Hypothesis: Education about participation in community/school exercise programs and following dietary guidelines will result in a lower incidence of childhood obesity.

**Background**
- Evanston, located in Southwest Wyoming, is part of Uinta County and has a population of 11,866 people.
- The obesity rate in Uinta County is 32%.
- 57% of the patients seen at the Arrowhead Family Medicine clinic are obese.
- 15% of the population report having access to exercise opportunities in Uinta County (Wyoming state average is 65%).

**Community Health Project Design**
- Prevent childhood obesity by designing an app format to address pertinent community health topics. Components of this app include:
  - Dietary guidelines through the USDA Thrifty Food Plan and access to the MyPlate Plan (caloric restriction).
  - Exercise guidelines of 150 min/week of moderate intensity exercise along with a tracking component for exercise goals.
  - Access to a park scavenger hunt for children in the community.
- My community partner for this health project plan is Kim Proffit, who is head of the local public health department.

**Deliverables to the Community**
- Presentation of my project to the public health department.
- Demographic analysis.
- Literature review.
- Meeting with Kim Proffit to discuss project details and the implementation of this project in the Evanston community.

**Next Steps**
- Find a way to develop the app format to reach the community and pediatric population (app developers, college students, etc.).
- Establish the ability to track health outcome progress through the app design (websites, fitbit monitoring, etc.).
- Provide possible incentives in the community for reaching app goals (t-shirts, recreation center access, exercise class enrollment).
- Apply for funding through various grants, community scholarships, local school funding, and fundraisers.

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