

NOBLE COMMUNITY WELLNESS PROJECTS

In partnership with

Cleveland County Turning Point

Project Goal/Objectives:

1. Increase physical activity and wellness by utilizing the walking trails at Noble Public School buildings for **WIC families** and the general community
2. Provide Healthy Lifestyle Folders to include information on family nutrition and physical activity to students in Noble Schools grades K-5 in Cleveland County
3. Implement the Norman Regional Hospital Heart and Sole walking program to increase individual and family physical activity and wellness for the Noble Community in Cleveland County

Project Scope/Narrative:

The Cleveland County Turning Point Obesity sub-committee has worked very hard with the Noble Community. Coalition members attended the Noble teachers' breakfast in August to enroll teachers in the walking program and to distribute pedometers. Coalition members have also gathered physical activity and nutrition fact sheets to hand out to all students in grades K-5, monthly. Each student was also given a Healthy Lifestyles Binder in which to keep their recipes and physical activity sheets throughout the year. This will promote family involvement in making better nutrition choices and increasing physical activity. The K-5 classes in Noble contain several children from **WIC families**.

Walking Trails will also be put in at each school in Noble with signs marking off the distance of the trails. This will encourage physical activity from the Noble School Staff.

Testimonial:

As chairperson of the Cleveland County Turning Point Obesity subcommittee, I have helped coordinate a targeted education effort toward the Noble community. By being awarded a **mini grant from WIC**, we have been able to provide educational materials, marked walking trails, and pedometers for the entire community to enjoy. We have partnered with the Noble Public School system to encourage increased physical activity for both the student population and their families, and also to promote healthier food choices. By continuing to partner with Turning Point, we will continue toward our goal of increasing physical activity and decreasing childhood obesity in this community.

Turning Point Obesity Sub-Committee Chairperson
Gina Kelly



Testimonial:

As a Turning Point member and a member of the Noble community, I would like to say thank you to **WIC** for supporting our efforts to improve the health of our county. With the WIC grant award we are able to provide information and motivation to our students, their teachers and their families to talk about nutrition, fitness, and overall health concerns. The Noble area has few resources concerning health. **WIC** is enabling our committee to address obesity with the community, via the school system. It is vital to our plans to expand this program to the staff of Noble Public Schools and to the community as a whole. I see this effort continuing into the coming years making a difference to overall community health and well-being.

Thank you for your support

Community Member, OPAT Coordinator, Turning Point Coalition Member
Gail Hilty



Project Outcomes:

1. Increased nutrition knowledge among the children and families of the Noble Community
2. Increased physical activity among the children and families of the Noble community along with Noble School Administration staff
3. Over 100 teachers signed up for the Noble walking program and were given pedometers.

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