

## Central Missouri



### CeMO WeCan!

The Central Missouri (CeMO) We Can! Coalition was formed in November of 2007. The coalition is a collaborative of the central Missouri community. The coalition's mission is to provide education and support for the prevention and treatment of childhood obesity. The coalition's efforts are modeled after the National WeCan! which stands for "Ways to Enhance Children's Activity & Nutrition". This program was developed by the national U.S. Department of Health and Human Services, National Institutes of Health.

### ***Purpose***

*To connect families with resources for healthy lifestyles*

***The coalition works closely with MOCAN, the Missouri Council for Activity & Nutrition*** <http://www.mocan.org>

***We Can!***<sup>™</sup> or "Ways to Enhance Children's Activity & Nutrition" is a national program designed for families and communities to help children maintain a healthy weight. The program focuses on *three* important behaviors: *improved* food choices, *increased* physical activity and *reduced* screen time.

***We Can!*** offers parents and families tips and fun activities to encourage healthy eating, increase physical activity and reduce sedentary or screen time. It also offers community groups and health professionals resources to implement programs and fun activities for parents and youth in communities around the country.

Four of the National Institutes of Health have come together to bring you ***We Can!*** The [National Heart, Lung, and Blood Institute](#) in collaboration with the [National Institute of Diabetes and Digestive and Kidney Diseases](#), the [Eunice Kennedy Shriver National Institute of Child Health and Human Development](#), and the [National Cancer Institute](#) have combined their unique resources and activities as part of ***We Can!***

The CeMO WeCan Coalition has members from the Capital Region Medical Center, Capital Region Pediatric Associates, Cole County Health Department, Jefferson City Medical Group Pediatrics, Jefferson City Public Schools, Jefferson City Parks and Recreation, Lincoln University, St. Mary's Health Center, St. Mary's Pediatrics, University of Missouri Extension, YMCA and interested community volunteers.