

Steering Committee

Arlene Stoller, MPH, CHES (Co-chair)

Health Education Specialist
Morris County Office of Health Management

Bill McCambley, CSCS

Personal Trainer, Certified Fitness Professional

Carol Armour

President, Morris Center YMCA

Debra Freschl, RD

Nutrition Coordinator, Metabolic Medicine & Weight
Control Center
Morristown Memorial Hospital

Emily Littman

Director, Mayors Wellness Campaign

Denise Lanza (Co-chair)

Assistant Deputy Director
Morris County Park Commission

Margaret Nilson

Morris Area Parent Representative

Maryann Walsh, MPH, CHES

Health Educator
Morristown Memorial Hospital

Maureen Boulanger

Manager, Marketing
Morristown Memorial Hospital

Michael Gerardi, MD, FAAP, FACEP

Director, Pediatric Emergency Services &
Chair, Community Health Committee
Atlantic Health

Vicki Hughes, RN

Manager, Community Health
Morristown Memorial Hospital

Rebekka Zydel

Director, Child & Family Resources

Quick Facts

- 38% of New Jersey sixth graders are overweight or obese
- The number of overweight children in the U.S. is up 35% since 1991
- 60% of overweight children ages 5-10 have at least one risk factor for heart disease

How is your community responding?

Contact Us

Address:

Morris Area Wellness Partnership
C/o: Morristown Memorial Hospital,
Community Health Dept.
95 Madison Avenue
Suite B-02
Morristown, NJ 07960

E-Mail: info@eatSMARTmoveMore.org

Web: www.EatSmartMoveMore.org

**MAWP has applied for 501c3 nonprofit status.*



**PROMOTING HEALTHY
EATING AND PHYSICAL
ACTIVITY FOR CHILDREN
AND FAMILIES**

Mission

Morris Area Wellness Partnership seeks to improve the overall health and wellbeing of children and families by promoting the positive benefits associated with healthy eating and regular physical activity.

About Us

In 2004, the Institute of Medicine released "Preventing Childhood Obesity: Health in the Balance," reporting that over 9 million children living in the U.S. were considered obese. This prompted then U.S. Surgeon General David Satcher to issue a national call-to-action to "reduce overweight and obesity" in American children.

Morristown Memorial Hospital and its Goryeb Children's Hospital responded by hosting the very first childhood obesity summit in Morris County.

Following this important community gathering, a group of individuals came forward determined to do more than just talk about childhood obesity. This group formed a steering committee that would later become the Morris Area Wellness Partnership.

Morris Area Wellness Partnership is a volunteer group of community leaders working in local government, health care, fitness, and education, who are about increasing opportunities for healthy eating and physical activity for children and families living in the Morris area.

Our Initiatives



Eat Smart. Move More.™ is a grass-roots community health initiative and educational campaign created by Morris Area Wellness Partnership to encourage children and their families to make responsible choices about eating habits and physical activity patterns.



Move it Morris Day® is a free (and fun!) community event that celebrates healthy living and inspires local communities to live at their best.

Morris Area Wellness Partnership produces this annual event, in collaboration with the Morris County Park Commission, to promote various health and wellness programs and resources available throughout Morris County, NJ.

Our Website

EatSmartMoveMore.org promotes the good work of other area organizations and community partners who share our mission. Our web site also identifies a multitude of health & wellness services in your area and provides links to additional resources available on the web.

Community Partners

- Nonprofit groups
- Schools
- Parents
- Teachers
- Health Educators
- Park and Recreation Centers
- Hospitals
- Local government and municipalities

MAWP regularly collaborates with Morris area organizations at local community events. You may have seen us at the Morristown Partnership's Festival on the Green, the YMCA's Healthy Kids Day, or the Mayors Wellness Campaign Healthy Cook-off.

If you are interested in joining our cause, email info@eatsmartmovemore.org.



Morris Area Wellness Partnership steering committee members with former NY Jets player Leon Washington (center) at the 2009 "Move it Morris Day" event.