

CREEK COUNTY

BRISTOW TURNING POINT

Established in January 2003



The Bristow community of 3,500 residents has a rich history of working collaboratively on several local issues. A local doctor in conjunction with the local hospital is coordinating the partnership. The participation from the community is diverse as it includes all sectors. Bristow is part of the Walk This Weigh pilot and has partnered with various businesses to encourage employees to increase physical activity levels. The partnership hosts quarterly health forums that focus on various health issues. By participating in Turning Point, the community feels that they can begin to tackle pressing health issues. According to Dr. Cooper, Chair, "Turning Point came to Bristow at the right time. I had been looking for something that folks could embrace and this initiative has been what we needed to get things going. I am excited about the possibilities."

Activities

- Conducted community opinion survey April 2003.
- Hosted the Wild Flower Run May 2003.
- Held Health Symposium focused on women's health issues May 2003.
- Held Health Symposium focused on diabetes August 2003.
- Hosted the Caring Van for back-to-school immunizations in August 2003.
- Pilot community for Walk This Weigh.

Outcomes

- Completed the strategic planning process and developed mission is to improve the health and wellness of all the citizens in Bristow.
- Survey showed that high blood pressure is the number one health issue facing most of the residents in Bristow.
- Wild Flower run had 1,200 walkers and runners participate.

- Approximately 75 attended the Health Symposium on women's health.
- Approximately 80 children received immunizations through the Caring Van event.
- Over 600 participated in the kick-off event for Walk This Weigh.

Future Plans

- There are two priority areas for immediate action:
 - Working with residents on improving physical activity levels and bettering their nutrition levels. They will do this by: increasing the number of recreational activities for young and old alike; collaborating with local restaurants and businesses in offering nutritious food and meal options; providing diabetes screening, prevention and intervention activities for all ages and ethnicities; improving the livability of the Bristow community through community design by developing a comprehensive trail and enhancement plan that will increase the physical activity level of all residents.
 - Providing programs for the youth of Bristow that address poor lifestyle choices by: developing a cadre of after school programs for youth such as Scouting, Boys and Girls Clubs, recreational activities, youth group, etc. that address the 40 developmental assets that all children need to become happy, healthy and productive adults; implementing drug and alcohol prevention, intervention, and rehabilitation programs for youth; strategizing positive activities for youth that address bullying, anger management, and crime; implementing youth self-esteem programs that delay sexual activity among our youth.

Participants

- Bristow Medical Center
- Spirit Bank
- Community Bank
- Bristow Public Schools
- Kwikset
- Ministerial Alliance
- City of Bristow
- Sports Complex
- KREK Radio
- Bristow News
- Creek County Health Department