CAN DO Houston

Mission:
To prevent and diminish childhood obesity in Houston and surrounding communities through physical activity, nutrition, and healthy minds by enabling the broadest collaboration of individuals, institutions, and organizations.

Activities:
Community-based and community-driven environmental and policy changes to promote healthy eating and active living. Examples of our activities include teaching healthy lifestyle classes (food preparation, nutrition and physical activity), classes on leadership and advocacy, establishing community and school gardens, setting up healthy corner stores, improving access to safe places to play, promoting complete streets, facilitating classes on parenting and family wellness, and supporting the efforts of other organizations with similar missions. See http://www.candohouston.org for more examples.

Needs/Projects this year (4-5 positions):
For the Fifth Ward, we plan to coordinate healthy lifestyle classes, leadership and advocacy classes, and establish a healthy corner store. We are actively involved with the Boys & Girls Club, Bruce Elementary School, Betsy Ross Elementary School, and various other locations, working to increase access to healthy food and active living opportunities through a variety of efforts, from school gardening programs to neighborhood food fairs.

Who should apply?
Those who are:
• Interested in improving access to good nutrition and physical activity in underserved neighborhoods, public health, the built environment, policies that impact health, empowering community members
• Willing to take a “hands-on” approach to improving health
• Willing to work hard, often after hours and on weekends
• Willing to work cross culturally

Who should not apply?
Those who are:
• More interested in theoretical approaches to public health
• Have an inflexible schedule
• Not willing to “get their hands dirty” or to work outdoors

Address:
Postal Address: 2617C West Holcombe, #596, Houston, TX 77025

CAN DO Houston is currently housed at Community Family Centers, located at 7524 Avenue E., Houston, TX 77012.
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