

# Muskogee County Turning Point

## Muskogee Wellness Initiative & Muskogee Against Tobacco

### Muskogee County 2010

#### Coalition Priorities:

1. Tobacco Control
2. Physical Fitness & Activity
3. Nutrition

#### About Us...

Muskogee County Turning Point is a committed group of diverse individuals dedicated to improving the health of Muskogee County. It is comprised of the Muskogee Against Tobacco Committee and the Muskogee Wellness Initiative. They have three overarching goal areas; tobacco control, physical fitness, and nutrition.

The tobacco control committee, Muskogee Against Tobacco has been very active and made a huge impact on not just Muskogee but Sequoyah County. From Students Working Against Tobacco, secondhand smoke initiatives, cessation, youth prevention to tobacco and the promotion of policy and system changes this committee works to reduce the burden of tobacco on community members.

The Nutrition Committee has worked with a variety of partners to promote healthy eating habits. From hosting a community garden to working with the local farmers market to promote fruit and vegetable consumption and demonstrations of how to prepare healthy meals and gardening classes.

Muskogee area residents have been moving more thanks to the work and partnerships of the Physical Activity committee. They are encouraging a more active lifestyle through community walks and other events to get people up and moving.

This partnership has and will continue to make a real impact on the health and well-being of citizens from children to seniors by getting Muskogee County residents to eat better, move more and be tobacco free.

#### Partners:

Muskogee Parks & Recreation  
DHS  
Muskogee County Health Department  
MCHB  
Cherokee Nation Muskogee Health Center  
ECOMAA  
Muskogee Regional Medical Center  
SWAT  
County Schools  
Muskogee Phoenix  
Green Country Behavioral Health  
Oklahoma School for the Blind  
City of Muskogee  
Care ATC  
Faith Community  
Muskogee Farmers Market  
Kerr Foundation

#### Key Activities:

- Tobacco Control Activities
- Community Gardening
- Gardening & Food Classes
- Community Physical Activity Events
- Farmers Market Partnership
- Physical Fitness and Nutrition Promotion

#### Significant Outcomes:

- ◆ Numerous tobacco related policy changes
- ◆ Expanded tobacco control program
- ◆ Eat Better, Move More & Be Tobacco Free Initiative & Media Campaign
- ◆ Youth Empowerment/Advocacy Activities
- ◆ Secondhand Smoke Initiative
- ◆ Expansion of Partnership
- ◆ Community Physical Activity Events
- ◆ Wellness Grant Funding & Program
- ◆ Tobacco Grant Refunded

**Eat Better, Move More & Be Tobacco Free**

# ***Eat Better***

Eat more fruits & veggies every day



**Eat Better  
Billboard  
&  
"Moving  
Kids More  
Event"**

