

# Fit Kids of Southwest Oklahoma

## Comanche County

### 2008

#### Coalition Priorities:

1. Physical Activity
2. Healthy Eating

#### About Us...

Childhood Obesity is the greatest health threat facing our children and arguably our state today. The fact that the CDC and other leading health experts predict that this generation of children will be the first that will not out live their parents due to the health implications of obesity is deplorable. This profound statement is the driving force behind the Southwest Oklahoma Fit Kids Coalition. In fact, their moto follows that statement with "not OUR kids!"

Fit Kids of Southwest Oklahoma, originally Lawton Fit Kids, was developed in 2005 to serve as a coordinating organization in an effort to create a more active and healthy community for children. As the name indicates, the focus of Fit Kids is children but we realize that we must develop and grow an active and healthy community for all persons.

Southwest Oklahoma is our community. The many towns and cities that live in Southwest Oklahoma are all affected by an unhealthy society, and many communities are involved in the effort to create an active and healthy Southwest Oklahoma. Southwest Oklahoma Fit Kids has taken a comprehensive approach to reaching families where they live, work and learn. Southwest Oklahoma Fit Kids promotes the idea of creating, a community-based participatory process to improving community life.

It's with great pride that the Secretary of the Army visited Lawton-Fort Sill in honor of Southwest Oklahoma's Army Community Covenant Signing. The Community Covenant is a significant event as it recognizes the partnership between Fit Kids of Southwest Oklahoma (FKSWOK) , Fort Sill, Lawton and surrounding communities. Fort Sill has committed their resources to the partnership in order to improve the health of their soldiers and the soldier's families. The obesity epidemic knows no boundaries and has hit the military as it has every other sector in the country.

A pilot study is currently in progress in ten elementary schools. MacMahon Foundation funded over \$100,000.00 worth of testing equipment. There are exercise heart rate monitors available for every student that transmit their cardiovascular fitness to their computer file every day. There are four mobile TriFit exercise modules that will evaluate each students height, weight, BMI, body fat composition, strength and flexibility twice a year. All the data will be available to the parents on the Internet using the same password that allows them to look at their child's grades. The University of Oklahoma is developing research studies using the data to evaluate outcomes. Those studies will have the input of several international scholars world famous for their expertise in cardiovascular fitness testing. The intent is to expand this program to encompass every student in Lawton Public School System within the next four years. Lawton Public School (LPS) has a comprehensive plan to phase in over the next three years physical education five days a week for every student k-12. Additionally, LPS is three of ten pilot schools in Oklahoma involved with the Alliance for a Healthier Generation Initiative (AHG) Healthy School Program, which is a criteria for developing a healthier school environment. The AHG is a partnership between American Heart Association and William J Clinton Foundation.

Fit Kids of Southwest Oklahoma is on the brink of making a huge impact; culturally and environmentally. Southwest Oklahoma is a great place to live!



#### Partners:

Comanche Co. Memorial Hospital \* Comanche Co Health Dept \* Lawton YMCA \*  
Lawton Public Schools \* Ft Sill \* Local Physicians \* City of Lawton \* Comanche Co Industrial Development Authority  
\* Faith Community \* Cameron University \* Businesses \* Concerned Citizens \* Wichita Wildlife Refuge \* Comanche  
Nation \* City of Medicine Park \* City of Cache \* City of Elgin \* Comanche County Commissioners \* Cameron Univer-  
sity \* Sodexo \* Lawton Chamber of Commerce \* Enduro Sports \* Alliance for a Healthier Generation \* Polar Fitness \*  
OU Scenic Bylaws

# Fit Kids of Southwest Oklahoma

## Comanche County

### Significant Outcomes:

- ◆ Lawton Public Schools are 3 of ten pilot sites in Oklahoma implementing the Alliance for a Healthier Generation School Health Program.
- ◆ McMahon Foundation funded ten Polar fitness heart monitor systems for Elementary Schools with plans to expand to every school within three years.
- ◆ Through a partnership with Comanche County Memorial Hospital and Lawton Public Schools, a Health and Wellness Coordinator was hired to facilitate all health and wellness initiatives.
- ◆ Spirit of Survival Marathon - 3rd annual event which is the only USATF certified race allowed on any of the 547 Wildlife Refuges in the United States. Events included: full marathon, half marathon, 5-member Team Challenge, Big Rock 10K and 5K race up Mount Scott and non competitive events such as the 5K Fun Run/Walk and the Super Kids Marathon.
- ◆ Opened the only Farmers Market in Lawton with plans to expand.
- ◆ Expanding CATCH (Coordinated Approach to Child Health) to all Elementary (16) Extended Day Programs.
- ◆ Comprehensive Bicycle and Pedestrian plan for the City of Lawton
- ◆ Comanche County Fitness Trailway", a fully funded 36 mile bike path along both sides of highway 115 that will run from Cache Oklahoma up through the beautiful Wichita Mountain Wildlife Refuge on to Medicine Park and a 300 acre park at Ft. Sills Lake Elmer Thomas Recreation Area. Connecting adults and children to miles of hiking trails in a pristine area of mountains and tall grass praries set aside by President Theodore Roosevelt at the beginning of the 20th century for these future generations. A multimillion dollar visitor center and kiosks on the trails focusing on conservation and enviromental issues high light the misson of the trailway, "Protecting the Planet and Preserving the Lives of Our Children.
- ◆ Partnership with Ft Sill to develop a plan that will provide their soldiers and the soldier's families in 18 communities in southwest Oklahoma a healthy, active place to live.
- ◆ First Annual Community Health Summit and Commanding General's Community Walk

### Key Activities:

- ◆ Implemented Beat the Track
- ◆ Began meeting with key partners to implement Coaches University
- ◆ Implemented Farm to School
- ◆ Walking School Bus operating 5 days a week at two schools
- ◆ Conducted numerous Safe Routes to School activities
- ◆ Intramural sports for middle school & high school students
- ◆ 6th hour PE offered at YMCA
- ◆ Pursuing Safe Routes to School Funding for five additional Elementary schools
- ◆ Met with OU Health Sciences Center regarding potential for a research project.
- ◆ Kids in the Kitchen
- ◆ WALK (Wellness And Lawton's Kids) - 4th grade pedometer program for all Lawton schools
- ◆ PLAY (Preventive Lifestyles for Active Youth) - extended day program at Hugh Bish school
- ◆ Super Kid's Marathon - 26.2-mile kids marathon as part of Spirit of Survival Marathon
- ◆ Spirit of Survival Marathon
- ◆ Pursuing Miracle League Fields, a baseball field designed specifically for children with special needs
- ◆ Comanche County's Fitness Trailway through the Wildlife Refuge
- ◆ Participated in International Walk to School Day.
- ◆ Presentations to community groups regarding Fit Kids of Southwest Oklahoma
- ◆ Beginning Stages of partnering with OU to implement Accessible Communities Model City project
- ◆ Commanding General's Walk /Run Challenge: Western Miles
- ◆ Civilian Health Improvement Program



2008 International Walk to School Day