

THE CHILDREN'S CENTER

In partnership with

Central Oklahoma Turning Point

Project Goal/Objectives:

1. Educate hospital staff on healthy nutrition and exercise habits.
2. Provide quality care for healthier, stronger bodies.
3. Promote healthy lifestyles and choices.

Project Scope/Narrative:

The Children's Center is a nonprofit children's hospital that serves medically fragile children. The Center is *dedicated to the flowering of every child, beginning where all are equal—at the heart.*

The partnership with Turning Point/WIC helped motivate the Center's employees, especially the nursing staff, to adopt healthier nutrition and exercise habits. Many of the children .

"Project Equip & Educate" focuses on motivating employees to adopt healthier nutrition and exercise habits. Funding facilitated the expansion of activities, equipment and educational materials available through the existing employee wellness program.

Wellness coordinators in the Education and Rehab departments collaborated to purchase equipment, enroll participants, and conduct activities. Fifty-nine persons initially participated in the program; 40 continued to attend sessions. The participants were mostly women, ages 20-60. Various levels of participation were offered to participants, from daily to weekly involvement



Testimonial:

On behalf of the children, families and staff at The Children's Center, thank you, WIC for the opportunity to participate in the faith-based WIC/ Turning Point grant initiative. The leadership at The Children's Center started a Wellness Program in 2004 and is committed to improve it and provide on-going support. This WIC grant allowed us to add new components to our program.

Insulated lunch bags were ordered to be used as incentives for all employees to participate in the Wellness Program. Thank you again WIC for the opportunity to participate in this initiative.

Sincerely,
Marileigh Dougherty
Development Department



Project Outcomes: as a result of the WIC Grant

1. 59 employees started the program; 40 continued to attend sessions
2. 106 pounds cumulative weight loss was reported
3. Some participants reported improved lab results
4. Employees are incorporating changes in their homes, resulting in positive changes in the health and fitness of family members
5. Wellness program activities have been enhanced and will continue

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