

NUTRITION & PHYSICAL ACTIVITY PROJECTS

In partnership with
Cleveland County Turning Point

Project Goal/Objectives:

- Promote nutrition and physical activity for 4th and 5th graders at Kennedy elementary school on April 28, 2006
- Conduct a community-wide walking program—Heart and Sole from September 18 through October 29, 2006

Project Scope/Narrative:

- Kids in the Kitchen—The Junior League of Norman with Cleveland County Turning Point, and the Cleveland County Health Department, conducted a “Kids in the Kitchen” Food Fair with activities, recipes, and science experiments that promoted healthy snacking choices and activity challenges. Children signed a fitness contract with their parents to participate in 60 minutes of physical activity per day.
- Heart and Sole—Norman Regional Hospital Healthy Community Program with Cleveland County Turning point conducted a community walking program. Participants registered at the hospital or online by September 18, 2006 for a 6 week walking program. Each participant was given a walking log and pedometer and recorded the number of steps they took in 6 weeks. Blood pressure was recorded before and after the walking program.



Target Audience:

- 100 4th and 5th graders at Kennedy Elementary School and their teachers
- 3000 Citizens of the Norman Community

Project Outcomes:

- Kids in the Kitchen—93 4th and 5th graders participated in the Kids in the Kitchen Food Fair. The children learned how to identify sugars in foods through a science booth, made a rainbow fruit kabob with fruits they had never seen and made a healthy trail mix for snacks. Each teacher was provided with healthy eating board games for future use and the kids were provided with a booklet of healthy, child-friendly recipes. Children were also provided jump ropes, water bottles and pedometers. All children signed a fitness contract with their parents to participate in 60 minutes of physical activity each day. The Junior League of Norman plans to make this an annual event.
- Heart and Sole—705 people over the age of 18 registered for the Heart and Sole Walking program, which started September 18. Each participant recorded a pre-walk blood pressure and used a pedometer to log the number of steps each day for six weeks. Other community partners included Borders bookstore, Cleveland County YMCA, the Cleveland County Library, SYSCO foods, Norman Chrysler Dodge Jeep, Banc First, Norman Regional Hospital, Cleveland County Health Department, City of Norman and Healthy Community Coalition.



Participating Partners:

WIC
Cleveland County Health Department
Junior League of Norman
Norman Regional Hospital
Healthy Community Coalition
Cleveland County Turning Point
Kennedy Elementary School