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Oklahomans plan to attend meeting in D.C.

HEALTH: YMCA CONFERENCE TO FOCUS ON STRATEGIES FOR CITY'S WELLNESS

BY TIM HENLEY  0 Comments

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Oklahoma City School District Superintendent Karl Springer will be among a group of community leaders participating this week in a conference on ways to promote healthy behaviors in their communities.

The conference, Wednesday through Friday in Washington, is part of a YMCA initiative, Pioneering Healthy Communities.

Experts will discuss creating strategies to respond to public health challenges, said Dena Drabek, communications director for the YMCA of Greater Oklahoma City.

Besides Springer, Assistant Attorney General Tricia Everest; Claudia Barajas, health services director for the Latino Community Development Agency; and Jackie L. Jones, executive director of Central Oklahoma Turning Point, will attend. Representatives from the Oklahoma City-County Health Department will also participate in the conference.

Jones said the conference will help community leaders learn to reverse the poor health trends that are seen in the Oklahoma City area. Attendees will return and assess their community's health challenges, then help implement strategies to address those challenges, Drabek said.

The challenges might include motivating youth and older adults to participate in physical activities, creating easier access to healthy food, improving nutrition at schools and supporting employees who make an effort to improve their health.

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