



HealthCorps®

HealthCorps® www.healthcorps.org is a proactive health movement founded by Dr. Mehmet Oz, cardiac surgeon, best-selling author, and Health Expert on *The Oprah Winfrey Show*, to help stem the crisis of child obesity through school-based health education and mentoring, as well as community events and outreach to underserved populations.

Distinguished by its mission to engage and educate America's youth and families to "Eat Smart and Exercise," HealthCorps provides the knowledge, tools and support to make healthy choices.

With its vision to become the most trusted brand for proactive health and wellness in America, HealthCorps aims to revolutionize America's concept of health by prioritizing prevention and personal responsibility.

Modeled after the Peace Corps, the HealthCorps school-based program shows teens practical life skills through fun, interactive school seminars focused on the value and power of students' bodies and minds. HealthCorps "Coordinators", recent college graduates who have deferred medical school or graduate health program studies to participate in public service, empower teens to become educated consumers and health activists and encourage students to develop positive behavioral shifts that enhance self esteem and mental resilience.

The community-based outreach and events include professional development seminars, competitions ("Healthy Steps,") consumer marketing campaigns and public events, ("Healthy Bodega" and "Highway to Health Fair and Festival,") Parents Nights, and integration existing community efforts.

HealthCorps depends upon public sector partners and philanthropists to maintain its current program and to support its continued growth and national rollout. HealthCorps® is a 501C3 non-profit service organization.

HealthCorps History and Scope

The "blueprint" for HealthCorps was executed in 2003 to launch a 10-month pilot starting in September 2004 at George Washington Educational Campus in New York City. With HealthCorps, Dr. Oz set out to follow guidelines of "Healthy People 2010," a federal government initiative from the Department of Health & Human Resources to advance a nationwide health promotion and disease prevention agenda. In 2005, a second school was added to the pilot– Cathedral High School in Midtown Manhattan.

By 2006, the HealthCorps network consisted of nine schools, including Academy of the New Church in Pennsylvania and Cliffside Park High School and North Bergen High School in New Jersey.

In 2007, HealthCorps embarked on a national rollout. HealthCorps extended its health educational and mentoring program to 36 total schools, including 29 New York City high schools and the first Florida school, Palm Beach Gardens High School. It added a second school in Pennsylvania, Lower Moreland High School. Staff created a new curriculum and integrated the program into regular classrooms and communities in all five city boroughs. The New York City Council approved a generous grant to help expand the program locally.

For the 2008-2009 school-year, HealthCorps established its program in 45 schools and three additional states. The program is currently up and running in California, Florida Texas, New Jersey, New York, Ohio and Pennsylvania and projects continued expansion within the current states as well as the addition of Mississippi, Connecticut, Virginia and Louisiana.

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