



# AHCCCS INITIATIVES: HEALTH CHOICE ARIZONA

## Strong Community Partnerships and Programs

**H**ealth Choice Arizona continually partners with community-based organizations across the state to help build healthy communities, and invests heavily and conscientiously in community development programs that impact health and education in rural and metropolitan communities throughout Arizona. To act on our commitment to improving community health literacy and fighting childhood obesity, we developed our T.H.A.N.X. (Think Healthy About Nutrition and eXercise) program to provide after-school health and wellness education to medically underserved communities and school districts.

The Health Choice Arizona T.H.A.N.X. program team offers health and wellness education to children, covering important topics such as nutrition, exercise, hygiene, bike, and water safety. Several of the T.H.A.N.X. activities aim to not only educate and motivate the children involved, but equip them with knowledge and tools to share with their families.



For instance, one of our learning modules aimed at tackling childhood obesity teaches children how to read the nutrition labels on their favorite snacks, as well as how to make smarter grocery shopping decisions. We have also developed several interactive displays that model the sugar and fat content of popular but unhealthy foods.

In 2015, Health Choice Arizona worked to expand our T.H.A.N.X. program via new community partnerships, including building a robust relationship with Pendergast Elementary School District in Phoenix. In June, our T.H.A.N.X. program team launched a summer afterschool program, developed with Pendergast Elementary School District leadership, and tailored to the unique health and wellness needs of the children

in their community. Nearly 100 students from different schools within the district attend the T.H.A.N.X. after-school program twice a week for an hour. ■

