

GET MOOVING

In partnership with

Craig County Community Partnership

Project Goal/Objectives

1. To provide education through **WIC** and the community which promotes selection of healthy foods using MyPyramid guidelines and encourages achieving daily recommended levels of physical activity
2. To encourage healthy habits & develop leadership skills in youth
3. To facilitate and **encourage breastfeeding** by educating about methods and benefits, promoting parent-infant bonding, and providing support and related resources
4. To educate **WIC** parents/care givers about healthy meal & snack preparation in accordance with the BodyWorks program
5. To support the City of Vinita's efforts to provide a safe-environment for physical activity at the new skate park
6. To bring **WIC** families closer together through education on ways that all family members can incorporate better nutrition and physical activity into their daily lives



Testimonial:

“The camp was really SUPER! **Thank you WIC!** The kids learned a lot and were excited to be able to participate. They wanted to continue coming and wished camp could last longer. I talked with the occupational therapist several weeks after the camp and she said they were still talking about what they had learned.”

-Carolyn Elmer, Prevention Specialist

Project Scope/Narrative:

All over the country, summer camps for kids are doing something smart: they're shifting to healthier menus with fresh fruits and vegetables instead of junk foods, fried foods and candy. It's all part of their effort to improve the health (and lives) of their guests while fighting obesity. Help from the **WIC Grant** enabled us to bring this idea to Craig County. One of the projects was a Five-week “Believe & Achieve” program targeting **WIC client families** plus the community. The program involved recording the children's daily intake of food & physical activity, providing parent & child education regarding healthy choices, and providing a family picnic promoting healthy lifestyles. Nutrition education materials (including MyPyramid, label reading & portion control) were given at each session. The children were taught to use daily journals to log intake and physical activity, to discuss choices they made each week, to assess BMI & HR throughout program, to visit a fast food restaurant and a grocery store to discuss and purchase healthy options, and finally, to organize a family picnic, including hands-on meal/snack preparation, family physical activity, and certificates of completion. Another project was the monthly Breastfeeding II class. Craig County Community Partnership agencies, including **Craig County WIC Clinic** and the free clinic, provided referrals. CCCP also implemented and facilitated the BodyWorks program.



Project Outcomes:

The “Eat Right, Play Hard, Get Moooving” camp took place in July 2007 from 9 a.m. to 1 p.m. on Mondays and Wednesdays at the North Park in Vinita. The emphasis of the camp was on “healthy bodies” including nutrition, exercise and being drug-free. Guest Speakers included Devvie Hopkins on nutrition, Josh Cantwell and Lacey Dry on exercise and nutrition, Police Officer Prack on how a healthy body effects your job and other speakers on portion sizes, alcohol, tobacco and other drugs. Camp included a trip to Carter's Foods to learn how to make and purchase healthy snacks, and a walking trip to McDonald's to learn about purchasing healthy fast food and nutrition education. Exercise included hula-hoops, tag, jump ropes, kickball, football, walking, jumping, and swimming. The event was attended by 10 students, 9 speakers, 2 occupational therapists and 9 guests and parents.

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