

2012 WIC Obesity Prevention Mini Grant Project Summary

Local Agency Number and Name:

LA 76 Outreach Health Services

Title of OPMG Project:

"500 Steps to Success"

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Project Overview

List target audience and number of participants seen:

Children ages 3-5 and WIC Families, 845 participants seen

List type of activities for this project (a group class, cooking class, physical activity, gardening, breastfeeding, other):

- Fitness/Exercise
- Group Classes

Overall goal for this project:

500 Steps to Success was a class developed to increase physical activity among WIC staff and participants. Staff worked hard to change client perception of daily exercise by educating them on ways to include exercise in their daily routine.

Objectives for this project:

- LA 76 and their clients will walk a total of 300 miles in 22 weeks. Each class will be offered once a week, and during each class on staff member and clients will walk 500 steps.
- At the end of each session staff and clients will share one idea they plan to take home and incorporate into their daily lives.
- Clients and staff will discover how easy and fun it is to be physically active each day without spending a lot of money and time.

Project description:

500 Steps to Success was offered in 37 main sites, each site held the class once a week or more for 22 weeks (January 1-May 31). As an agency we taught the class over 200 times; 845 clients participate, and most staff walked 500 steps at least once a week.

The class starts with a pre-test, and then staff gives instructions on how to use the pedometer and how to count steps. After instructions are given to participants, staff leads a 5 minute walk or a 500 step walk around the clinic. As staff walk they also discussed a wide range of health related topics, such as: MyPlate, incorporating exercise, and portion control. After the walk, staff administers a post exam and handout “20 Strategies to Add Physical Activity”.

List results and objectives met:

- As an agency, staff and participants included, walked 285 miles in 22 weeks.
- 85% of respondents noted a new healthy lifestyle change. Some of the responses included, walking more, filling half their plates with fruits and vegetables, and riding their bike more often.
- 93% of participants shared one cost effective way to stay physically fit.

List curricula, kits or other educational materials used:

- “20 Strategies to add Physical Activity”
- www.choosemyplate.gov

List other resources used, if applicable:

NA

List collaborating agencies or individuals, if applicable:

NA

List the type of incentives that were given:

Pedometers

Helpful ordering information for materials or incentives (if available):

NA

Tips for Other Agencies

What worked well for this project?

1. Clinic Supervisors came up with innovative ways to teach the class. Some taught it in health fairs, parks, and in the clinic.
2. Staff liked taking a 5 minute walk to “recharge”.

3. Staff liked the flexibility of choosing the topic of discussion.
4. Clients liked the change of environment and the ability to do some exercise for benefits.

What were the challenges?

Some minor challenges include:

1. Weather: In some cases the weather can be too hot or cold.
2. Informing clients to wear comfortable shoes and light clothing.
3. Preparation: Gathering liability waivers, pre and post-test, and keeping good documentation of records.

What changes would be made for next time, if any?

NA