

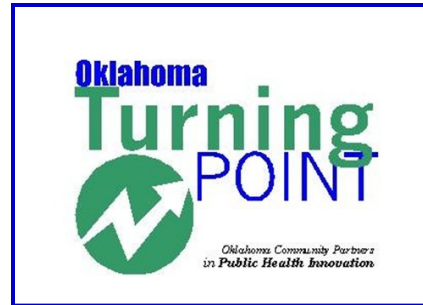
About Us...

The Pushmataha County Turning Point Coalition (PCTPC) is very dedicated to the health of all Pushmataha County residents. Pushmataha County is located in the far southeast corner of Oklahoma. It has four primary communities of which Antlers is the county seat. In 1996, the PCTPC was formed as a result of a collaborative effort between community members who came together to address risk behaviors among their youth following a Youth Risk Behavior Survey conducted in all county schools. It was then entitled the Teen Pregnancy Prevention TASK Force and later the Promoting Assets in Youth—PAYDAY Coalition. The original purpose for the development of the coalition was to serve as a steering committee and provide community-based input for the County Health Department's Teen Pregnancy Prevention Program. Since that time, the coalition has adopted many roles toward mobilizing the community in addressing various health issues. The PCTPC presently consists of many community members who work together for a common purpose—to promote and sustain healthy lifestyles throughout the community.

Coalition members represent a variety of sectors in each community, such as, schools, parent groups, health agencies, youth-serving agencies, community service organizations, youth, media, businesses, faith community, law enforcement, volunteers, and civic groups.

Members involved are truly some of the “movers and shakers” of the three county service area.

In 2010, the coalition joined forces with two adjacent counties—Choctaw and McCurtain County to form a Consortium to address the obesity epidemic in Oklahoma. The Tri-County Consortium has deemed the *Living with Energy And Nutri-*



tion Team, or **LEAN Team** for short, to be the descriptive title of their comprehensive CX Nutrition and Fitness Initiative. The Consortium chose the name with the acknowledgement that *a person's weight is largely controlled by the energy balance of nutrition and physical activity- the LEAN Team*. The collaborative is not a new consortium, but a seasoned one that originated in June 2004. A common concern identified by all groups, was the overwhelming impact that tobacco use had on their health and community. The coalitions chose to form a Tri-County Consortium with one another to collectively and resourcefully address this issue through the application of the Tobacco Settlement Endowment Trust. This consortium identifies this collaborative effort as Project Stop Prevent and Intervene Tobacco use (SPIT) Initiative.

The Consortium was developed as a multi-county approach to address the overwhelming use and abuse of tobacco in rural Oklahoma. The Consortium was funded through the Tobacco Settlement Endowment Trust (TSET) to implement a comprehensive tobacco control program in the three county service areas. The Consortium has been very successful and remains funded, fulfilling TSET's expectations as CX Tobacco grantee in their 7th year of funding. Many factors can be contributed to the amazing accomplishments of the Tobacco Control program – Project S.P.I.T. Consortium; one of which is the dedicated and compassionate members who are committed to improving their quality of life through environmental and

system change. In the last six years, the Project SPIT Tri-County Consortium has passed 24 “24/7” No Tobacco Policies and 10 Clean Indoor Air and 10 Youth Access Policies. For their 3 counties, they are at 83% compliance with schools or 24 out of 29 school districts and at 72% compliance with 10 out of 14 incorporated towns mirroring state statutes #21 and #37.

Since 2004, all three coalitions have adopted many roles towards mobilizing the community in addressing public health and community issues. Throughout the last seven years they have continued to aid one another across the county lines in sharing best practices in youth development, joint media campaign approaches, model successful prevention programs, and share common concerns.

Partnership Priorities

- ◇ PREVENTION & EDUCATION
- ◇ COMMUNITY COLLABORATION & AWARENESS
- ◇ ECONOMIC DEVELOPMENT
- ◇ COMMUNITY & CULTURAL DEVELOPMENT
- ◇ HEALTHY LIVING INITIATIVES



Coalition

Officers

Chair

Misty Parrington

Vice-Chair

Vicki Brandon

Secretary

Doris Long

The elected officers consist of one (1) chairperson, one (1) vice-chairperson, and one (1) secretary/treasurer.

Elected officers shall be members in good standing. The term of office for all officers shall run the calendar year from January 1st through December 31st. Officers will serve one-year terms. Officers may serve unlimited consecutive terms if coalition members approve. Any vacancy in any office may be filled by a member in good standing for the unexpired portion of the term.

Community Profile: Strengths and Challenges

Pushmataha County is located in the far SE corner of Oklahoma. It is rural and economically disadvantaged. Over 75% of students are estimated to be on free and/or reduce school lunch.

Geographically, Pushmataha County is comprised of rolling hills, pines and valleys with oak trees, lakes and streams of Southeast Oklahoma. The county seat is Antlers which has a population of about 2,254. The county population is about 10,997. The following percentages make up the race population for Pushmataha County: White Non-Hispanic (74.7%), Hispanic (1.4%), Black (1.2%), American Indian (1.2%), Two or more races (6.1%).

