



**The promise of a better life.**

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**ST. DAVID’S FOUNDATION APPROACHING HEALTH CARE FROM NEW ANGLE**  
*\$200,250 Granted to Programs Promoting Healthy Living in Central Texas*

**AUSTIN** – St. David’s Community Health Foundation announces that three area nonprofit organizations will be awarded \$200,250 in community grants aimed at improving nutrition and increasing physical activity. This is the first time in the Foundation’s history that funds have been awarded to address these specific needs.

The Healthy Living program is the Foundation’s latest initiative, designed to encourage community awareness and promote healthy lifestyles for Central Texans.

“The Foundation is committed to serving the needs of our community in primary health care and related services. Increasingly we are learning of the importance of preventative efforts to promote the well being of Central Texans,” said Earl Maxwell, chief executive officer of the Foundation. “Through these innovative programs, Central Texans can learn about the benefits of preventative health care, leading active lifestyles, and making nutritious decisions about the food they eat.”

The St. David’s Community Health Foundation’s goals of the Healthy Living program include promoting physical activity and exercise and encouraging healthier eating among children, youth, and families; increasing community awareness of ways to prevent obesity through education, information, and support; improving access to affordable, nutritious foods; and increasing accessibility of appropriate recreational facilities.

“We are working to build a better quality of life for our community, and what better place to start than with programs designed to help people to make healthier choices,” said Bobbie Barker, vice president for grants and community programs. “The announcement of grant funding for healthy living services represents an important new step for the Foundation.”

**St. David’s Community Health Foundation Grants for Health Living**

Con Mi Madre	\$26,250	<i>Health and Wellbeing Program</i>
El Buen Samaritano	\$24,000	<i>Family Health and Fitness Project</i>
MEND – Move, Exercise, Nutrition, Do it!	\$150,000	<i>Central Texas on the MEND</i>
<b>TOTAL</b>	<b>\$200,250</b>	

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St. David's Community Health Foundation awards grants to area nonprofits twice each year. Mental health and healthy living grants are announced in June, while physical health and services for the aging grants are announced in December.

*The vision of St. David's Community Health Foundation is to keep the promise of a better life by improving health and health care for all Central Texans. The Foundation's mission is to work with commitment, integrity, and respect to achieve our vision in our hospitals, programs, and community partnerships. The 2009 budget for the Foundation is \$21 million, which includes grants to mental health agencies, agencies serving the elderly, ill and homeless, and many of the area's private safety net clinics, and the St. David's Dental Program. For more information on St. David's Community Health Foundation, visit [www.sdchf.org](http://www.sdchf.org).*