Island University Joins Partnership for a Healthier America
Initiative Delivers Healthier Options and Promotes Activity to Improve Health

CORPUS CHRISTI, Texas — Today, Texas A&M University-Corpus Christi joined the Partnership for a Healthier America (PHA), which works with the private sector and PHA honorary chair First Lady Michelle Obama to make healthier choices easier, in a three-year commitment to make its campus healthier by adopting guidelines around food and nutrition, and physical activity and programming.

“Texas A&M - Corpus Christi is proud to join with Healthier Campus Initiative,” said Dr. Flavius Killebrew, President and CEO. “This enhances the already strong commitment we have to our students and their families to help them make healthy choices about eating and staying active.”

The announcement was made today (Nov. 16) at the American Public Health Association (APHA)’s 2014 Annual Meeting & Exposition. A&M-Corpus Christi is one of the first schools to sign on to PHA’s Healthier Campus Initiative, which includes 19 other colleges and universities, collectively impacting more than 500,000 students and 126,000 faculty and staff.

A&M-Corpus Christi participation includes implementing over the next three years several guidelines, including:

- Offer and identify healthier options in each on-campus dining facility
- Limit offerings of fried foods
- Implement a program that focuses on local and sustainable foods
- Provide free water at all dining venues
- Offer a healthier catering menu
- Make available dietitian nutritionists for students
- Promote public transportation
- Encourage physical activity through facilities and programs
- Provide rec center orientation to incoming students
- Offer a wellness program annually
- Offer cooking classes for students

“Colleges and universities are in a unique position to help shape tomorrow’s
leaders, whether they are teachers, coaches, policymakers, CEOs, moms or dads,” said PHA CEO Lawrence A. Soler. “We know that going to college is a time of change for many students—we also know that means it’s a time when new habits are formed. By creating healthier food and physical activity environments today, campuses and universities are encouraging healthier habits that will carry over into tomorrow.”

The Island University joins the following schools in this initiative:

- Arizona State University
- Binghamton University
- Central New Mexico Community College
- Clayton State University
- Florida International University
- George Mason University
- George Washington University
- Georgia Institute of Technology
- Hampshire College
- North Carolina State University
- The Ohio State University
- Oklahoma State University
- Southern University and A&M College
- University of California, Los Angeles
- University of Miami
- University of New Hampshire
- University of North Dakota
- University of Oregon
- Washington University in St. Louis

Each college or university partner has committed to meet 23 guidelines—developed by PHA in collaboration with some of the nation’s leading nutrition, physical activity and campus wellness experts—around nutrition, physical activity, and programming on campus. Because of the unique nature of each campus, universities and colleges choose 23 guidelines from a menu of nearly 40 recommendations, including identifying certain food and beverage options as healthier choices – impacting more than 25 million meals each year; promoting water consumption on campus; offering a bicycle share program for all students; providing certified personal trainers and registered dietitian nutritionists on campus; among others.

To learn more about the PHA’s Healthier Campus Initiative, visit www.ahealthieramerica.org/campuses.

About Texas A&M University-Corpus Christi: Offering more than 80 of the most popular degree programs in the state, Texas A&M-Corpus Christi has proudly provided
a solid academic reputation, renowned faculty, and highly-rated degree programs since 1947. The Island University has earned its spot as a premier doctoral-granting institution, supporting a UAS test site, two institutes, and 13 research centers and labs. Discover your island at http://www.tamucc.edu/.

The Partnership for a Healthier America (PHA) is devoted to working with the private sector to ensure the health of our nation’s youth by solving the childhood obesity crisis. In 2010, PHA was created in conjunction with – but independent from – First Lady Michelle Obama’s Let’s Move! effort. PHA is a nonpartisan nonprofit organization that is led by some of the nation’s most respected health and childhood obesity experts. PHA brings together public, private and nonprofit leaders to broker meaningful commitments and develop strategies to end childhood obesity. Most important, PHA ensures that commitments made are commitments kept by working with unbiased, third parties to monitor and publicly report on the progress our partners are making. For more information about PHA, please visit www.aHealthierAmerica.org and follow PHA on Twitter @PHAnews.

-A&M-Corpus Christi-