

Healthy Together: Helping Families Build a Healthier Future

To further its mission to promote health and wellness in the Hill Country, Create Healthy offers the free Healthy Together program through the Create Healthy Wellness Center.

The free health education and behavior change program helps children and families address the habits and behaviors that can contribute to childhood obesity and the development of chronic disease.

Based on evidence-based curriculum from the Healthy Weight Partnership and the American Council on Exercise and led by a registered



dietitian, Healthy Together empowers families with guidance and resources to help children achieve and maintain healthy nutrition and fitness habits.

Subsidized by Create Healthy, the Healthy Together program includes educational programming and support and free Wellness Center family memberships.

The first cohort of eight families completed the 12-week program during the summer of 2024, and the program will be expanded for 2025 to serve more children and families.

Healthy Together Program Goals:



Weight loss or halting weight gain for children considered overweight or obese.



Establish healthy nutrition and exercise behaviors for families.



Prevent diabetes and other chronic diseases through positive lifestyle changes.

Summer 2024 Program Results

100% of participants improved or maintained cardiovascular fitness*

71% of participants reduced or maintained waist measurements

86% of participants lost or maintained weight

*Cardiovascular fitness is measured using a step test and heart recovery rate.

“I have learned to eat a variety of vegetables and fruits. **I learned that I can change.**”

– **Healthy Together child participant**

“**My family goes for walks** 2-3 times a week now.”

– **Healthy Together child participant**

Addressing Childhood Obesity Starts with a Healthy Foundation



One in five U.S. children and adolescents are obese.

Texas has the 5th highest rate of childhood obesity in the country.



Healthy Together Overview

Healthy Together gives children ages 7 through 11 and their families nutrition and fitness education and guidance to build healthy routines that can help children reverse obesity and maintain a healthy weight and activity level.

The free 12-week program includes:

- two activity sessions for the child
- a nutrition class for parents
- a combined nutrition class for the whole family

Every participating family also receives a free Create Healthy Wellness Center family membership for the duration of the program.

“Achieving and maintaining healthy nutrition and fitness habits is an essential component of healthy living, one of Create Healthy’s core priorities. With Create Healthy’s financial support and dedicated Wellness Center experts, **Healthy Together is helping to create positive behavior changes to support healthier Hill Country families.**”



Jayne Pope, RN

CEO, Create Healthy

Expanding Healthy Together

Three Healthy Together sessions are planned for 2025. Contact us for more information.

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About Create Healthy

Create Healthy is on a mission to invest in the health and wellness of the Hill Country and empower its communities to build a healthy future. Create Healthy’s vision is a Hill Country where all can contribute and thrive. Led by Jayne Pope, the foundation is overseen by a volunteer board of directors.



Learn more about our community investments at CreateHealthy.org.