

# MAKING A HEALTHY PLAN

*In partnership with*

## Mayes County Resource Council/Prevention Workgroup

### Project Goal/Objectives:

1. To increase **WIC parents' and their children's** knowledge of the role of nutrition and physical activity
2. To increase walking as family exercise
3. To increase young children's knowledge of MyPyramid and healthy eating habits, and increase their motivation for regular physical activity
4. To increase students' understanding of the link between physical activity, nutrition and health, and why health is an important component of leadership skills



### Project Scope/Narrative:

Many studies indicate that chronic diseases such as diabetes and its associated behavioral risk factors, are prevalent in Oklahoma. Mayes County wanted to help start successful programs to make permanent changes in lifestyles that will save lives. Public schools in the communities of Mayes County will play a role in improving the health and well-being of county families, by providing 3 nutrition classes for parents and their children . The first Walk This Weigh event for Mayes County will held at a local park. Mayes County has created unique opportunities for developing knowledge of how to effectively develop a health plan and disseminate community health promotion programs. Partners in this project include Pryor School District , Mayes County Health Department, **WIC**, Head Start, ROCHMND Area Prevention Resource Center, and the Boys & Girls Club.

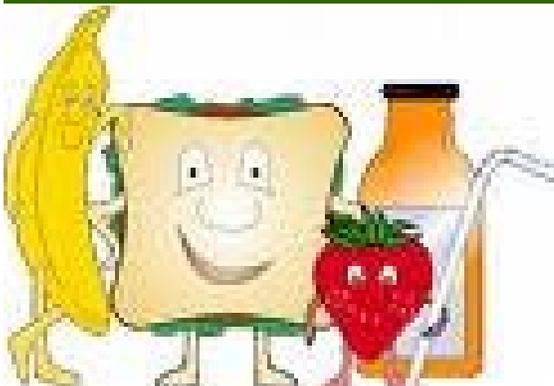
One of the major tasks of the project is to teach parents the importance of their role in their children's health, and encourage healthier family habits using the *We Can!* curriculum and supporting materials. A particular focus is placed on the importance of fruits and vegetables, healthy food choices, and daily physical activity.

While parents are being taught, the children learn and practice fun physical activities and exercises. They will receive free equipment to encourage them to continue these activities at home daily.

At the end of each class, parents and children learn together about healthy snacks by making a healthy snack and receiving healthy snack recipes for future use. Posters featuring MyPyramid , the importance of breakfast, increased water consumption, and healthy food choices are in all 4 Pryor Elementary School cafeterias. Participation in the Walk This Weigh event was encouraged by giving away pedometers and T-shirts upon completion of 2000 steps (1 mile).

### Testimonial:

**Thanks to the WIC Grant** we were able to provide an educational opportunity to the poor families in Mayes County relating to Nutrition and Physical Health that they haven't been exposed to in the past. The **WIC Grant** has allowed me to put together and use the best program for the **WIC families**. Josh Daily, Health Educator



### Project Outcomes:

The target audiences for the nutrition classes for parents and their children are families from **WIC**, Head Start , public schools and the community. The target audience for the Walk This Weigh event is Mayes County families. The target audience for the nutrition classes in the schools is third grade elementary students in all 4 Pryor Elementary Schools.

The third graders were asked to draw pictures about what they think are healthy foods. For the nutrition classes, *We Can!* curriculum was purchased in both English and Spanish. Exercise is done with jump ropes, Frisbee golf, exercise bands and the Exerdice game. To help understand nutrition MyPyramid placemats, Healthy Snacks magnets and Healthy Kids Snacks books are used.

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