

**For Immediate Release**



## **The Health Education Council Celebrates 20 years of Chronic Disease Prevention!**

**LOCATION, Sacramento California-October 20, 2011** Health Education Council focused on improving community health on the evening of Thursday October 20, 2011 6pm-9pm at the Hyatt Regency downtown Sacramento at 1209 L Street with Kaiser Permanente as the Presenting Sponsor will celebrate 20 years of public health efforts.

The Health Education Council (HEC) began serving the community in 1979 as the Hypertension Council. In 1990 they changed their name to reflect expansion in other health promotion programs and became a 501c(3) nonprofit organization one year later. Today HEC's diverse staff, community partners and funders are dedicated to HEC's mission which is; To provide access, education, advocacy, and training to empower individuals towards a healthy life. HEC pursues its mission by focusing primarily on eliminating preventable causes of death resulting from poor nutrition, lack of physical activity, and tobacco use. While operating more than 25 public health programs nationwide to meet the needs of diverse communities who otherwise do not have a voice for care of access to healthy environments, HEC also has emphasis on expanding volunteer involvement in underserved communities, facilitating empowerment, and effecting sustainable change. "As we address obesity, especially childhood obesity, and other chronic diseases it's imperative to make changes at the local level — where people live, work and play — to make it easier for people to eat more healthfully and move more as part of daily life," said Debra Oto-Kent, founder and executive director of HEC. "Otherwise, we will continue to see a rise in various types of chronic diseases."

Each of HEC's programs is an innovative and visionary response to the needs of a diverse population. A few of these innovative programs include:

- In the Grow
- Ventanilla De Sallud
- Stone Soup Community Gardens
- Eat From the Garden
- National African American Tobacco Education Network (NAATEN)
- Break Free Alliance-National Tobacco Control Program
- Kaiser Healthy Eating Active Living (HEAL) Zone Initiative
- United Way Fit Kids Initiative
- Initiating Faith-based Tobacco Interventions-A Black Church Cessation Model
- Network for a Healthy California
  - *Children's Power Play!*

- *Latino Campaign*
- *African American Campaign*
- *Worksite Program*
- *Healthy Eating Active Living Collaborative*
- *Retail program*
- *Physical Activity Integration*

Visit the Health Education Council website today at [www.healthedcouncil.org](http://www.healthedcouncil.org) to learn how you can donate to help our programs meet emerging needs of underserved communities!

To learn more about the Health Education Council please visit [www.healthedcouncil.org](http://www.healthedcouncil.org) or contact Ramona Mosley MS, at (916) 556-3344 or [rmosley@healthedcouncil.org](mailto:rmosley@healthedcouncil.org)