

HEALTHY LIFESTYLE INITIATIVE(S)

In partnership with

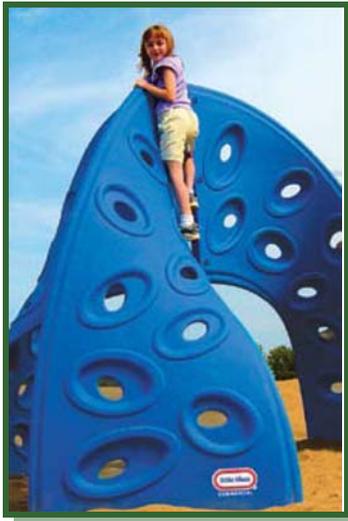
Pushmataha County Turning Point Coalition

Project Goal/Objectives:

1. Host a Junior Farmer's Market for youth to educate and promote the importance of fruit and vegetable consumption
2. Provide educational information and incentives to promote physical activity, safety, and consumption of healthy fruit snacks by hosting a Bike Rodeo, entitled "Cyked about Fitness and Fruit" ~ "Sickles and Cycles" during the Pushmataha County Homecoming Event
3. Implement a health education component to the existing Summer Arts Program to educate youth on the importance of active play, physical fitness, and proper nutrition
4. Promote active play and physical exercise by installing a piece of playground equipment in the existing Little People's City Park located in Antlers with educational signage

Project Scope/Narrative:

- In partnership with the OSU Extension Office, the coalition will host a Community-Wide Farmer's Market for residents promoted through outreach and press coverage. Youth enrolled in the OSU Extension Agriculture programs will facilitate and participate in the process and event. Funding will be provided through the **WIC Service Mini-grant**.
- The coalition will host a Bike Rodeo/Health Expo with an educational component that emphasizes the importance of daily physical exercise, using safety equipment (bicycle helmets), and healthy fruit snacks (fruit pop sickles). The bicycle helmets and pop sickles will be used as incentives for participation recruitment and will only be distributed to individuals after the educational component of the program is conducted and before the Rodeo begins.
- The PUSH for the Arts and Fitness Camp will incorporate 4 structured lessons on each day of the 5-day camp to 175 enrolled students on the following topics: active play, physical exercise, proper nutrition, and healthy diet. Educational incentives, toys, equipment, and resources will be used by the students to reinforce educational information on the identified topics. Each student will receive a Health Promotion/Active Play Kit to be used by the child and family members after the camp is completed to encourage physical exercise on an on-going basis.
- In partnership with the City of Antlers, the coalition will purchase and install one piece of active play equipment with educational signage in the Little People's Park promoting the importance and benefits of active play.



**Little People's Park
Outdoor Playground
Equipment**



Testimonial:

The WIC/Turning Point Grant has provided many outlets in our community to promote and educate individuals on the importance of staying active, eating healthy and role modeling those behaviors to our children. As a **WIC parent**, I am very pleased that this grant has incorporated the **WIC message** throughout our community and not just in a clinic setting.

Ranae Savage, WIC Mom

Project Outcomes:

- The PCTPC and the local OSU/Extension 4-H program, with funding from **WIC Service**, hosted on-going Junior Farmer's Market Workshops that included a series of 6 workshops conducted every month from July—December. Children ages 2—12 years grew their own vegetables in a hands-on gardening class and demonstration. All children were given health and nutrition information for every day living.
- A Sickles and Cycles Health Expo was conducted with over 200 participants. All youth received educational classes on nutrition and safety. Each youth received a bicycle helmet.
- During the Push the Arts ~ Summer Fitness Camp, over 162 youth received 4 educational classes addressing obesity, non-sedentary lifestyles, and nutrition. Each student received a Health Promotion/Active Play Kit to be used after the camp was completed to encourage physical exercise on an on-going basis for the family.
- The coalition/**WIC Mini-grant** and the City of Antlers (dollar for dollar match) purchased and installed outdoor playground equipment with educational signage in the Little People's Park promoting the importance and benefits of active play to young children and their parents.

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