



## CAN DO Houston

### **Mission:**

CAN DO is working to prevent and diminish childhood obesity in Houston and surrounding communities through physical activity, nutrition, and healthy minds by enabling the broadest collaborating of individuals, institutions, and organizations.

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 wellness, and supporting the efforts of other organizations with similar missions. See [www.candohouston.org](http://www.candohouston.org) for more examples.

### **Current Students and projects:**

CAN DO is working with three hardworking students this semester on a variety of projects. The first is Anna Klineberg. Anna is a junior majoring in Psychology and minoring in Poverty, Justice, and Human Capabilities and Global Health Technologies.



The second student working with CAN DO this year is Courtney Wang. Courtney is a sophomore majoring in Psychology and Sociology and minoring in Poverty, Justice, and Human Capabilities.

Both Anna and Courtney are working on creating curriculum for the CAN DO Houston Healthy Lifestyle Program (HLP). HLP is a 10-week

curriculum that takes place throughout a year. The goal of the initiative is to focus on providing community members with information about physical activity and healthy eating. Anna and Courtney are working to modify the previous 6-week long curriculum for the Healthy Lifestyle Program, and have altered it to provide more condensed and educational information about each topic. The overall goal of the program is to equip parents and caregivers with the knowledge, skills, and self-efficacy to implement practical changes in the home environment that will facilitate adoption of a healthy lifestyle for their family. Each session occurs once a month, on the 3rd Wednesday, at the Pleasant Hill Baptist Church. During each session, participants engage in discussion on various topics pertaining to physical activity and healthy eating, occasionally with a food demo and supplemental food sample and food demo.

The third intern assigned to CAN DO this year is Akhil Surapaneni. Akhil is a sophomore majoring in Bioengineering.

Akhil has been involved with leading the Let's Move in Magnolia program. This program offers exercise classes 4 nights a week. Currently two community members that were active participants of an earlier class were given the opportunity to become certified instructors and now lead the exercise portion of each class. After participating in the class one night a week, Akhil ends each session with a discussion on nutrition with the participants. He has taken on the role of an overseer and looks after the completion of tasks by the Let's Move in Magnolia team. Akhil has also attended CAN DO's Healthy Corner Store demo day where locals demonstrate how to make nutritious meals out of the nourishing options available at the Healthy Corner stores.



### **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

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