



## HEALTHY Armstrong Tries To Get Children In Shape

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KITTANNING, Pa. -- The HEALTHY Armstrong program to reduce childhood obesity starts Thursday morning at West Hills Intermediate School, followed by a community wellness walk on the grounds of ACMH Hospital at 8 a.m. Saturday.

The walking event will include representatives from the HEALTHY Armstrong project and [America On the Move](#).

HEALTHY stands for Healthy Eating and Active Lifestyles Together Helping Youth. The program aims to create a countywide effort to lower the numbers of overweight children and their health risks.

About 35 percent of children in the Armstrong School District have a body mass index that shows them to be heavier than 85 percent of children their age in the U.S., according to a news release from UPMC.

Because HEALTHY Armstrong follows the National Institutes for Health's ["We Can!" program](#), the NIH has designated Armstrong as a "We Can County."

HEALTHY Armstrong was supported by a \$50,000 grant from UPMC Health Plan, and more than \$20,000 from the ACMH Hospital Foundation and \$2,500 from the Armstrong County Community Foundation.