

NUTRITION SIGNAGE FOR WALKING TRAIL

In partnership with
Texas County Turning Point Partnership

Project Goal/Objectives:

- Increase awareness of fruit and vegetable consumption
- Increase awareness of using, fat free, low fat, or reduced fat milk
- Increase awareness of choosing lean meats, poultry, fish, beans, eggs and nuts
- Increase awareness of the importance of using whole grains
- Increase awareness of MyPyramid, the new food guide pyramid
- Increase WIC clients utilization of city walking trail



Project Scope/Narrative:

The obesity problem in America continues to grow with each passing day. As it does we must look for innovative ways of getting the message of eating healthy and physical activity out to the public. The new Cross Park Walking Trail provided the partnership a perfect opportunity of incorporating nutrition with the physical activity component, encouraging walkers and those passing by to make healthy eating choices while also familiarizing users with the new food guide pyramid, MyPyramid.gov.

Target Audience:

Texas County WIC Clients and
Texas County Families ~
i.e. parents, children, and youth



Participating Partners:

Texas County Health Department
Texas County Turning Point Coalition
Area Prevention Resource Center
Guymon Schools

Project Outcomes:

This funding gave the Texas County Turning Point Partnership the opportunity to purchase six signs for the Cross Park Walking Trail. The full color, heavy-duty signs are double sided with one side being in English and the other side in Spanish. Two of the signs are 24 inches by 36 inches and depict the food guide pyramid, MyPyramid.gov and an activity pyramid. The other four signs are 18 inches by 24 inches and include pictures and slogans for the Vegetable/Fruit, Milk, Meat, and Bread group of MyPyramid.

On October 3, 2006 Texas County Turning Point held the Cross Park Walking Trail Sign Dedication with over 50 people participating in the ribbon cutting and 1 mile walk. Those attending the dedication enjoyed the beautiful evening and got to see the new signage while walking around the trail.



THIS PROJECT WAS FUNDED BY THE OSDH WIC/TURNING POINT