

# *HEALTHY CHURCH, HEALTHY COMMUNITIES*

*In partnership with*  
**Central Oklahoma Turning Point (COTP)**

## Project Goal/Objectives:

1. Diabetes awareness, control and maintenance
2. Increased mobility and self-maintenance
3. Church and community health awareness

## Project Scope/Narrative:

The Center City Resources of Citychurch, *Healthy Church, Healthy Communities* project partnered with the American Diabetes Association's Project Power, and COINS Project Access to assist with program development, data tracking, and case management. Drs. David Cavallaro and Jim Angstadt, Pyra Samant agreed to serve as the medical oversight for the program.

Initial classes and workshops were held for 8 weeks. A total of 223 individuals participated at the start of the program; and 185 completed the program. Adult men and women, ages 28-67 attended the diabetes workshops; all age groups attended the 3 health fairs. It was surprising to discover the number of youth with high blood sugar and high blood pressure.

A survey was collected by volunteers during each of the health fairs (3) and workshops/classes (8).

## Testimonial:

9-24-07

I am so grateful to **WIC** for the health fair and classes. They taught me a lot about my diabetes. My husband got a lot of help too.

Mary Hixon



## Testimonial:

August 30, 2007

Pastor David Lee,

I was excited when you told me about the **WIC** health fair at City Church, especially when you said there would be an interpreter for the deaf because as you know, I have deaf relatives. I have been to a few health fairs, but I have never been to one where the deaf could understand what was going on. I brought my brother who has high blood pressure and is deaf, my niece, and her boyfriend who is also deaf. They both learned a lot and they were pleased that someone was concerned about them to that extent.

Thank you Pastor Lee for being different. Keep up the blessed work. Let me know what I can do to help.

Alexandria Jackson



## Project Outcomes:

1. 223 people participated in the program—185 completed the program
2. 47 persons with diabetes were educated
3. 32 arthritis sufferers were helped; and 2 surgeries were performed
4. 3 health fairs were held
5. 8 educational workshops/classes on diabetes presented
6. 3 new partnerships were developed: Oklahoma City Housing Authority, Mary Mahoney Clinic, and the OSDH Arthritis Education & Prevention Program
7. 2 volunteers were trained by the American Diabetes Association

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