

Noble getting healthy

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By: Jocelyn Pedersen, The Norman Transcript

The Noble community is getting healthy. The Healthy Noble Partnership along with the City of Noble is focusing on events, activities, policy changes and infrastructure that will lead residents to healthier lifestyles.

With a wide variety of local and state partners, opportunities are available for health promotion, education, and socialization utilizing Noble's new trails, sidewalks, and parks.

Noble's BEAR event, an acronym for Be Excited About Recreation, will be held Sept. 22 from 10 a.m. to 6 p.m. at Kenneth King Park, 1000 E. Maguire Rd. At the event, The Healthy Noble Partnership will reach out to civic organizations, businesses, school groups, churches, resource providers, health providers and anyone else who would like to join in promoting the Move More, Eat Less, Be Tobacco Free philosophy.

As a recipient of the Tobacco Settlement Endowment Trust Certified Healthy Community Program with an Excellence Incentive rating, Noble received a \$25,000 grant to assist with the addition of a skate part for use by Noble's adolescent and adult population. Additionally, a community splash pad and a Frisbee gold course are available at city parks in an effort to promote family health and wellness activities at little or no cost. These activities create an environment for families to enjoy together while promoting health and wellness.

The Health Noble Partnership, an Oklahoma Turning Point partner, along with other community resource groups is working to help decrease obesity rates in Oklahoma. Another partner, Cleveland County Nutrition and Fitness, received a \$90,000 grant in July to educate the community on ways to eat healthfully and be more active.

Grass roots efforts are promoting positive changes to the Noble community by helping reduce obesity rates, improve physical activity rates and overall health at the community and ultimately at the state level.

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