

WAY-UP TO HEALTH

In partnership with

Wagoner Family Service Council

Project Goal/Objectives:

1. To promote physical activity and healthy eating among participants during the WAY-UP (Wagoner Area Youth-Understanding and Preventing) Conference
2. To encourage physical activity and healthy eating among families during the Wagoner Back-To-School Health Fair

Testimonial:

“We know that our young people have the passion, energy, and creativity to address the lack of physical activity and healthy eating, and other social issues that are facing youth today. We look forward to working with them to make positive changes in our community.” -Leslie Vick, Wagoner County Health Department



Project Scope/Narrative:

There are far too many Oklahomans living on the edge of financial ruin. The Wagoner County Family Council (WCFC) recognized the similarities between health and personal finance issues, and that there are common behavior change strategies that can be applied to improving both health and financial stability. The WAY-UP conference, provided by a **WIC grant**, promoted the idea that each individual has within themselves the ability to take action to improve their own health and/or finances. The conference provided nutrition education through a virtual tour of MyPyramid, fitness demonstrations, physical activity stations/games, fitness breaks, plus healthy lunches and snacks.

Testimonial:

As a fellow Health Educator and volunteer at the Wagoner Youth Conference, I was impressed with how smooth the conference ran and the number of youths in attendance. Also, I believe that the topics were diverse and appropriate for the youth. I observed the youth having fun and learning at the same time. There were many smiles, laughs, and “ah-ha” moments. I saw only positive things happening and even witnessed one parent/youth go from non-participating to active interest. Leslie Vick, all of her local volunteers, and the **WIC program** deserve much recognition for organizing, facilitating, and funding an excellent conference for the youth of their community.

Renetta Harrison, ACSM F/I, MHR

Project Outcomes:

Wagoner youth gathered at the Wagoner Community Outreach Center this summer to learn about exercise, nutrition, tobacco, underage drinking, leadership, and financial responsibility at the first annual “WAY-UP” (Wagoner Area Youth – Understanding and Preventing) Conference. Forty-six youth participated in activities such as “Welcome To The Real World”, fitness breaks, active games, “A Walk Through MyPyramid” plus a presentation of “Mr. Gross Mouth”. Funding from the **WIC grant helped support** the youth conference by providing a healthy lunch for all participants and volunteers, participant packets, prizes, t-shirts, and educational resources for the sessions.

One of the greatest outcomes of the youth conference was the community interest that was generated. Many people in the community are now working together to establish a youth leadership team and offer positive youth development activities throughout the year.

Participants of the WAYUP conference increased their knowledge of physical activity and nutrition.



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