

# UPMC Children's Hospital of Pittsburgh Division of Community Health

## Family Care Connection – Health & Wellness

### Overview

Family Care Connection (FCC) is a strengths-based family support program of UPMC Children's Hospital of Pittsburgh's Division of Community Health. FCC's neighborhood hubs offer services, programs and activities in partnership with families to meet their needs and help children achieve bright futures.

### Health & Wellness

Family Care Connection offers a variety of health and wellness programs for the benefit of children and families with an emphasis on supporting and encouraging positive lifestyle choices for long-term health and wellbeing. FCC's suite of health & wellness programs include:

- Nutrition education
- Infant and child feeding
- Food resource management
- Cooking skills development
- Stress resilience
- Financial wellness
- Outdoor education
- Physical activity

Wellness concepts such as healthy eating, physical activity, parental self-care and mindfulness are also woven into all FCC programming including early education and home visiting.

Family Care Connection's health & wellness programs utilize evidence-based and informed curricula including Cooking Matters, Adagio Health's Power Up, Mealtime PREP, and Bank of America's Better Money Habits.

### Impact

The health and vitality of young families is foundational to our region's growth and success. Establishing healthy behaviors in early life, and encouraging care-giving adults to lead as role models, enables children to grow into healthy and thriving adults and contributes to health and thriving communities.

### About UPMC Children's Hospital of Pittsburgh Community Health

Children's Hospital of Pittsburgh Community Health works together with hospital, other healthcare, and community partners to improve health outcomes, reduce health disparities, and elevate quality of life for children and families in the communities where they live, learn, work and play.