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McMillen Health Receives \$150,000 from Health First Allen County Grant

FORT WAYNE, IND., December 18, 2023 – McMillen Health, a leading provider of health education programs, is thrilled to announce that it has been awarded the second highest grant of \$150,000 from the Health First Allen County Grant in 2024. This funding will support McMillen Health's initiatives to promote healthy living and nutrition education among Allen County PreK-12 students and pregnant and recent new mothers.

The Health First Allen County Grant aims to improve the overall health and well-being of the community, with a particular focus on Allen County youth and pregnant or parenting mothers. With this grant, McMillen Health will develop new programs that bring nutrition to life for students in grades PreK-12, encouraging them to see food preparation and meal sharing as essential elements of vibrant living and relationship-building.

Specifically, McMillen Health will develop several 45-minute programs for students in grades K-12-, and 30-minute programs for students in PreK. McMillen will also provide tailored programs designed to meet the unique needs of students with disabilities, promoting healthy habits and overall well-being.

The grant will enable McMillen Health to provide these youth programs to 1,500 Allen County PreK-12 students. Through these programs, McMillen Health aims to witness at least a 35% increase in knowledge among the participating students, empowering them to make informed choices about their health.

In addition to the targeted programs for students, McMillen Health will also develop 13 short 2–3-minute videos on obesity and nutrition. These videos will be featured on the Healthy Tomorrow app, catering to prenatal and postnatal women. Through these videos, McMillen Health hopes to reach and educate 100 women, providing them with valuable knowledge and resources to make healthy lifestyle choices.

Furthermore, McMillen Health will host two additional Mom and Me Days, focusing on nutrition education for participants. These events aim to reach at least 25 participants and their 50 children, providing them with an engaging and interactive environment to learn. McMillen Health expects to witness a 35% increase in knowledge among participants attending these events.

“We are excited and grateful for the support offered by the Health First Allen County Grant,” states McMillen Health Executive Director, Nicole Fairchild. “With the funding, McMillen Health can continue its mission to promote health and wellness in Allen County, ensuring a brighter and healthier future for the community.”

For more information about McMillen Health and the various programs and initiatives they offer, please visit their website at www.mcmillenhealth.org.

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