

Payne County Stillwater Mayor's Wellness Committee 2004

- **Activities**

- Red Ribbon community-wide breakfast since 1991
- Red Ribbon programming since 1988
- Developed Community Assessment Survey (completed by over 1,800 citizens)
- Support "Kids in Action" (after-school) programming with COCAA
- Hosted multi-city Kid's Fitness Forum
- Created new task force to curb trends relating to childhood obesity "Stillwater Fit Kids"
- Received the TSET (Tobacco Settlement Endowment Trust) grant
- Began approaching Stillwater schools about developing a 24/7 tobacco-free policy
- Assisted with funding eight substance abuse prevention programs which reached nearly 20,000 youth
- Host booth/table space at area businesses and agencies during the "Great American Smokeout"
- Priorities include: substance abuse prevention and kid fitness

- **Outcomes**

- Red Ribbon Grant Program
- Zero citations for selling tobacco products to under-age youth
- Built community collaboration by helping fund/support programming
- Schools are partnering with the hospital to offer programs for obese children and their parents
- Stillwater Public Schools has adopted a policy similar to 24/7
- More schools are implementing their own Red Ribbon Week activities

- **Future Plans**

- Seek funding for community wellness projects (especially relating to youth fitness/wellness)
- Utilize assessment for planning wellness programs in the community
- Update Smoke-Free dining guide
- Increase funds available to community youth efforts and initiatives
- Expand tobacco prevention efforts

- **Participants**

- American Cancer Society
- City of Stillwater
- COCAA
- Community Volunteers
- Department of Human Services
- Mission of Hope
- OSU
- OSU School of Applied Health & Educational Psychology
- OSU Service-Learning Volunteer Center
- OSU Center for Health Sciences - PaNOK Area Prevention Resource Center
- Payne County Counseling
- Payne County Health Department
- Starting Point II
- Stillwater Housing Authority
- Stillwater Medical Center
- Youth and Family Services