

GIRL POWER ! HEALTH CONFERENCES

In partnership with

First Baptist Church & Pottawatomie County Turning Point Coalition

Project Goal/Objectives:

- Bring 5th grade girls in Shawnee together and challenge them to be more active and improve their aerobic capability and nutrition habits

Project Scope/Narrative:

Girl Power! Health Conferences are currently targeting girls in the 5th grade in Shawnee Schools, including girls from **WIC families**. OBU nursing students and community volunteers will provide health-centered workshops on kick-boxing, rope-jumping, alcohol use prevention, tobacco use prevention, dance, and body changes encountered through growing up. The girls will be challenged to improve their fitness through walking and jumping rope and return in the spring for another conference with a follow-up evaluation of their aerobic capacity.

Testimonial: I just love every year when Girl Power! comes to the church. Having all the little girls walking and running through the halls just does my heart good. They get so excited you can just see it on their faces. I am the one who prepares the PBJ's for the girls who forget their lunches and I usually work the lunchroom. I especially love the idea of giving them ways to improve their health and then having them back in the spring to see what they've done with it. This is the first year we've ever done this. We all think Girl Power!, is a great idea, but now we can actually prove that it helps the girls. I think that is a great thing. Maybe we can keep doing this for years to come. **Thank you Oklahoma WIC!!**

Bunny Edwards, First Baptist Church



Testimonial:

Here is a thank you note from one of the 5th grade girls who went through the Girl Power! Health Conference, made possible by **Oklahoma WIC:**

- “From Kourtney, age 10, Thank you for letting us come into your church. Thank you for running all these fun games and letting us be in them. I am going to have a really good day, I hope you do to!! Thank you for helping me at the conference.”

At the end of the day, they were each given a thank you card and asked to write a note to be sent to someone who had worked to make the conference happen. The girls were actually given the words that were to be put on the cards and asked to sign their first name and age. Kourtney chose to express herself fully without using our words, so I am using her card as a testimonial as to what a great conference this was for the girls. **Thank you WIC.**
Jan Tipton-Gateway and Prevention

Shawnee Girl Power!

I had the privilege of being a lunch hero for the Shawnee Girl Power!. What a wonderful experience for me as a professional. The Girl Power! program is an excellent opportunity for 5th grade girls to learn about exercise and nutrition. It also gives them the opportunity to be exposed to many other important topics. Thanks to **WIC** and everyone else for the hard work. It is an excellent program.

Tina Johnson- Pottawatomie County Health Department Administrator



Project Outcomes:

The Girl Power! Health Conference in September was a great success. The rope jumping coach showed the girls tricks to do on the ropes they were provided and they were given pedometers to keep track of the steps that they made throughout the day. They were enthusiastic about coming back in the spring to see how much more fit they had become. The real outcome will be seen in the spring.

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