

Get Moving Kern CCROPP Update by Jennifer Lopez

Since the last submission regarding the Central California Regional Obesity Prevention Project (CCROPP) funded by the California Endowment a lot has happened. As the Healthy Living Outreach Facilitator housed in the office of the Network For Children I was charged with forming a resident council to address healthy living organizational, environmental and policy changes in partnership with Avtar Nijjer-Sidhu of the Kern County Department of Public Health. I began the formation of the council by doing an inventory of what efforts were already underway in the county. I also conducted one on one interviews with members of the Get Moving Kern coalition to get a more in depth perspective on how they viewed environmental health and residential participation in planning the direction of policy, environmental and organizational change. In particular I was looking for those members who viewed residents as partners and leaders.

I found a great place to start through the Greenfield Family Resource Center and a group of residents who last year had formed a walking group after receiving nutrition education classes. The resident leaders of the group were excited about the opportunity to utilize the walking group as a platform to bring residents and organizations together with decision-makers in their community to promote healthy living policy, environmental and organizational changes.

And so, the Greenfield Walking Group began on October 2 and has met every Monday – Friday 8:00 – 9:30 am at Stiern Park on 5400 Monitor St. across from the Family Resource Center. Everyone is welcome to walk with us and attend the myriad of meetings and training's we have held throughout on environmental health and areas of interests to the group. One of these areas has been healthy eating and active living opportunities their children are receiving after school. The group has partnered with the after school programs in the district to began a number of new programs. The first one to be implemented will be expanding physical activity opportunities for children kindergarten through third grade. We will be holding a district wide training for staff who will be implementing this program in each school in the district on January 13. Our guest trainer will be Ken Dyar, California Teacher of the Year. We want to commend the incredible work the Greenfield After School Programs have been doing and their responsiveness to our request and look forward to working together in the future to help create a healthier environment in Greenfield.

If you would like to be involved in the activities of the Greenfield Walking Club, the CCROPP initiative or Get Moving Kern contact Jennifer Lopez 636-4484.