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## **GENERATIONS UNITED RECEIVES METLIFE FOUNDATION GRANT FOR CHILDHOOD OBESITY PREVENTION**

Generations United received a \$35,000 grant from MetLife Foundation to help replicate and expand the Healthy GrandFamilies Initiative: Building Healthy and Bright Futures for the Generations. Generations United, American Academy of Pediatrics, Texas Pediatrics Society, and Strang Cancer Prevention Center will partner for the Healthy GrandFamilies Initiative, a program designed to enhance health promotion and disease prevention for underserved children and grandparents by improving healthy eating, physical activity skills, knowledge, and attitudes about a healthy lifestyle. The project will last for an eight-month period beginning January 2008.

In December *The New England Journal of Medicine* published results of a groundbreaking Danish Study. It showed that those who were overweight when they were 7 to 13 years old were much more likely to develop heart disease between the ages of 25 and 71, even those who were only slightly overweight as kids, and regardless of whether they lost the weight as they reached adulthood.

“Grandparents, especially those caring for their grandchildren regularly, have many positive influences on the growth and development of their grandchildren. Grandparents prepare meals and snacks and engage in quality play with their grandchildren,” said Woodie Kessel, MD, MPH, former Assistant Surgeon General of the U.S. “BJ Carter and I, co-project directors, welcome the partnership with Generations United. Together we will develop effective community-based, interactive, and educational workshops facilitated by pediatricians, and grounded in cultural traditions and norms that will be very helpful in providing the knowledge and skills needed to achieve healthy lifestyles for grandparents and their grandchildren and help stop the growing epidemic of overweight and obesity in our nation.”

“This generous funding from MetLife Foundation will allow us to reach many more families, and on a deeper level,” said Donna Butts, Executive Director of Generations United. “We are thrilled to continue our work teaching relative caregivers how to best protect the children they love from health problems in the short- and long-term.”

Generations United thanks MetLife Foundation and the other organizations and individuals who support the crucial needs of families. For more information on Generations United, visit [www.gu.org](http://www.gu.org).

*Generations United, a membership organization of over 100 national, state and local organizations representing more than 70 million Americans, works to improve the lives of children, youth, and older people through intergenerational strategies, programs, and public policies.*