



Caddo County Interagency Health Fair!

Caddo County Interagency Free Health Fair & Weight Loss Challenge!

The Caddo County Interagency Coalition (CCIC) in conjunction with a grant from the Oklahoma Medical Reserve Corps (OKMRC) will host a free health fair on Thursday, May 16, 2013, from 8 am to 2 pm at the Caddo County Fairgrounds Baldwin Building in Anadarko. Over \$250 of free screening services for each person will be offered. Health screening includes: Lipid Profile, BS, BP and A1c. (Patient must fast from midnight the night before for the Lipid profile.)

The Caddo-Kiowa Technology Center Nursing program will be assisting with the screening in partnership with the OKMRC and the American Indian Diabetes Prevention Center. Other screening and information booths include; Caddo County Infant Mortality Project, Kiowa Tribe Child Care program, Apache Tribe of Oklahoma-Domestic Violence, Caddo-Kiowa Technology Center, Lawton Indian Health Services - Carnegie Branch, Caddo County Health Department, Children First Program, Caddo Nation Environmental & Emergency Management, Caddo Nation Injury Prevention Program, LIVE - Physical Activity & Nutrition Program, CKTEd Caddo/Kiowa Tobacco Education, Faith Hospice, and the Oklahoma Medical Reserve Corps.

The Health Fair will also launch the Caddo County Weight Loss Challenge. If you would like to make a healthy change in your life, then you are invited to join the Caddo County Weight Loss Challenge! Caddo County is going on a diet in an effort to reduce heart disease, cancer and stroke, which are the leading causes of death in Caddo County. The challenge is to collectively lose 1,000 pounds in 4 months, which will help us start our journey to better health! You can sign up at the health fair on May 16th or at three weigh-in sites in Anadarko. They are the Anadarko Community Library (215 West Broadway), Wind Hollow Foundation (212 East Main), and the Caddo County Health Department (216 West Broadway). You will keep track of your own weight. Weigh-in stations will have tip sheets on weight loss and ideas to keep you on track. You will also be eligible to receive a monthly newsletter. You may also keep track of your weight loss on www.thiscityisgoingonadiet.com , under the group name of "Caddo County Wellness Challenge". If you enroll online, you will have access to many free tools including a weight tracker, exercise log and food diary. The challenge begins on May 16th and ends on September 16th.

If you would like more information, please contact Melissa at 405-247-5200, Rebecca at 580-704-8576 or the Caddo County Health Department at 405-247-2507. If you are interested in becoming a Medical Reserve Corps volunteer or learning more about this program, please visit www.okmrc.org .