Palm Beach Woman
HOW DID HEALTHCORPS BEGIN?
Founded in 2003 by Dr. Mehmet Oz and his wife Lisa, HealthCorps’ mission is to help raise a generation of healthy students, using innovative approaches that help teens grow physically fit and mentally strong.

WHY DID DR. OZ START IT?
The original blueprint for the HealthCorps program was first implemented as a 10-month lunch-time pilot in a single New York City high school in response to the childhood obesity epidemic.

Dr. Oz, and his wife, Lisa, set out to follow the guidelines of Healthy People 2010, a federal government initiative issued by the Department of Health and Human Services to advance a nationwide health promotion and disease prevention agenda that included fighting childhood obesity.
Educating America’s youth in wellness at school not only changes their performance and quality of life, it directly influences their families and communities.

— Dr. Oz, Founder & Chairman, HealthCorps

HOW HAS IT GROWN?
In 2004, HealthCorps expanded its lunch program to two New York City Schools. The program lacked a written curriculum, so HealthCorps partnered with Touro College for training and supervision.

By 2007, HealthCorps embarked on a national rollout with a written curriculum (penned primarily by Dr. Oz and several of his peers in health and wellness) and extended its health education and mentoring program to over 30 high need schools, including 29 New York City high schools, 2 in New Jersey, 1 in Florida (Palm Beach Lakes High School), and another in Pennsylvania.

WHERE IS IT?
In the fall of 2019 HealthCorps will be operating in 42 confirmed sites in the following 8 confirmed states:

- New York
- Kentucky
- Oklahoma
- Florida
- Texas
- Arizona
- Utah
- California

Note that other states and sites may be added.
Since its inception, HealthCorps has impacted the lives of thousands of students every day:

- 340 sites/schools across 23 states
- 2.5 million American students
- 320 coordinator alumni
- 3 Peer-reviewed published papers
- Regional and national honors
- $70M in program funding raised to date

THE CATEGORIES IT TEACHES
The HealthCorps Program is comprised of three major components (Nutrition, Physical Fitness, and Mental Resilience) with experiential activities intended to build physical and mental strength and create empowered youth activists who can serve as catalysts for environmental wellness improvement.

WHAT DOES IT OFFER TO THE KIDS?
Students that participate in the HealthCorps program exercise more, eat better, and practice positive thought.

HealthCorps is driven by a disruptively powerful idea: Every teen must be nurtured as if they were our own. Because in truth, they are.

The foundation of HealthCorps’ work is Peer-to-Peer Mentorship

HealthCorps Coordinators/mentors are recent college graduates (with a passion for health and wellness) – meeting students where they are:

- hands-on in school programs that teach social, emotional and physical health • workshops give students the tools to make healthier lifestyle choices
- and empower them to become change agents in their communities

HealthCorps Coordinators work with students and the school community to provide support that is as disruptive as the incredible challenges teens face today, such as:

- Anxiety;
- Loneliness & Hopelessness;
- Depression;
- Opioid Addiction;
- Obesity and other major health issues;
- High rates of teen suicide; and
- No place and no person to turn to – to talk about how they are feeling;

The school sites serve as Living Labs through which Coordinators engage with today’s teens – many of whom are teens in crisis. Through the Living Labs the organization helps to discover solutions that can be replicated nationwide.

HealthCorps believes that educating America's youth in wellness at school not only changes their performance and quality of life, it directly influences their families and communities.

HealthCorps believes that high school students can be agents of positive change.

- Healthier teens lead to healthier families
- Healthier families lead to healthier communities
- Healthier communities lead to a healthier world/country
PLANS FOR THE FUTURE?
HealthCorps is becoming a wider conduit to youth by mentoring and empowering thousands more students with innovative wellness tools and skills that change lives - allowing the organization to expand its outreach from schools to homeless housing, foster care and even the juvenile justice system.

The organization will continue to serve as a chassis for other foundations to take advantage of what we do and collaborate with HealthCorps to deliver the best solutions around Community Health, School Safety, Mental Health and other critical societal issues which are placing the health, safety and well-being and future of youth at great risk.

HealthCorps will contribute in an even bigger way in building a strong foundation for health and wellness that changes the culture and climate in schools, homes and communities across America – delivering more solutions that ensure a brighter future for our kids, your kids.

Finally, the organization will continue to evolve and improve to meet the needs of teens.

1. **ENGAGE** -- Inside and outside the classroom, students are sharing what they learn through new programs and projects that they often develop.

2. **SUSTAIN** -- Continuing to provide mentorship and programming with Title IV part A federal funds, obtained after 10 years of advocacy work so that schools can continue their Coordinator development and staff “wellness champions” within alumni schools

3. **CHANGE** -- Creating a path for pride and innovation with Coordinator Alumni Awards Positively impacting the culture of schools and educational sites that use the HealthCorps program – not just individuals
Palm Beach and Manhattan Converge as Dr. Mehmet Oz Honors Lifestyle Guru Martha Stewart at HealthCorps® 13th Annual Gala.

HealthCorps® honored America’s most trusted lifestyle expert Martha Stewart and Entertainment attorney Allen J. Grubman during the organization’s 13th Annual Gala on Tuesday, April 16 for their contributions towards the well-being of America’s youth. held this year at Cipriani’s 25 Broadway in New York raised $1 million in funds for HealthCorps to continue its steadfast mission of strengthening young people, their families and their communities. A portion of $1 million raised will support programs in Palm Beach.

HealthCorps has operated its program in five Palm Beach high schools for nearly 15 years. Palm Beach Lakes and Cardinal Newman High Schools, both in Palm Beach County are currently benefiting from the HealthCorps curriculum. Dr. Oz and his family reside part-time in Palm Beach.

The Gala’s “health fair” cocktail hour featured healthy food and product booths, as well as HealthCorps curriculum. The main event included a seated black-tie dinner, accompanied by an online auction, acceptance speeches by the honorees, and special performance by Collin Raye and Free Radicals, Courtesy of USANA Health Services, a HealthCorps National Sponsor.
ABOUT THE GOLDEN HEART HONORS
Established in 2007, the honors recognize “significant contribution to the health and well-being of America’s youth” which mirrors the mission of HealthCorps. Recipients are selected based on a variety of elements which demonstrate their overall commitment and like-minded approach to the HealthCorps mission of exemplifying and promoting mental and physical resilience.