

# *Fit For Life*

*In partnership with*

## **Caddo County Interagency Coalition**

### Project Goal/Objectives:

1. Expand the “Fit For Life” program to include all Caddo County Kiowa Headstarts and Workforce Investment Act (WIA) participants.
2. Increase physical activity among youth who are involved in the Workforce Investment Act program.
3. Increase awareness of nutritional foods among Headstart children and parents
4. Educate parents and children on nutrition and portion control.
5. Increase water intake to replace high sugar beverages and increase vegetable and fruit consumption among WIA participants and parents



### Project Scope/Narrative:

More and more of our children and youth are becoming either at-risk of overweight or overweight (equivalent to adult classifications overweight and obese) due to lack of physical activity and poor eating habits. Research has shown that approximately 70% of children and youth who are overweight will become overweight adults. Obesity is a preventable risk factor for many chronic diseases such as diabetes and heart disease. Recognizing the health impact of sedentary lifestyles and poor nutrition, the Caddo County Interagency Coalition developed a program to educate children and youth on the importance of daily physical activity and eating healthier in a summer program called “Fit for Life” (F4L). Partnering with existing summer programs, the Kiowa Tribe Head Starts in Caddo County and the Workforce Investment Act supported F4L goals: engage students to participate in a daily walking program along with other forms of physical activity and provide nutrition classes.

### Target Audience:

- Headstart children, parents and teachers
- Workforce Investment Act participants and family members
- Select Caddo Kiowa Technology Students

### Participating Partners:

Caddo County Health Department  
Kiowa Headstarts in Caddo County  
WIA  
OSU Extension  
Wichita Mountains Area Prevention Network  
Caddo Kiowa Technology Center  
OU Prevention Research Center

### Project Outcomes:

In the beginning of the Fit for Life program 43 WIA students and 19 Caddo Kiowa Technical Center students were given a pre-test on physical activity and nutrition. Height, weight and body fat measurements were taken. Information was handed out on the importance of physical activity along with a pedometer. Students were encouraged to walk at least 4 days each week. The students attending the Caddo Kiowa Tech Center had a daily scheduled walk in the morning. The students at job locations were encouraged to walk during the work day upon supervisor’s approval. Nutrition classes were provided throughout the program to educate students on how to eat healthier, proper portion size, caloric intake and the importance of drinking plenty of water and reducing high sugared drinks such as soda pop. Hands-on demonstrations using grills and smoothie makers were utilized to teach students how to prepare food in healthier ways. In July the physical activity and nutrition post test was administered including height, weight and body fat composition measurements. Results of the tests are not yet available. Although the timeline was short, CCIC is optimistic there will be improvement with the physical activity and nutrition tests. Upon completion of the program requirements students received their choice of either a George Foreman Grill or smoothie maker (both used in previous food demos) along with hygiene products and school supplies.

Kiowa Head Starts located in Anadarko and Carnegie agreed to increase physical activity by having a scheduled walking time of ten minutes, 4 days a week. Nutrition workshops were held for the Head Start students about a healthy happy plate and what foods we should eat sometimes. The students also had a hands-on demonstration on how to make healthy snacks. Another food demonstration was provided at the Anadarko Head Start Parent Orientation. Parents who participated received a healthy cookbook. Kiowa Head Starts received food model kits and playground equipment promoting physical activity. Although the program was set to be held over the summertime, the Head Starts have committed to continue the program throughout the school year.



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