

NUTRITION & PHYSICAL ACTIVITY PROJECT

In partnership with
Cherokee County Health Coalition

Project Goal/Objectives:

- Parents will be able to identify specific ways to encourage their children to eat more fruits and vegetables. Parents will be able to select healthy, low-calorie snack for their children. Parents will be able to create a menu for quick, healthy meal for the family that meets the new My Pyramid nutrition requirements. Parents will be able to create a menu for a low-calorie, low-fat meal that increases use of whole grains, nuts and tofu and decreases use of red meat. Parents will be able to plan for family activity times. Parents will be able to plan for family outings that include hiking trails.



Project Scope/Narrative:

Parents were taught about the importance of vegetables/ fruits for their children's mental and physical development and how to increase the appeal for fruits and vegetables. From My Pyramid, children were taught about healthy foods. Parents were taught about high-calorie snacks and how they contribute to childhood obesity and diabetes and shown different healthy snacks for their children. Children were taught the difference between healthy and unhealthy snacks. Parents will be shown the My Pyramid how to design a meal that meets nutrition guidelines, shown how to cook a quick, healthy meal to decrease use of fast food for dinner. Children learned about problems of eating a lot of fast food. Parents were taught about the health benefits of nuts and whole grains and shown how to cook a meatless dinner and how to add whole grains and nuts to side dishes. Children learned how to make healthy food choices. Parents and children will be show different fun, physical activities and exercises they can do together. Two classes were held at the Murrell Home walking trails. Parents and children learned about healthy snacks for hikes. Fun family activities were demonstrated. Everyone took a hike.

Target Audience:

Parents with children in WIC, Head Start and elementary school.



Project Outcomes:

A monthly Parent Nutrition Class was done from June and are still going on. The walks took place in June and July. About 50 refrigerator sign were given out for healthy snacks, about 100 T-shirts, 50 fast food facts, 40 *The Healthy Start Kids' Cookbook; Fun and Healthful Recipes That Kids Can Make Themselves. Cookbooks*, 90 jump ropes, 50 exercise resistance bands, 50 balls, 200 water bottles, 200 pedometers, 100 Healthy snacks brochures for parents (English and Spanish), 50 sets with golf and Frisbees, and 50 beach balls.

A mail out survey was given to participants. Results from the survey included the family is more active, husband is now more likely to play with the kids, more focused, alternatives to watching TV, limit TV time to an hour a day, physically more active, eating healthier etc.

Participating Partners:

WIC
Cherokee County Health Department
Head Start Schools
Cherokee County Health Coalition
Tahlequah Public Schools



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