

# ~ HEALTHY LIVING 101 ~

*In partnership with the Marshall County*  
Partners In Progress Community Coalition

## Project Goal/Objectives:

- Increase parents) / guardian's) knowledge on the importance of increasing fruits and vegetable consumption, daily active play and physical activity
- Effective Use of the Nutrition Facts label when choosing foods and proper nutrition tips.
- Implement a "Get Fit with 5 A Day" Media Campaign on the importance to increase fruits and vegetable consumption. Provide coalition training in an effort to increase knowledge of overall wellness, with a special emphasis in the areas of nutrition and physical activity.



## Project Scope/Narrative:

The Marshall County Turning Point Coalition goal was to host four (4) – one-day Family/Parent workshops for Marshall County residents. Workshops would feature health promotion programs such as the utilization of the "Get Fit With 5 A Day", My Pyramid, OSU Extension's EFNEP Nutrition and Cooking program, hands on cooking/shopping experience, structured and specifically selected active play for parents and children, tracking chart for each family of food inventory, participant challenge, and incentives and rewards for achieving 5 A Day goals. Each workshop will be designed to address all components identified, targeting approximately 100 families in Marshall County. A translator will be available for non-English speaking parents. Families will identify ways to remain active with their children and acquire a baseline of proper nutrition guidelines to improve and maintain a healthy lifestyle. Fitness tip sheet with fun and practical ideas for incorporating a 5 A Day and physical activity into a busy lifestyle would be showcased in all available media outlets within Marshall County. The following would be implemented: By-Weekly newspaper articles, Weekly Radio Announcements, Table Tops in Restaurants, Distribution of flyers in the community, educational material distribution at local grocery stores and poster displays.

## Target Audience:

Marshall County Residents with a special emphasis toward the Hispanic population and recruitment of potential WIC family participants.



Cooking workshop with the participants of the "English as a Second Language" Class

## Project Outcomes:

The Healthy Living 101 Project was a huge success due to the overwhelming support and involvement of community leaders and residents. Through an informative media campaign, parent-teacher school conferences, county fairs and parent cooking workshops, participants showed an increase in knowledge and interest in the following areas:

- Importance to increase whole grains, fruits and vegetable consumption
- Daily active play and physical activity
- Using the Nutrition Facts Label when choosing foods
- Using fat-free, low-fat, or reduced-fat milk and milk products.
- Choosing lean meats, poultry, fish, beans, eggs, and nuts

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## Participating Partners:

Marshall Co. Coalition Members  
INCA Head Start Staff  
Health Department Staff  
Marshall Co. Coop. Extension  
Madill Catholic Church  
Kingston Public Schools & Staff  
Madill Public Schools & Staff  
Marshall County D.H.S.