Pushmataha county is part of the Choctaw Nation, Indian Territory where the Choctaw Indians were removed during the Trial of Tears in the 1830s. All three counties are isolated and poor, this area has evolved a rather unique culture founded on a hardscrabble lifestyle, self-reliance, clannishness, and a certain amount of suspicion toward outsiders. This area has been generally outside the immediate sphere of influence of legislative attention and

funding, and cultural and societal changes. State media tends to isolate our area of the state when reporting Oklahoma news.

Things are slow to get to this area. And this area has been characterized by outsiders as somewhat 'backwoods' and dangerous. While a certain amount of this attention or lack thereof is earned, there are many here who would not live anywhere else, citing long-term family ties and connections to this area.

Additionally a large percentage of jobs in this area are in the resale/wholesale trade business and have no access to employer-provided insurance. The rising costs of gasoline and fuel that began in 2006, with no end in sight, has also added to our bad economic conditions for Choctaw, McCurtain and Pushmataha Counties. Acquiring healthcare services, quality education, food and other necessities of life is a never ending burden on the families in our area. These factors leave a large percentage of the population struggling to make 'ends meet' every day.

For almost any statistic one looks at, this

county has some of the worse rates than the state or the nation. Pushmataha Counties has astronomical rates regarding the issues of cancer, diabetes, coronary disease, obesity, suicide, unintentional injury, and tuberculosis, as well as low birth rate. Unfortunately, access to adequate healthcare is limited as a result of barriers associated with rural, high-poverty rates. The uninsured/underinsured, high minority, under educated population equates to an undesirable clientele in the area of for-profit, managed healthcare.

"Even if you are on the right track, you will get run over if you just sit there."

~Will Rogers

Antlers FARMERS MARKET

A common concern identified by the coalition, is the overwhelming impact that poor nutrition and sedentary lifestyles has on the health of their community residents.

In April, 2011 a group of passionate and dedicated people who loved gardening and healthy food options decided to provide an opportunity to local residents to access healthy fruits and vegetables. Identifying a facility not being utilized for its original intent, this group of individuals took action. Leadership was identified through the election of offices and by-laws were established for a Farmer's Market Board in Antlers. Today, the Market is well advertised, utilized and appreciated by many community members who now have access to healthy foods. The Antlers Farmers Market accepts SNAP, WIC, Senior Nutrition Vouchers and provides a variety of produce and canned goods (value added products) at an affordable price for all within a "food desert" geographical area.



"The Farmer's Market Mission is to improve local access to locally grown and made products to the economic benefit of area farmers and to the nutritional well being of the local population."

Charles Bailey, Vice-President

Impact

The coalition has strived to strengthen individual knowledge, promote community education, educate providers, and foster community capacity building. They have worked toward securing organizational changes in policy and procedures regarding tobacco control and prevention. They are great at building and developing relationships with key people in every community sector, whether recruiting for the coalition or simply

gathering endorsements for policy change and program development. They feel they can promote healthy living by providing access to healthy fruits and vegetables and promoting and implementing physical activity environments and opportunities in schools, communities, workplaces and businesses by modeling the example they have established through their accomplishments in over the past two decades.



Antlers
Walking
Trail



Partnership Outcomes

- ◇ Award of the CX Nutrition and Fitness Grant
- ◇ Completion of Walking Trail
- ◇ Farmers Market
- ◇ 24/7—Tobacco Free Policy Adoption—Teresa’s Daycare and Youth Services
- ◇ School Policy Development/Adoption
- ◇ Systems of Care—Wrap Around Case Management
- ◇ School Curriculum Implementation on: Substance Abuse and Tobacco Prevention,
- ◇ Domestic Violence and Bullying
- ◇ Community Trash Off/Beautification
- ◇ Project S.P.I.T. Consortium ~Tobacco Control Activities
- ◇ Community Awareness Booths—Health Promotion
- ◇ 2M2L—Underage Drinking Prevention
- ◇ Sedentary Lifestyle Prevention Initiatives
- ◇ Child Abuse Prevention
- ◇ Literacy Education
- ◇ Reward/Reminder Visits and Compliance Checks on Underage Drinking
- ◇ Scrabble Tournament—Literacy Education
- ◇ 5K Walk/Run Fund Raiser



TOBACCO STOPS WITH ME.



Funding

- ◇ Oklahoma Parks and Recreation Walking Trail
- ◇ Project S.P.I.T. CX in Tobacco Control and Prevention
- ◇ Lean Team Tri-County Consortium CX in Nutrition and Fitness
- ◇ Systems of Care

Contact Information

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Turning Point Coalition

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RTPC – Arlinda Copeland

Meets the 2nd Wednesday of every month at the Antlers
1st Baptist Church ~10:00 am