The Greater Rochester Health Foundation (GRHF) has named Erin Reed, a physical education teacher at Fred W. Hill Elementary School in Brockport, as the first recipient of its Community Champions Award. Community Champions help kids aged 2-10 stay healthy and can be individuals or groups that go above and beyond their normal duties to successfully impact children’s nutrition and/or physical activity.

Reed’s goal was to develop a fitness center at the Hill School for kids because the school had no after-school recreational activities due to transportation constraints and had some of the lowest fitness scores in the district. Reed wrote the grant proposal and spearheaded all phases of the center’s development from flooring to equipment. The new program is open five days a week from 7:30 am to 9 am with 190 students participating in the sunrise fitness sunrise program.

Reed also was responsible for planning and implementing Fall Superintendent’s Conference Day featuring Robert Sweetgall, nationally known for walking across America seven times and the author of 17 books. The day included workshops focused on physical activity and healthy eating. The Foundation recognized Reed with a $500 award that will be made as a donation to the center.

John Urban, president and CEO of GRHF states, “There are many individuals and groups doing wonderful things to help improve the health of children that go well beyond their job descriptions or who take a very active role in their neighborhoods. Our goal is to recognize their efforts, and share their successes to inspire other people to be creative in increasing the physical activity and improving the eating habits of young children.”
For details on how to nominate a Community Champion, go to thegrhf.org and click on Community Champions. The Prevention of Childhood Overweight and Obesity in Monroe County, NY 2007 – 2017 Strategic Plan, which outlines the details of childhood overweight and obesity as its long-term health consequences also is available on the web site under publications and reports. The Community Champions Awards is one strategy within the Foundation’s prevention goal to reduce the prevalence of overweight and obesity, as measured by Body Mass Index, from 15% to 5% of Monroe County children ages 2-10 by 2017.

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