

# HIGHLAND PARK TRAILS ENHANCEMENT

In partnership with

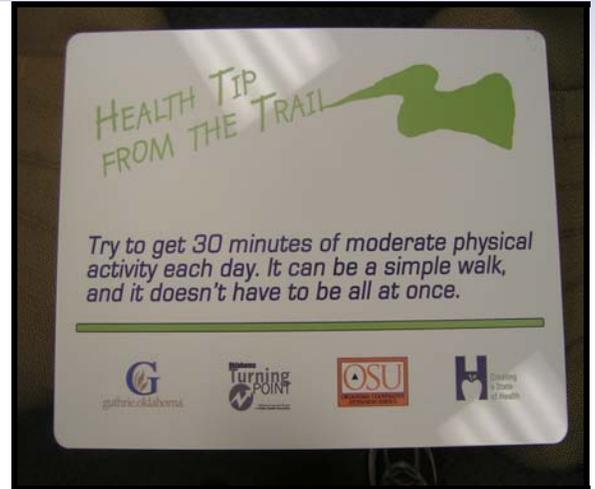
## Logan County Turning Point Coalition

### Project Goal/Objectives:

1. Increase physical activity among **WIC clients** and other Guthrie residents
2. Increase consumption of fruits and vegetables among **WIC clients** and other Guthrie residents

### Project Scope/Narrative:

The Highland Park Trails Enhancement Project includes the purchasing and installation of water fountains and trail signs along the walking trails throughout the park. The three water fountains will allow trail users easier access to hydration without having actually leave the trails. The six trail signs will give “health tips” regarding physical activity and nutrition, and they will direct users to both the health department **WIC program** and OSU Extension Office for more information.



### Testimonial:

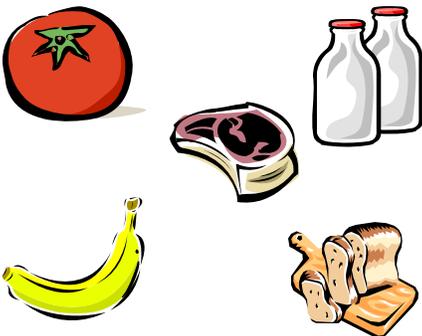
“I’m really excited about what this project will add to the Highland Trails. It’s a beautiful trail to begin with, so with the added fountains and signs, it will really make this a first class facility for residents of all ages. The city of Guthrie has been fantastic in their support of this, and I think there’s a really bright future for Turning Point and **WIC** to make significant changes in this community. “

Justin Fortney  
Public Information Officer  
Logan County Health Department

### Testimonial:

“The City of Guthrie has been thrilled to partner with **Oklahoma WIC** and Logan County Turning Point Coalition to make this project happen. The water fountains and signs will be a much needed addition to the trails and will hopefully encourage Guthrie residents to use this incredible community resource. Physical activity and nutrition are such important issues, and the city looks forward to furthering partnerships that will make our community a healthier place.”

Cindy Kenyon  
Executive Assistant to the City Manager  
City Of Guthrie



### Project Outcomes:

The Highland Park Trails Enhancement Project will enable residents to enjoy the trails in a more “exercise friendly” environment while increasing user’s knowledge of the benefits of physical activity and nutrition. Once a month for the first three months following installation of signage, a random sample will be taken of trail users to find out if their awareness of fruit and vegetable consumption has increased because of the new signs, and whether people have increased their visiting of the trails because of the new water fountains. Also, the health department nutritionist will hand out information to **WIC clients** about the trails. After project completion, the nutritionist will survey clients to determine if they have increased their use of trails and consumption of fruits and vegetables.

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USDA FOOD NUTRITION SERVICE