

THE DAILY ARDMOREITE

Grant awarded to promote healthier lifestyle

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The Tobacco Settlement Endowment Trust has awarded the Community Health Committee, a sub-committee of the Carter County Turning Point Coalition, a \$90,000 grant for its Communities of Excellence in Nutrition and Fitness program.

The program is designed to work with schools, communities, workplaces and businesses to implement effective policies and programs that promote opportunities for healthy eating and physical activity.

“I am proud of our community for stepping forward and recognizing that health matters,” said Mendy Spohn, Administrative Director for the Carter County Health Department. “It is time for Carter County to rise above a ranking of 58th out of 77 counties for health conditions.”

The funding allows for the addition of a nutrition and fitness coordinator dedicated to improving the health of the community.

Kristi Combes joined the Carter County Health Department in August to fill that roll.

“I am excited to work with the Carter County Turning Point Coalition to improve the health status of our friends and neighbors,” Combes said. “I am open to working with any business, school or community group. You are welcome to become a part of this effort.”

Carter County’s three priority sectors for the first year of the grant include: business, schools and the community. The committee selected the sectors based on what they thought would create the biggest impact.

Combes welcomes any ideas or opinions and urges citizens to contact her with input at (580) 223-9705.

The Carter County Community Health Committee meets at noon at the second Tuesday of every month at the Carter County Health Department.