

# Dollars At Work

## Child Nutrition

Nutrition and diet are key focus points in health and wellness and can make a difference in a child's quality of life. Here's how your support helps children lead healthier lives:

### Health Promotion

Penn State PRO Wellness educates and inspires families to eat well, engage in regular physical activity and make healthy choices. Through prevention, research, and outreach, schools and communities are provided with the necessary tools to implement proven wellness interventions. Through the Healthy Champions program, PRO Wellness is able to reach over 300 Pennsylvania schools annually and raise awareness of trending health topics, like mental health, which they featured during Teen Health Week in January.



### Disease Management

Appropriate nutritional interventions can help children and families address their disease, work to reduce symptoms and improve overall health. Your gift supports the Eating Disorders Support Group, Ketogenic Diet Program, Celiac Disease Support Group, Pediatric Diabetes Team and Phenylketonuria Clinic.

### Breastfeeding Medicine Program

This program supports breastfeeding mothers and their infants by providing emotional support and access to lactation specialists. About 450 patients took advantage of this program in the last year.



To view more examples of your dollars at work, visit [CMNHershey.org](http://CMNHershey.org).

