

# Be Well™ Acres Homes

## Building a healthier community together

**Be Well™ Acres Homes** is an initiative of The University of Texas MD Anderson Cancer Center in collaboration with Harris Health, Memorial Hermann Community Benefit Corporation, UTHealth Houston School of Public Health, and more than 30 community organizations united together with residents of Acres Homes.

### OVERALL IMPACT

<b>34</b>	organizations represented on the community-driven Be Well Acres Homes Steering Committee
<b>3,900+</b>	hours of capacity building, technical assistance, project management and program evaluation provided by the Be Well Communities™ team
<b>57%</b>	of Acres Homes community reached with an evidence-based intervention
<b>32K+</b>	individuals impacted in Acres Homes
<b>92%</b>	of Steering Committee members reported strengthening existing partnerships in the community through their participation in the Steering Committee

**23 evidence-based interventions** implemented in four target areas: **healthy eating, active living, sun safety** and **tobacco-free living**.

“As a result of the Be Well Acres Homes funding, there has been an increase in opportunities for physical activity, improvements to the built environment, increased resident engagement, addition of staff, expansion of program locations and more community partnerships.”

— **LATREKA STATEN,**  
Houston Health  
Department



**HEALTHY EATING****8.7M+**

pounds of healthy food distributed

**7**

infrastructure improvements to support operations at 3 food pantries

**82**

garden beds built and revitalized

**2,600+**

people received nutrition education

**ACTIVE LIVING****6,900+**

people participated in physical activity classes and programs

**90%**

of elementary school girls reached their healthy fitness aerobic goals

**92%**

of elementary school boys reached their healthy fitness aerobic goals

**94%**

of participants in Bingocize and Tai Chi classes reported increased efficacy in managing their health

**10,000+**

students participated in a coordinated school health approach

**SUN SAFETY****15**

sunscreen dispensers installed in the community

**11,500**

Aldine ISD students received sun safety information

**110**

individuals trained on sun safety

**9**

sunshades installed at Aldine ISD schools

**TOBACCO-FREE LIVING****26**

staff members trained as CATCH My Breath instructors

**A special thanks to the Be Well Acres Homes Steering Committee**

10th Fitness LLC • Acres Home Chamber for Business and Economic Development, Inc • Acres Homes Community Advocacy Group • Acres Homes Super Neighborhood Council • Acres of Angels • Aldine ISD • Back to Eden • BakerRipley • Beauty's Community Garden • Brighter Bites • City of Houston Health Department • City of Houston Mayor's Office of Complete Communities • City of Houston Parks and Recreation Department • Civic Heart Community Services • Collaborating Voices Foundation • Harris County Precinct 1 • Harris Health • Healthy Outdoor Communities • Honor Humanity • Houston Business Development, Inc • Houston Food Bank • Houston Parks Board • Kings Bike and Hike Community • Lone Star College – Houston North • Memorial Hermann Community Benefit Corporation • METRO • Nature and Eclectic Outdoors • Near Northwest Management District • Prairie View A&M University • The Community of Faith Church - Compassion in Action Program • The University of Texas MD Anderson Cancer Center • University of Houston Health Research Institute • UTHealth Houston School of Public Health • UT Physicians Multispecialty Victory and Greens