

# Health Planning Committee(Enid Metro Commission)

## Garfield County

### Coalition Priorities:

1. Physical Activity
2. Nutrition

### About Us...

The Enid Metropolitan Human Service Commission's, Health Planning Committee has been active for some time and within the last year became affiliated with Turning Point. Over the past few months they have put together two wonderful events to address their priorities of physical activity and nutrition. First was Walk This Weigh, a six week walking program for the Enid area with generous sponsors allowing the committee to give away wonderful prizes. They had a overwhelming response to the Walk This Weigh program and are looking forward to making it bigger and better next year. Secondly, the committee applied for and received a TP/WIC Grant. The funding allowed the committee to host the Fit and Healthy Fun Fair. It was held at a local mall on a Saturday before school started. Several area fitness trainers showed exercise demonstrations that encouraged families to get active and stay active. Cooking/ preparation presentations were done by a nutritionist along with the help of some 4-H youth, they made fruit smoothies, low fat and low calorie quesadillas and offered fresh vegetables for participants to sample. Many door prizes given away to all age groups, and all prizes promoted physical activity. It was a great event that promoted both physical activity and nutrition to a large audience. The committee received a lot of great feedback from Walk This Weigh and the Fit and Healthy Fun Fair events giving the committee motivation to continue addressing these issues. The committee is a diverse representation of stakeholders that are dedicated to making a difference in the health of their community.

### Partners:

Local Citizens	
Community Development Support Association	Northern Oklahoma Development Authority
St. Mary's Hospital	Northwest Behavioral Health Services
Integrus Hospital	United Way
Continental Resources	Northwest Osteopathic Association
Garfield County Health Department	Northern Oklahoma Resource Center
Department of Human Services	Enid Area Metropolitan Human Service Commission
Autry Vo-Tech	

### Key Activities:

- ◆ Kick-off for Walk this Way at Enid's downtown square
- ◆ Applied & received for TP/WIC grant to hold Fit and Healthy Fun Fair
- ◆ Fit and Healthy Fun Fair at Enid's Oakwood Mall
- ◆ Walk This Weigh-six week walking program

### Significant Outcomes:

- **1250** people participated in **Walk This Weigh** with over 450 walking
- Received TP/WIC grant for Fit and Healthy Fun Fair
- Over 300 people attended one day Fit and Healthy Fun Fair event
- Gave away over 200 prizes that encouraged physical activity at Fit and Healthy Fun Fair

