

Organization: Catawba County Public Health

County: Catawba**Address:** 3070 11th Avenue Dr. SE
Hickory, N.C. 28602**Phone:** 828-695-5880**Website:** <http://www.catawbacountync.gov/phealth/>**Project:** Physical Activity Promotion*****Below are excerpts from their final report*****

About the Project: This grant is being used to enroll 30 obese women of childbearing age at Curves Gym for Women for a three month membership. Women are recruited from Catawba County Public Health's Adult Health Clinic. Women who have a BMI over 30, are at least 18 years old and have a desire to have children in the future, are told about the program. Women who want to be in the program are given their first workout appointment and health assessment at Curves. We also help them create short and long term goals that focus on their workout habits and dietary choices. Women who workout at least twice in the first month receive a CalorieKing book, food log tracking sheets, and a pedometer in the mail. Women who do not workout at least twice within the first month lose the privilege of the gym membership and their voucher is recycled to someone else. Those women who retain the full three months receive supportive and educational phone calls from Public Health and Curves.

Successes: Prior to receiving this grant our adult health clinic did not have any resources to offer obese women who were concerned about their weight besides nutritional brochures. This grant has enabled our local health department to provide the unique opportunity of gym memberships to women struggling with their weight that they could not otherwise afford. Our nurses are able to offer a genuine solution when they discuss the health risks of obesity with concerned patients. As our participants said,

"I really like the program. My asthma seems to be better since working out and I am working to eat less late at night."

"I like the staff at Curves. I have been eating a lot of fruit and losing weight."

"Thank you so much for this opportunity. I really need to do something to change. I can't believe how much weight I have put on in the last year."



