

# Central Oklahoma Turning Point

## Oklahoma County

2010

### Coalition Priorities:

1. Access to Care
2. Adolescent & Teen Health
3. Strong & Healthy Oklahoma
4. Tobacco Use Prevention
5. Worksite Wellness

### About Us...

Central Oklahoma Turning Point (COTP) was created in 2003 from collaboration among more than 1,000 stakeholders representing all sectors of the community with the aim to improve health and well-being. Unhealthy behaviors and lifestyle choices were identified as the “drivers” of poor health status in the county. Ongoing strategies address: prevention, healthy families and health policy. COTP is an initiative of United Way of Central Oklahoma.

In 2009, COTP partnered with the YMCA and other organizations to collaborate with *Pioneering Healthy Communities*. The focus areas selected were: nutrition and physical activity in local schools and access to fresh fruits and vegetables for underserved areas. A grant from Y-USA will allow several schools to introduce the 5-2-1-0 curriculum. An Oklahoma County *Farmers Market* coalition was formed; and community gardens were planned in several areas; and a “Youth Learning Garden” was established.

The success and sustainability of COTP is the result of building and maintaining relationships, engaging grassroots people at the local level, and leveraging resources across community sectors to improve health and quality of life for all populations living in central Oklahoma.

### Partners:

A Chance to Change  
ACOG  
BC & BS of Oklahoma  
Bone & Joint Hospital  
Boys & Girls Clubs  
Chesapeake Energy  
Eagle Ridge  
INTEGRIS  
Latino Community Dev Agency  
Mercy Health, Community Outreach  
Metro Tech (Springlake)  
Metro Library System  
Millwood Public Schools  
OC Community Foundation  
OCCHD

O.C. Indian Clinic  
OCU School of Nursing  
OK Co. Medical Society  
ODMHSAS  
OK HealthCare Authority  
OK Fit Kids Coalition  
OICA  
Oklahoma Turning Point  
OSDH  
OU College of Nursing  
OU COPH  
Sandridge Energy  
Schools for Healthy Lifestyle  
St Anthony  
Teen Empower, Inc  
The Oklahoman  
UPS  
YMCA of Greater OKC  
YWCA of Greater OKC

### Key Activities:

- Corporate *Wellness*
- *Pioneering Healthy Communities*
- *OK Wellness Week & Strong & Healthy OK*
- *Parents, Let's Talk* trainings aimed to help parents communicate with their youth
- Collaboration with OCCHD to reduce and prevent tobacco use
- Participation in OCCHD *Wellness Now*

### Significant Outcomes:

- ◆ Participated in YMCA's *Pioneering Healthy Communities*
- ◆ Created Oklahoma County *Farmers' Market Coalition*
- ◆ Establishment of new *Wellness Committee* at OCPS
- ◆ Awarded grant to introduce 5-2-1-0 in local schools
- ◆ Established a *Youth Learning Garden*
- ◆ Hosted two *Parents, Let's Talk* facilitator trainings
- ◆ Co-hosted four “grand round” presentations and a public forum on new healthcare legislation in collaboration with the OU College of Public Health
- ◆ Hosted a follow-up *Listening Session* to inform the Oklahoma Health Improvement Plan (OHIP)
- ◆ First *Health at Work* conference attended by more than 100 individuals



YMCA *Pioneering Healthy Communities* Team