

Murray County Coalition

Murray County

2009

Coalition Priorities:

1. Increase Partnerships with organizations to improve the effectiveness of coalition.
2. Community Involvement

About Us...

The towns of Davis & Sulphur in Murray county has encouraged its citizens to become more involved in their community. The Coalition is focused on helping the community become more aware of its environment, and to also educate and promote good eating habits, daily exercise, and to help the community become healthier. The Walk this Weigh event kick off was a great event to get the community involved and to introduce them to the sidewalks of downtown Sulphur and Davis. This year they hosted a Biggest Loser Contest and there was a total of around 300 pounds lost. The past school year the coalition has worked with local schools to provide the back pack program to provide meals on the weekend for the youth of Murray county that are in need.

Murray County Coalition has been working diligently on increasing the community involvement of the coalition. Coalition members have been very active in canvassing the community to spread the word about the monthly meetings. With in the upcoming months MCC will be working on their strategic plan for the coalition. Look forward to hearing about the wonderful things Murray county will have to offer to its community.

Significant Outcomes:

- ◆ Community participation
- ◆ Creating a Healthy & Safe environment
- ◆ Promoting Wellness
- ◆ Promotion of Downtown Sulphur & Davis
- ◆ Education of Nutrition, Physical Activity
- ◆ Safe places for community members to walk
- ◆ Community Building
- ◆ Providing Resources to the community
- ◆ Crystal Darkness Campaign/ Watch Party
- ◆ Biggest Loser Contest

Partners:

City of Sulphur	
Main Street Organization	City of Davis
Arbuckle Memorial Hospital	Davis Police
Murray County Health Dept.	Sulphur Public Schools
Chickasaw National Recreation Area	Davis Public Schools
Lifestyle Center of America	Area Prevention Resource Center
Pregnancy Resource Center	Summer Foster Consulting
OSU Extension	Astoria Town Club
	Ministerial Alliance

Key Activities:

- Walk this Weigh-Sulphur
- Healthy Living Classes
 - ⇒ Diabetes Prevention
 - ⇒ Portion Distortion
 - ⇒ Strong & Healthy Okla.
 - ⇒ Heart Health
- Crystal Darkness Campaign/Watch Party
- Biggest Loser Contest
- Back Pack Program

