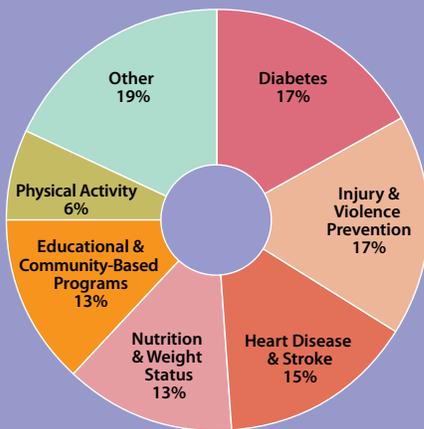


Preventive Health and Health Services Block Grant

Pennsylvania

How Pennsylvania Invested PHS Block Grant Funding

Total FY 2015 Funding: \$7,088,867



The *Let's Get Fit* project offers students and families the chance to try new healthy activities.

Students Get Active with *Let's Get Fit*

About one in six children in Pennsylvania's public schools is obese. An active lifestyle is one way to prevent obesity. In 2013, Pennsylvania used Preventive Health and Health Services (PHHS) Block Grant funds to start a mini-grant program to help school leaders learn how physically active their students are and then use those results to make positive changes. Nineteen schools were awarded grants of up to \$5,000 each. Schools opened fitness facilities outside school hours and started exercise classes after school and on weekends. They also partnered with community organizations to help students access other athletic equipment and activities.

McDonald, Pennsylvania, is one community where PHHS Block Grant funds are helping kids and adults become healthier. Fort Cherry Elementary School in McDonald used a mini-grant to start an after-school fitness program, *Let's Get Fit*, which encourages students to try fitness activities they can enjoy throughout their lives. Every month, the program features a new activity theme, such as yoga, karate, or swimming. Children and parents can try new fitness activities together. Community volunteers run the activities, and local businesses donate equipment, facilities, and employees' time.

Let's Get Fit was successful: almost 200 of the school's 600 students have taken part in the new program. Volunteers trained to be yoga and dance instructors, instructional videos were created, and classroom work included yoga and other exercises. High school students served as role models for elementary school students. School assemblies and community events featured traditional and technology-based fitness stations.

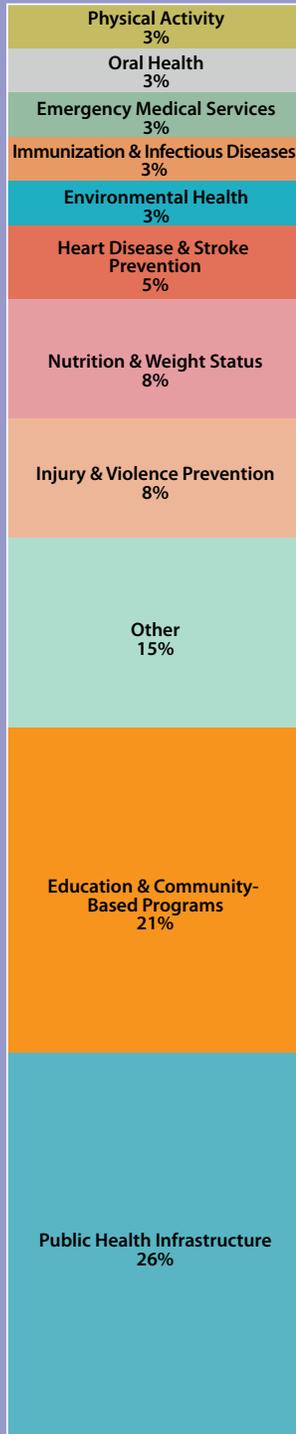
According to one of the program founders, "Creating this no-cost sustainable program is as simple as using what already exists and promoting your sponsors in return. Any parent with a little bit of time on their hands can replicate it in their school. It works because the collaborative business model does not ask too much from any one stakeholder. Not only has it multiplied physical activity, it has stimulated community relationships and the economy."

Fort Cherry Elementary's success has also inspired other schools in Pennsylvania. The PHHS Block Grant provided resources needed by schools and community partners to boost fitness and health.



Preventive Health and Health Services Block Grant

2015 Top-Funded Health Areas



Excludes all non-discretionary funding: administrative costs (up to 10%), direct assistance, and funds set aside for sexual violence (rape prevention).

What is the PHHS Block Grant?

The Preventive Health and Health Services (PHHS) Block Grant provides flexible federal funding to 61 states, tribes, and US territories. These grantees use the funding to meet vital public health needs within their jurisdictions that align with national priorities—the Healthy People (HP) 2020 objectives.

Block Grant Investment Across the Nation

In fiscal year 2015, the 61 grantees received about \$126 million from the PHHS Block Grant to support critical programs and services. Most funds (85%) supported HP 2020 objectives in 10 key areas: 1) Public Health Infrastructure, 2) Education and Community-Based Programs, 3) Injury and Violence Prevention, 4) Nutrition and Weight Status, 5) Heart Disease and Stroke Prevention, 6) Environmental Health, 7) Immunization and Infectious Diseases, 8) Emergency Medical Services, 9) Oral Health, and 10) Physical Activity.

Public Health Infrastructure was the most funded area (26% of total funding); 43 grantees directed funds toward public health systems assessment, health improvement planning, accreditation, quality improvement, laboratory services, and other infrastructure activities. Education and Community-Based Programs was the second-most funded area (21% of total funding); 29 grantees directed funds toward community-based primary prevention services, worksite health promotion programs, and culturally appropriate community health programs.

Grantees also directed funds toward supporting local organizations working to improve community health (27% of total funding) and reduce health disparities (23% of total funding).