## **Organization:** Catawba County Public Health

County: Catawba

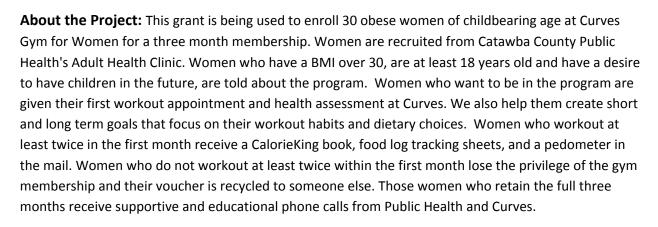
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Hickory, N.C. 28602 **Phone**: 828-695-5880

Website: <a href="http://www.catawbacountync.gov/phealth/">http://www.catawbacountync.gov/phealth/</a>

**Project: Physical Activity Promotion** 

\*\*Below are excerpts from their final report\*\*



**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."



