

SISTER 2 SISTER HEALTH & NUTRITION PROGRAM

In partnership with
Central Oklahoma Turning Point

Project Goal/Objectives:

1. Lose pounds through exercise program
2. Health education seminars
3. Nutritional food preparation

Project Scope/Narrative:

The House of Israel provides holistic faith and social-based programs to rural, low to moderate income residents of all ages in Spencer, Jones, Choctaw, Harrah and Midwest City. The program site is located in Spencer, OK in the Dunjee addition. The programs will enhance the quality of life through faith-based and social programs for a population of 25,000 individuals, which include single heads of holds, multi-family households, and family units. The median income of the target area is \$10,500 per year. In some instances, grandparents are raising their grandchildren. These are largely, **WIC-eligible households and families.**

The Sister-2-Sister Health and Nutrition Program was developed in partnership with Turning Point using **WIC mini grant funding.**

Participants receive information on the importance of healthy eating and its long-term effect for life/longevity. The program provides education on maintaining an "ideal" body weight by eating healthy, exercising, and making good decisions. The program consists of: 1) weekly weigh-in/blood pressure check; 2) physical exercise; and 3) education. Participants meet two times a week for 1.5 hours. The project period is September 1, 2007 to August 31, 2008. Program impact will be measured by a pre- and post test. Future consideration includes adding men to the program.



Testimonial:

Thank you for the opportunity to start a community health initiative using **WIC grant funding.** We welcome to be a part of this most needed service in our community. The women and families of our community and church are highly committed to strive for healthier life styles by eating healthy food and exercising.

God Bless You,
Pastor, Dr. Richard C. Laskey
President of House of Israel, Inc.



Project Outcomes:

1. Exercise classes held on Mondays; nutrition classes, on Thursdays
2. Averaged 15-20 per class
3. Portion sizes and sodium/fat content addressed
4. 50 individuals, ages 15-75 participated in the activities
5. Participants received incentives for attendance/ weight loss

**THIS PROJECT WAS FUNDED BY OKLAHOMA WIC SERVICE and
USDA FOOD NUTRITION SERVICE**