOR IMMEDIATE RELEASE

HealthStart to be Recognized by the Michael & Susan Dell Center for Healthy Living for Efforts in Preventing Obesity and Promoting Health

AUSTIN, TX, September 3, 2019 – HealthStart Foundation, a nonprofit organization, dedicated to helping change the health of its community through early health education, will be awarded the 2019 Texas Health Champion Award. This honor is bestowed by the Michael & Susan Dell Center for Healthy Living, a UTHealth School of Public Health research center, as part of the 12th Annual Texas Obesity Awareness Week. HealthStart Foundation will be honored at the Texas Health Champion Award Ceremony on September 12, 2019, at the Dell Medical School Health Discovery Building Auditorium.

“This year, we are very excited to provide the Texas Health Champion Award to the HealthStart Foundation. HealthStart exemplifies what we want this award to recognize: an organization dedicated to helping families take care of their own health. HealthStart’s program uses children as agents of change to influence the health of their family members, impacting health outcomes including obesity across Austin,” noted Alexandra van den Berg, PhD, MPH, Associate Director, Michael & Susan Dell Center for Healthy Living

The Texas Health Champion Award is presented to public health leaders who have organized community efforts to prevent and reduce obesity. Since 2010, HealthStart has built a healthier future for young children and their families by providing the blueprints for good health decisions through science-based children’s health education. More than 70% of the children HealthStart works with qualify for the USDA free and reduced lunch program.

“Children form food and fitness preferences before the age of five. That’s why we focus on giving children the science behind healthy habits, teaching kids how their bodies work, and introducing food and fitness habits required for a healthy lifestyle,” said Robin Herskowitz, Founder, HealthStart Foundation.

HealthStart offers four tools to build healthy communities — a preschool curriculum, Health Education for Youngsters! ([HEY!](#)); an elementary school cafeteria [nutrition education program](#); community Snack Science Children’s Health Education Workshops ([CHEWS](#)); and [Monstralia](#), a mobile app that gamifies concepts from HEY! (children learn healthy habits by adopting and teaching the game’s “monsters” how to take care of themselves).

To learn more about HealthStart, please visit www.healthstartfoundation.org.

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About HealthStart Foundation:

Since 2010, HealthStart Foundation's early, science-based health education programs have set a strong foundation for a healthier tomorrow. HealthStart teaches kids the science behind good health with lessons on how our bodies work, the food, and fitness activities to keep every part of the body healthy and strong. HealthStart kids also learn when they care for one another and our environment they help build healthy communities. www.healthstartfoundation.org

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