

LOGAN COUNTY FAMILIES CAN DO

In partnership with
Logan County Turning Point Coalition

Project Goal/Objectives:

- Conduct a comprehensive 6 week Nutrition and Physical activity program for the community .
- Create a recognizable partnership that would encourage participation in future community events centered on the partnership.

Project Scope/Narrative:

Keys to Program: Lead by Example, Partnerships, and Marketing

The Logan County Turning Point Coalition, looking to address the lack of physical activity and good nutrition in their county, wanted to create a program that focused on the family component instead of the individual only.

Logan County Families Can Do was a six-week physical activity and nutrition education program held in Guthrie. This highly intensive program was held three nights a week. On Monday and Thursday evenings those participating would walk together and on Tuesday evening a one-hour class was held addressing both a nutrition and physical activity topic each time.

Health Educators set up the walking tracks to include a ¼, ½, and mile long course in the park that is adjacent to the Health Department and Fairgrounds. On Monday and Thursday evenings from 6 p.m. to 7 p.m. each week, health department staff was there to greet the walkers and also walk with them on the course. During this time staff also promoted the upcoming week's activities as well as the nutrition classes.

The public information officer developed a community logo to identify the program and partnership and was used on all marketing materials. Packets were given to each individual registered that included a pedometer and other information. Much of the grant funding went towards marketing, incentives, and materials for the nutrition and physical activity class.



Target Audience:

Logan County residents ~

Parents, children, youth, civic leaders, health professionals, educators, media representatives, volunteers, faith based leaders, and businesses community.

All community members – with special to families and those within the community wanting to increase there physical activity and try new healthy ways of doing things

Project Outcomes:



The OSDH WIC/Turning Point Grant gave the Logan County Turning Point Coalition the opportunity to address the physical activity and nutrition issues in our community. Over 40 people participated in Families Can Do and enjoyed the opportunity to walk as a group. Class night provided many opportunities for learning whether it was experimenting with new healthy snack recipes, hearing about the new food guide pyramid, or how to read food labels. In addition they also learned alternative sources of physical activity such as yoga, aerobics, GEO MOTION mats, and kickboxing. The supplies and materials that were purchased such as the banners and GEO MOTION mats will allow the coalition to continue to provide future programs addressing Oklahoma's growing waistlines.

Participating Partners:

Logan County Hospital
Guthrie YMCA
Guthrie Curves
Logan County DHS
OSU Extension Services
Guthrie Partnership for Children
Logan County Health Department
Wal-Mart

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