

## News Advisory

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### **NEELY O'BRIEN ELEMENTARY'S FIRST FAMILY HEALTH NIGHT HOSTED BY THE HOPE HEART INSTITUTE AND MOLINA HEALTHCARE**

**WHO:** The Hope Heart Institute and Molina Healthcare will host a Family Health Night at Neely O'Brien Elementary School to teach approximately 250 students and their families about nutrition and heart health. The evening will include dinner, games, prizes, health screenings and giveaways.

**WHY:** To encourage children and their parents to make healthy food and nutrition choices.

- Thirty-two percent of American children are overweight or obese.
- Only 2% of school-aged children consume the recommended daily number of servings from all five major food groups.
- Thirty-five percent of children watch 3 or more hours of television per day.
- Experts predict this could be the first generation of children in America with a shorter lifespan than their parents, if obesity rates continue to rise.
- "We see time and again that students are taking the messages home and encouraging healthier grocery shopping and increased activity. Family Health Nights bring together students and their families with experts and demonstrations that make the messages real. We love seeing children be leaders in their family's health," said Mark Nudelman, President and CEO of The Hope Heart Institute.

**WHEN:** Tuesday, June 14, 2011 | 5:30 p.m. – 7:45 p.m.

**WHERE:** Neely O'Brien Elementary School | 6300 South 236<sup>th</sup> St. | Kent, WA 98032

**VISUALS:**

- Children and parents will learn how to read nutrition labels and "grocery shop" for healthy foods by Molina's health educator.
- Nursing students will be on hand to do blood pressure screenings for parents.
- Children will prepare and eat healthy snacks together.
- Activity stations will help families assess their heart rate.

#### **About The Hope Heart Institute**

The Hope Heart Institute has a 50-year history of revolutionary medical advances and educational curricula that make heart disease - America's No. 1 cause of death - more treatable, beatable, and preventable. We are a Bellevue, Washington-based 501(c)(3) non-profit. For more, visit [www.hopeheart.org](http://www.hopeheart.org).

#### **About Molina Healthcare**



Molina Healthcare, Inc. (NYSE: MOH) Molina Healthcare, Inc. provides quality and cost-effective Medicaid-related solutions to meet the health care needs of low-income families and individuals and to assist state agencies in their administration of the Medicaid program. Our licensed health plans in California, Florida, Michigan, Missouri, New Mexico, Ohio, Texas, Utah, Wisconsin, and Washington currently serve approximately 1.6 million members, and our subsidiary, Molina Medicaid Solutions, provides business processing and information technology administrative services to Medicaid agencies in Idaho, Louisiana, Maine, New Jersey, and West Virginia, and drug rebate administration services in Florida. More information about Molina Healthcare is available at [www.molinahealthcare.com](http://www.molinahealthcare.com).