The **Collaboration for Health, Activity, and Nutrition in Children’s Environments (CHANCE)** is an initiative within the Expanded Food and Nutrition Education Program (EFNEP) in New York State. Low-income parents and other caregivers are encouraged to promote healthy eating and active play and to shape the environments where children ages 3-11 live, learn, and play. During these early years, influential adults are especially important role models and lifelong habits are developed.

Healthy diets and physical fitness are linked to better social and physical development and improved health throughout life. To “give kids a CHANCE” to reap the benefits of healthy lifestyles, we’re developing and testing innovative ways to prevent childhood overweight by targeting key behaviors and environmental factors:

- **CHANCE supports families** through education on nutrition, physical activity practices and parenting skills using a new curriculum called *Healthy Children, Healthy Families: Parents Making a Difference!*

- **CHANCE supports healthier children’s environments** by collaborating with schools, daycares, after-school programs, and other community groups to make changes that will promote good nutrition and active play.

CHANCE emphasizes collaboration as an essential strategy for making changes at home and in the community. By collaborating with families and the agencies that serve them, building on existing community coalitions and programs, and involving parents in identifying and promoting local changes, CHANCE makes healthy choices easier one step at a time!

**Program Impacts:**
Graduates of the CHANCE workshop series report statistically significant improvements in food, activity and parenting behaviors. CHANCE teams are involved in community collaborations to promote environmental changes by: creating healthy snack and active play options in daycares and after-school programs; increasing access to vegetables, fruits and low-fat dairy in low-income neighborhoods; developing community gardens; and more!

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