

HOOPS FOR HEALTH

In partnership with

Wagoner Family Service Council

Project Goal/Objectives:

1. To encourage children, youth and **WIC families** of Wagoner to eat healthier based on the 2005 Dietary Guidelines for Americans, and to engage in regular physical activity
2. To encourage children, youth, and **WIC families** of Wagoner to be more physically active by providing opportunities for physical activity
3. To encourage families to be more physically active together and to choose healthier food options



Project Scope/Narrative:

Where there is a basketball hoop, there is usually a crowd. Shots clang, bodies bang and, off the rim, players hang. For many, playing basketball is more than living out a hoop dream. Basketball, like traditional jogging and aerobic sessions, is a form of exercise that keeps the body fit. Just take a typical minute in basketball. You sprint down court on a fast break, which ignites the heart and cardiovascular functions. You work on upper-body strength and foot speed as you fight for position deep in the key. The goal for installing a half court basketball goal on the Wagoner Community outreach property was to have a place for the underprivileged neighborhood children and **WIC families** to be physically active. During the summer program, the grant allowed the group to provide fruits and vegetables to teach culturally appropriate nutrition. A family fun night will take place during a spring monthly grocery distribution. The event will promote active play, nutrition education, and healthy meals.

Testimonial:

Through the **WIC grant**, the Wagoner Community Outreach was able to construct a half-court basketball court on their property. This court has been utilized by neighborhood youth who have few other options for recreation and play in their area.

The basketball court was the site for a Youth Basketball Clinic for middle school boys and girls on October 10th. The University of Tulsa men's basketball coach and team provided participants with basketball instruction and motivational lessons. Volunteers for Wagoner Community Outreach served an evening meal for all participants.

Thank you OSDH, WIC, and Turning Point for helping to support healthy projects and events in our community!

Leslie A. Vick, Health Educator, Wagoner CHD



Project Outcomes:

With funding provided by the **WIC Faith-Based grant**, Wagoner Community Outreach - a faith-based partner, was able to provide underprivileged children enrolled in their summer nutrition program with 2-3 daily servings of locally grown fresh fruits and vegetables. This program lasted the month of July and 70-80 children were served a nutritious sack lunch Monday through Friday. Based on parent and child satisfaction surveys, both parents and children were pleased the fresh fruits and vegetables were a part of the lunches this year, and 85 percent of children surveyed reported eating the fruits and vegetables. Seventy-one percent of parents surveyed said that their children were asking for more fruits and vegetables since participating in the summer nutrition program. Children also received fruit and vegetable promotional items including coloring sheets, bookmarks, crayons, pencils, and

mini Frisbees. Parents received informational material, educating them on the importance of eating more fruits and vegetables. What a great way to increase fruit and vegetable consumption and fight childhood obesity in our community!

Through the **WIC grant**, Wagoner Community Outreach constructed a half-court basketball court. Youth from the neighborhood and Wagoner Public Schools were invited to the grand opening of the basketball court. The head basketball coach for the University of Tulsa men's basketball team, along with former members of the TU basketball team, provided participants with motivational lessons. Participants were served an evening meal by volunteers from Wagoner Community Outreach.

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