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Fitness Trails, Workout Stations Accent a Proposed Regional Wellness Campus In South OKC

The Oklahoma City-County Health Department, along with, the Oklahoma City Public School District is seeking a new partnership with Oklahoma City Parks and Recreation in order to construct a new Regional Health and Wellness Campus in Southern Oaks Park, located adjacent to Parmelee elementary school at 6700 South Hudson in southwest Oklahoma City. The proposed health and wellness campus will sit within the 23-acre park, expanding available health and wellness amenities in an area where a growing need exists

Proposed Fitness Elements Include:

The concept of a Regional Health and Wellness Center represents a major shift in the approach to health improvement. "We need to change our focus from treating sickness to promoting wellness," says OCCHD Executive Director Gary Cox. "The Southern Oaks Learning and Wellness campus will be a place for families to enjoy, children to play, space for organized sports to take root, community gardens to enhance the beauty of the area and encourage neighbors to experience the benefits of activity."

Along with traditional public health services such as immunizations and family planning, the Wellness Campus will provide space for partners to provide clinical services that will include preventive counseling and primary care. Plans for the property also include fitness trails, community gardens and space for other outdoor activities.

"What a great opportunity for South Oklahoma City to partner with County Health to provide a Wellness Center on a site that has an Oklahoma City Park, Public School (Parmelee Elementary), Community Recreational Center and a Public Library. As The Oklahoma City Public School Board of Education member that represents this area, it's a pleasure for me to support this project," says District 7 Board Member Ron Millican.

The Challenge Ahead:

Oklahoma's health status consistently ranks at or near the bottom of most national lists, with excessive heart attack rates and deaths from diabetes and stroke, along with high rates of obesity and tobacco use. An analysis of data from individual ZIP codes in Oklahoma County found that these health problems are far worse in some areas than others.

If approved, the new campus could be built in Southern Oaks Park, which is located in the 73129 ZIP code where the death rate from cardiovascular disease is much higher than in the county's healthiest ZIP codes.

Oklahoma City-County Health Department – 2600 NE 63rd Street, Oklahoma City, 73111
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WELLNESS NOW

The new Regional Wellness Campus would serve at least a five mile radius and would be open to all Oklahoma City and Oklahoma County residents. The facility will be easily accessible from I-240.

“We’re very excited to have this kind of exceptional facility being considered for our park grounds, said Parks & Recreation Director Douglas Kupper. “Having a large campus like this will only enhance our existing wellness programs at Southern Oaks Park and continue to help our achieving the Oklahoma City Council’s priority of being a leader in making wellness programs available to our citizens.”

“In my 30 years of public service, I’ve never been involved in putting together such a wonderful consortium of groups with the energy focused on producing successful and healthy children,” said Ward 4 Oklahoma City Councilman Pete White.

The facility will be developed through public and private partnerships. OCCHD and Oklahoma City Public Schools are currently in discussions with several partners including the University of Central Oklahoma and Oklahoma City Community College regarding pilot teaching programs.

The proposed design also addresses potential traffic issues along South Hudson by providing a new outlet to South Walker Avenue.

For additional information or input please call (405)-425-4409

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