

# FIT FOR LIFE/TRAIL ENHANCEMENT

*In partnership with*

## Caddo County Interagency Coalition

### Project Goal/Objectives:

1. Expand the “Fit For Life” program to include all Caddo County Kiowa Headstarts, the majority of whom are **WIC families**
2. Increase opportunities for children who attend tribal Headstarts to be physically active
3. Increase awareness of nutritional foods and healthy snack options among Headstart children, parents and staff
4. Increase the utilization of the local park walking trail by providing signs to mark distance walked, share important health tips, and motivate the community to increase physical activity and improve eating habits



### Project Scope/Narrative:

More and more of our children and youth are becoming either at-risk of overweight or overweight (similar to adult classifications overweight and obese) due to lack of physical activity and poor eating habits. Research has shown that approximately 70% of children and youth who are overweight will become overweight adults. This is especially true among the Native American population. Recognizing the health impact of sedentary lifestyles and poor nutrition, the Caddo County Interagency Coalition developed a program to educate children and youth on the importance of daily physical activity and eating healthier in a summer program called “Fit for Life” (F4L). Partnering with the tribal Head Starts in Caddo County we were able to engage children and parents in nutrition classes and promote physical activity among the children by providing the Headstart with equipment they can use to promote active play on a daily basis. This was made possible through the **WIC grant**.

In addition to F4L, we partnered with the City of Anadarko to enhance the existing walking trail in a local park. The trail had become under utilized, so we installed signage that included health tips, distance walked, and motivational sayings in an effort to encourage residents to walk the trail. We will continue to promote the trail throughout the year by hosting community walks and offering free health screenings.

### Testimonial:

For the past year CCIC/WIC has given our Head Start program valuable information about nutrition and the importance of physical activity. Our centers in Anadarko and Carnegie have participated by walking, using the pedometers provided by CCIC/WIC. The parents and children have enjoyed delicious recipes demonstrated by CCIC representatives. We appreciate all that **WIC** has done for our program. I know the children will have many years of enjoyment with the playground equipment.

Thank you so much.

Martha Addison, Kiowa Tribe Head Start



### Project Outcomes:

1. Parents learned how to prepare healthier meals and snacks. Participants received a healthy cookbook and also enjoyed a healthy lunch they helped prepare.
2. The Head Starts received playground equipment promoting active play.
3. Head Starts have committed to continue the program throughout the school year.
4. We partnered with the City of Anadarko to enhance the walking trails and increase awareness of its existence.
5. The partnership will encourage continued use of the trails by hosting community walks and offering free health screenings and activities for children.
6. Participation in the project helped them learn the importance of physical activity to long-term health and the reduction of chronic diseases like diabetes and heart disease.

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