

BODY & SOUL—FIT CLUB AT THE FIFTH *In partnership with* **Central Oklahoma Turning Point (COTP)**

Project Goal/Objectives:

1. Promote increased physical activity among children, youth, and adults
2. Demonstrate correct exercise technique for low-impact exercises
3. Promote healthy eating; ways to increase intake of fruits/vegetables
4. Provide nutritious snacks, fruits and vegetables

Project Scope/Narrative:

The Fifth Street Missionary Baptist Church partnered with COTP/WIC to implement the *Body & Soul Fitness/Nutritional Program*, also named by the participants as *Fit Club at the Fifth*. The program included education on prevalence and risk factors for obesity, heart disease, diabetes, stroke, etc., among African Americans; a Health Risk Appraisal, Stroke Risk Assessment and weekly screenings for weight, height, BMI, blood pressure, pulse, cholesterol, and glucose. In August 2007, health education and disease prevention messages were distributed in newsletters, etc. The program was held in September—4 weeks, 4 workshops on Wednesday, 6:30 PM-8:30 PM for an average of 48 participants. Certified fitness trainers, 6-8 nursing students, and other health professionals conducted the activities.

Testimonial:

Based on the strong, positive responses from the surveys, both youth and adults were pleased with the fitness and nutritional activities. Many would want the workshop to be longer, and 10-15 persons would like to continue weekly fitness activities at the church. "I was motivated to start exercising more and will continue after this workshop. I wish it was longer."

Katrina LaBrie



Testimonials:

It was a pleasure to be part of the Fifth Street Missionary Baptist Church health program. The screening was a very positive experience and rewarding for the screeners as well as the participants. I believe this program is a great model for a congregation to work together for the improvement of health. I look forward to their continued success and working with them in the future. (Glenda Bronson, RN, Mercy Health Ministry Outreach)

On behalf of our pastors and entire membership, I want to thank Turning Point and the WIC program for providing us with funding to promote health in our faith-based organization. The community outreach was outstanding. The Fifth Street Missionary Baptist Church was able to conduct "Fit Club at the Fifth" and present fitness and nutrition workshops ~ "Exercising Your Faith" in partnership with the University of Oklahoma College of Nursing, Mercy Health Ministry Outreach, the American Heart Association, and various other health professionals, organizations, and business. Thanks everyone!

Delphine Dorsey, RN, MPH
Certified Health Educator
Health and Wellness Ministry Leader



Project Outcomes:

1. 192 persons attended over the 4-weeks
2. 54 participants: 39 women/15 men started; 34 completed: 25 women/9 men
3. 70 congregation members completed a Health Risk Appraisal: 20 were overweight, 61% consumed high-fat foods, 41% exercised 1-3 x/wk; 30% had high CHO; 20% had HBP and were on medication
4. 56 CHO screenings: 6 referrals; 56 completed stroke assessments/pledge cards; 46 glucose-4 Glucometers given; HBP—19 counseled/referred
5. Total overall weight lost: 31 pounds—women; 20 pounds —men

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USDA FOOD NUTRITION SERVICE**