The NKU Mayerson Student Philanthropy Project recently reached a milestone, topping the half-million dollar mark for grants awarded during the program’s 10.5 years. The project turns NKU classes from various disciplines into boards of philanthropy that evaluate local nonprofit need and award real money to worthy agencies.

The NKU Wellness Center and the NKU Scripps Howard Center for Civic Engagement have partnered to engage public dialogue and feedback on a number of influencing factors and proposed strategies to address the growing obesity problem in Northern Kentucky.

The initiative, titled “Healthy Monday: Let’s Talk,” invites members of the NKU community to engage in weekly discussions on a variety of issues related to obesity. Specifically, through utilization of both Facebook and NKU’s existing Democracy Square (a large whiteboard located on campus soliciting public feedback on various issues), the campus community will be encouraged every Monday to share ideas and opinions on obesity-related issues that have received recent attention in the national press.

The goal for Healthy Monday: Let’s Talk is to develop a vast and local repository of grassroot suggestions and opinions that can be utilized to support the efforts of those actively involved in working toward finding and implementing solutions to curb the obesity epidemic throughout the region, along with raising the community’s overall awareness to the issue of obesity itself.

Over the past four years, the NKU Wellness Center has been a strong advocate of the Healthy Monday campaign and is currently promoting a number of initiatives on campus, including both Meatless Monday and The Monday Mile. These NKU initiatives were recently highlighted on National Public Radio.

Recently, with the formation of the NKY Healthy Monday coalition, a number of Healthy Monday programs have been launched throughout the community involving schools, neighborhood associations, restaurants and worksites. Community partners such as the NKHD and the City of Covington have been involved in these efforts.

Healthy Monday: Let’s Talk will also include a classroom component designed to engage students in a setting in which they can exchange their ideas and discuss how their field of study can directly and indirectly affect the issue of obesity. For example, a construction management class might discuss how a lack of sidewalks affects obesity.

DID YOU KNOW?

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