

Stillwater Wellness Committee

Payne County

Coalition Priorities:

1. Tobacco Prevention
2. Physical Fitness & Nutrition
3. Substance Abuse Prevention

About Us...

The Mayor's Wellness Committee became a legal committee of City of Stillwater in May 2007 and changed their name to Stillwater Wellness Committee.

Payne Co. residents paid over \$60 million in medical costs and lost 162 lives due to heart disease. Nineteen percent of Payne Co. residents use tobacco, which racks up a total of \$4 million in medical costs per year.

The main goal of this committee is to make Stillwater become Oklahoma's Healthiest Community. The success of the coalition has been dependent upon the community wide representation in working sub-committees focusing on one area and looking at collaborating with previous community projects.

The SWC participated in the Payne County Health Fair –Family Fun Adventure providing the Walk This Weigh program handing out pedometers, dental education, SWAT education, nutrition education and much more.

The Youth & Family fitness subcommittee put together Bike to Work Day following the national day on May 15. T-shirts were given out to participants and drawing for bicycles done at the Family Fitness Fun Day (Bike ride around Boomer Lake).

Partners:

Payne Co. Health Dept
OCCY
Seretean Wellness Center
Stillwater Medical Center
Stillwater Public Schools
City of Stillwater
Smart Start
Oklahoma State University
OSU APRC
City of Perkins
Payne Co. DHS
2M2L
Payne County Counseling
Stillwater Family YMCA
Ocean Dental
Cooper's Bike Company
Stillwater Red Dirt Pedalers
Stillwater Parks & Recreation
Payne County Youth Services
Stillwater National Bank
Oklahoma Career Technology
Stillwater Housing Authority

Key Activities:

- Bike to Work Day
- Family Fun Adventure
- Red Ribbon Week
- Female Fitness
- Family Fitness Fun Day

Significant Outcomes:

- ◆ Female Fitness started by SMC staff at Lincoln Alternative School in Stillwater
- ◆ Clean Indoor Air Ordinance
- ◆ 24/7 Tobacco Free Policy Stillwater Public Schools
- ◆ 24/7 Policy Perkins Public Schools
- ◆ OSU Tobacco Free in 2008

