The Greater Rochester Health Foundation awarded close to $825,000 to schools in Webster, Penfield and Honeoye Falls-Lima as part of its 10-year commitment to prevent childhood obesity, the foundation announced Monday.

The funds will be used over a three-year period to help schools incorporate permanent changes in nutrition and physical activity practices for children in kindergarten to grade 5.

The programs will help schools foster healthy behaviors and set a standard for other districts to follow, said John Urban, president and CEO of GRHF. Over the past 30 years, the obesity rate has tripled for children ages 2 to 5 and quadrupled for children ages 6 to 11, he said.

“Experts speculate that if obesity trends do not change, for the first time in history, children may have a shorter life expectancy than their parents,” Urban said. “Schools are a logical setting to pilot innovative programs because no other institution has as much intensive contact with children during their first two decades of life. We hope these schools will serve as models to others in the area.”

The projects include $297,308 to the Webster Central School District to develop outdoor trails with fitness stations, a hydroponic agriculture program and purchase of interactive equipment such as Dance Dance Revolution and Project Adventure.

Cobbles Elementary School in the Penfield Central School District received $293,307 to implement the “M in M (Muscles in Motion)” project for activities aimed to keep children moving and eating healthier. The school plans to encourage students to make healthier choices in the cafeteria and incorporate a hydroponics greenhouse into the science curriculum and into cafeteria offerings.

Cobbles is slated to build a wellness room with interactive games, bikes, treadmills and elliptical, as well as outdoor fitness trail equipment to accommodate children and their families.

Manor Elementary School in the Honeoye Falls-Lima Central School District plans to use a $230,503 grant to start a project called “EveryBODY moves: Recharging Brains and Bodies through Fitness and Healthy Eating.” The project includes a virtual fitness lab that will house interactive stationary bikes, interactive sports walls, and XerDance, an arcade dance game.

Manor Elementary School also plans to improve the school cafeteria environment.