



Pauls Valley Health Coalition

Garvin County, Oklahoma

2011

About Us...

The Pauls Valley Health Coalition began a year ago, with the local Health Educator, Julie Selman hosting a community meeting to get local feedback on issues around Health, Wellness and Community events. All within the first meeting local citizens provided Julie with great feedback on topics they would like to work towards in future meetings. Below, you can find the topics listed in the partnership priorities box, The Pauls Valley Health Coalition has been working hard the past several months to accomplish hosting a Health & Wellness Fair for the citizens of Garvin County. The next task for the Pauls Valley Health Coalition will be to establish a local Farmers Market so citizens of Garvin County can purchase fresh, locally grown produce.

With the City of Pauls Valley being 1 of the 70 towns in Oklahoma to receive a grant from Donald W. Reynolds Foundation to build a state of the art community recreation center, the coalition now meets at the new D. W. Reynolds Recreation Center in Pauls Valley. The recreation center has opened its doors to the Pauls Valley Health Coalition to hold their monthly meetings on the last Tuesday of the month at 6pm.



The Pauls Valley Donald W. Reynolds Recreation Center is a state of the art facility that is 35,000 sq. ft. The Recreation Center is located in Pauls Valley's Wacker Park.

Community Profile: Strengths and Challenges

Garvin County is located in South Central Oklahoma, with major highways running through almost every town. With a population of 28,000 citizens, Garvin County is considered to be a vary rural area. Garvin County has several major business in the county from gas and oil refinery, food manufactures/distributions, and local fruit and vegetable producers. Garvin County has several vested businesses and local community members that are working on making Garvin County a better place to live, work and play.



The challenges that Garvin County face's are some of the normal challenges you see in other counties. Garvin County Citizens fight the battle with poverty/low income, diabetes, no physical activity, poor nutrition, teen pregnancy and little to no resources, just to name a few. The Pauls Valley Health coalition has challenges in front of them, but with time and devotion these issues will be targeted. PVHC coalition has a plan! And that plan is to make Garvin County a Healthier County over-all.

Partnership Priorities

- ◇ **Community Health:** Community Gardens, Farmers Market, Health & Wellness Fair, Community Resource Events, Certified Healthy Business
- ◇ **Obesity Prevention:** Walking trails, Bike trails, Exercise classes, Nutrition Education, Afterschool activities, Healthy Living Classes
- ◇ **Child Health:** Underage Drinking Prevention, Teen Pregnancy Prevention, Health & Safety, Youth Speak Out
- ◇ **Tobacco Prevention:** TAR WARS education in schools, Tobacco Quit Line



Pauls Valley Health Coalition

“To create an environment that promotes a healthier lifestyle with in the community”



Garvin County, OK

Description of Assessments

Garvin County has several organizations that do assessments out in the county. Wichita Mountain Prevention Network has been targeting substance abuse prevention in the county for a few years, they have worked with the schools to get them to do the OPNA (Oklahoma Prevention Needs Assessment). With the OPNA data this will let the school superintendents and local community organizations know where Garvin County has high rates of Tobacco Use, Alcohol and Other Drugs in the communities. This needs assessment targets 6th, 8th, 10th, and 12th grades. Once the assessments are complete this gives each community a driving force to mobilize and build capacity to

address the needs in the county. From here the county coalition will develop a plan of prevention to target each community.

Pauls Valley Health Coalition is working towards starting the beginning stages of the MAPP process (Mobilizing for Action through Planning and Partnerships). The MAPP process is a strategic approach to community health improvement. The MAPP tools will help communities improve health and quality of life through community-wide strategic planning. Pauls Valley Health Coalition will soon be giving a over view of MAPP to local coalition members, and then will plan a kick off for the MAPP

process within the next year. Pauls Valley Health Coalition looks forward to creating a healthy community and providing a better quality of life for their citizens with the outcomes from the MAPP process.



Featured Intervention / Project

The Pauls Valley Health Coalition is in the last planning stages for their county wide Health & Wellness Forum. The Health & Wellness Forum is going to provide several free health screenings for the Garvin County residents. The health screenings that will be provided will be: visual acuity, hearing, glaucoma, blood pressure, bone density and blood sugar (diabetes) screening. The Pauls Valley Health Coalition is working on making this event a yearly event. The Coalition feels that with providing these health screenings every year, it will help the citizens in

need and will also help to make Garvin County residents more aware of their health. Along with the Health & Wellness forum, there will be example classes to learn how to Zumba, Tumbling and Dance. Demonstrations on physical activities for residents to participate in will also be provided. PVHC has strived to make this more than just a normal health fair. The Health & Wellness Forum is scheduled for August 20th, 2011 at the Reynolds Wellness Center.

The Pauls Valley Health Coalition has teamed up with the local Red Cross to help collect 20oz bottles of Gatorade. We decided to team up with Red Cross to help assist them in this time of need. The Gatorade will be utilized to help hydrate local fire fighters in the Garvin County area. This is just one of the many small task that the PVHC has taken on to help their community in need.

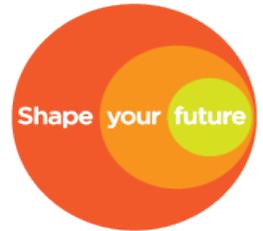
Impact

The Pauls Valley Health Coalition has been a part of “Reality Check”, which is a two day event held for students in three counties: Cleveland, McClain and Garvin. The Reality Check is held to educate the students on the responsibilities of handling financial situations as an adult. This gives the students a opportunity to see what its like in the “real world”. This event

started three years ago with around 250 students that attended. Now going on our 4th year we expect approximately 700 + students this year. We strive to make a difference in each student, with the hope of empowering each one to see the importance of finishing high school and continuing their education.

Every year the Garvin County youth are invited to participate in the McClain/ Garvin County Youth Speak Out. This gives the youth the opportunity to voice their opinion on concerns they might have in our county. The number of schools from Garvin County continues to increase from one school to three in the last two years. This year we strive to in-

volve at least five schools. The Pauls Valley Health Coalition is receptive to all ideas/suggestions that any area youth may bring to our attention.



Pauls Valley’s Wacker Park is located on the north side of city. The park has many opportunities for physical fitness activities for all ages. The park provides a nice rose garden that you see above, that was donated by the Pauls Valley Rotary Club. The park also has tennis courts, playgrounds, and a walking trail. The park is also home to the Panther football field, softball and baseball fields and the new Reynolds Recreation Center. If you visited the park you will also see that the senior nutrition center is located just down from the new recreation center.



Donald W. Reynolds Recreation Center