

HEALTHY BOYS & GIRLS

In partnership with

Partners for Ottawa County Youth

Project Goal/Objectives:

1. To provide education which promotes selections of healthy foods using MyPyramid guidelines, and encourages achieving daily recommended levels of physical activity in the **WIC community** and in Ottawa County
2. To educate children about healthy snack options, provide examples of such snacks throughout the duration of the summer program, and encourage continued healthy snacking behavior
3. To facilitate and encourage breastfeeding by educating mothers about methods and benefits, promoting parent-infant bonding and providing support and related resources
4. To promote the importance of good nutrition and physical activity to **WIC Families**, and all the citizens of Ottawa County



Project Scope/Narrative:

Americans are concerned about the growing problems of childhood and adult obesity and believe the causes are many and diverse. Although poor nutrition is identified as an important cause, many Americans believe lack of exercise is the root of this public health problem. Nutrition education classes and presentations were given to **WIC families in Ottawa County**, Boys and Girls club and local schools. Healthy snacks were prepared to reinforce nutrition education. Part of the Boys & Girls Club's mission is to help young people reach their full potential in health, and physical development. The summer program provided physical activity all day, and through the WIC grant, POCY provided healthy snack options. **Monthly Breastfeeding classes** were conducted in Ottawa County as well.

Testimonial:

"During the summer program, the kids had to provide their own lunch, sometimes not healthy. After education, lunchtime and snack time became healthier." -Melissa Wade, Director of Ottawa County Boys' and Girls' Club

Project Outcomes:

During the Boys and Girls Club summer program, 24 girls and 21 boys participated in a pre-test on fruits, dairy, vegetables, and exercise. The post-test will be given at the end of school and the program.

The pre-test for girls showed:

- 10 snacked only when they were hungry, 14 snacked sometimes.
- 9 said yes to choosing milk/cheese/yogurt for snacks, 13 said sometimes, 2 said no.
- 12 said yes to choosing fruits/100% juice for snacks, 10 said sometimes, 2 said no.
- 2 said yes to choosing raw vegetables for snacks, 4 said sometimes, 18 said no.
- Daily activity in walking, running, swimming, biking, or active games: 2 had <30 minutes, 8 had 30-60 minutes, 14 had 60+ min.

The pre-test for boys showed:

- 11 snacked only when hungry, 9 snacked sometimes, 1 said no.
- 5 said yes to choosing milk/cheese/yogurt for snacks, 12 said sometimes, 4 said no.
- 6 said yes to choosing fruits/100% juice for snacks, 10 said sometimes, 5 said no.
- 3 said yes to choosing raw vegetables for snacks, 5 said sometimes, 13 said no.
- Daily activity in walking, running, swimming, biking, or active games: 10 <30 minutes, 1 said 30-60 minutes, 10 said 60+ min..



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