

Champions for Change



My lack of access to healthy food as a child motivated me to learn about health disparities.

Kenneth H.
Champion for Change

Chronic Disease Prevention

My family can lower its risk of developing chronic diseases with regular physical activity and meals that incorporate vegetables.

Living by Example

I want to be a role model for my community by eating healthy and being active every day.

Community Engagement

In the future I hope to be a strong voice for my community so healthy lifestyles can be achieved by its residents.

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