The BHA program brochure has been revised to include the ABC’s of diabetes and an additional program goal and service focused on community engagement. New copies are at MBRC office and can be picked up as desired.
**Power to Prevent Spotlight: Mertis Oliver**

Mrs. Mertis Oliver was a participant in one of the Power to Prevent group classes. She graduated from the class in March 2018 and remains a participant of the BHA program. Since graduating, Mrs. Oliver has lost a total of 25 pounds! She states that she downloaded an app (Fat burning workout full body plan) on her phone that helped with motivation to exercise. The app shows how to do the exercise and even sends a reminder. She exercises in the morning and in the evening. She now has more energy than before and states that exercising at night has improved her ability to fall asleep. She is also eating better and works on portion control with her meals. With the combination of exercise and healthier eating Mrs. Oliver has also been able keep her blood sugars under control.

**BHA at the Fishing Clinic**

BHA was represented at the 20th Annual Fishing Clinic. BHA program flyers and educations on diabetes were distributed to guests at the event. Guest who visited the table also entered a raffle. The winner of the raffle was Derrick Lee. Pictured to the left is Derrick with his family.

**Program Evaluation and Data Analytics Workshop**

CEO, Community Outreach Specialist, Project Director, and CHW attended the Program Evaluation and Data Analytics Workshop in Duluth, Minnesota on August 28th and 29th. The workshop focused on: evaluation basics and balanced scorecard methodology review, approaches to analyzing data, communicating project impact/telling your story with data, network balanced scorecard and evaluation dashboard, & how to determine measures to best show project impact. We had the opportunity to learn from and work alongside other Network Development Grantees as well as share about the BHA program. The information provided by the RHI team will be beneficial as we continue to expand the BHA program. We look forward to sharing and discussing the information learned with our partners.
New Educational Materials

Pictured to the left: Handout to assist individuals with talking to their healthcare provider.

Pictured to the right: Business card for their wallet that will serve as a reminder for their ABCs and other information.

Childhood Obesity Prevention Program

SCHEDULED CLASSES

Bowdin Center  
Facilitator: Lester Gillespie  
Charleston, MO

Saint James Word Outreach Center  
Facilitator: Pastor Johnny Hood  
Hayti, MO

Life Changers Ministries  
Facilitator: Pastor Earl Grissom  
Lilbourn, MO

SCHEDULED FAMILY FUN NIGHTS

October 17th 6:00 PM- 8:00 PM  
Bowdin Center  
Charleston, MO

October 18th 5:30 PM-7:30 PM  
Saint James Word Outreach Center  
Hayti, MO

ANNOUNCEMENTS

Service Region Bootheel Counties: Dunklin, Mississippi, New Madrid, Pemiscot, & Scott

Childhood Obesity Prevention Program enrollment and participation provides the opportunity to learn through a series of classes that consists of nutrition and physical activity. Family participation is strongly encouraged.

An additional focus of the program is working alongside case managers to promote breastfeeding as a way to reduce childhood obesity.

A Family Fun Night will be scheduled throughout the community at different times. Contact the office for more information on the interest of your church or organization of hosting a Family Fun Night event.

MBRC, Inc. Office Phone: 1-573-471-9400  
Toll Free: 1-888-317-4949  
(Ask for the Project Director or Community Health Worker)
Thank you for your continued commitment and hard work in ensuring the BHA program is successful.

Visit our website for employment opportunities www.mbrcinc.org