



RMC Health At A Glance

Who is RMC Health?

RMC Health is a non-profit organization in Lakewood, Colorado, that works to improve the mental, physical, social, and emotional health of children and youth by providing innovative professional development—training, coaching, and resources—to district superintendents, school administrators, health teachers, school nurses, and physical education teachers, as well as government agencies and non-profit organizations throughout the country.

What do we do?

Through research-based professional development (training, one-on-one assistance, and resources), we provide knowledge and build skills in order to improve the health of children and youth and transform the health culture in a school, district, or community. All of our trainings include customized design, delivery, and follow-up support to ensure learning will be relevant and applied.

RMC Health has worked in several topic areas related to the health of children and youth, addressing childhood obesity (nutrition and physical activity), behavioral health, healthy sexuality (including HIV and STD prevention), and the use of alcohol, tobacco, and other drugs.

Who do we work with?

RMC Health has provided training and technical assistance to more than 35,000 individuals who work in schools, districts, and communities across the nation. Our school clients include teachers, counselors, principals, and school nurses. We've also worked extensively with state education departments as well as many state health departments, local education and health departments, and non-governmental organizations that share our vision of healthy youth. We've worked in every state, the District of Columbia, and six U.S. territories.

Over our 39-year history, RMC Health has established and maintained valuable relationships and collaborative efforts with several key partners, agencies, and funders engaged in healthy school initiatives. For more than 17 years, RMC Health has partnered with the Colorado Department of Education and Colorado Department of Public Health and Environment to champion healthy schools. RMC Health serves on the statewide Inter-Agency School Health Management Team that provides oversight for Colorado's strategic health plan and coordinates complementary school health initiatives for efficient use of resources.

What don't we do?

Although RMC Health's team loves children, their mission is to provide professional development to adults who in turn take this knowledge and promote healthy behaviors for children and youth—most often in schools, but also throughout communities.

More information: rmc.org/newsroom or Wendy Larsen at wendyl@rmc.org