

Murray County Coalition

Murray County • 2010

Coalition Priorities:

1. Increase Partnerships and improve the effectiveness of the coalition.
2. Community Involvement
3. Underage Drinking Prevention
4. Health & Wellness

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 Biggest Loser Contest started 2 years ago, with the Sulphur Main Street, Turning Point and the Arbuckle Memorial Hospital teaming up to help Murray county become a Healthier County, by losing weight. We marked a 1 mile walking trail through the Historic Downtown District and marked each 1/4 mile with a marker. Along with the 1/4 mile markers there was healthy information along the trail for walkers to read. Through the downtown area and walking trail we had speakers hung to play music for the walkers to enjoy everyday from 5pm to 10pm. During the contest the contestants would weigh in every other Thursday at the Main Street office over 16 weeks, having 8 weigh-ins and each team of 4 people weighed in together. The finale winning team wins \$100 each. The first season we lost over 800 pounds and our 2nd season we loss over 1,200 lbs for our county. Season 3 will begin January of 2011, and we will be having a team of 2 instead of 4 this coming year. Our community has had fun competing to lose weight, and becoming healthier all at the same time. Our local hospital has participated in offering free cholesterol check at the beginning of the Biggest Loser. The also provided nurses to be at the weigh-ins to do blood pressure checks on contestants. This is truly a community wide effort that Murray county has accomplished, and has tremendous help from the Main Street Coalition of Murray county to make this event happen.

Significant Outcomes:

- ◆ Community participation
- ◆ Creating a Healthy & Safe environment
- ◆ Promotion of Downtown Sulphur & Davis
- ◆ Education of Nutrition, Physical Activity
- ◆ Motorcycle Run for Alcohol Prevention & Awareness had 25 bikes.
- ◆ Applying for grants to extend our walking trail
- ◆ STOP! Underage Drinking Town Hall Meeting, had around 120 people in attendance.
- ◆ 2nd Annual Biggest Loser Contest, lost over 1,200 pounds.

Partners:

Main Street Organization
Arbuckle Memorial Hospital
Murray County Health Dept.
Chickasaw National Recreation Area
Lifestyle Center of America
Pregnancy Resource Center
OSU Extension
Community Action Agency
Chickasaw Parks & Recreation Service
Sulphur Chamber of Commerce
Red Cross
Crazy Tee's & More

City of Sulphur
City of Davis
Davis Police
Sulphur Public Schools
Davis Public Schools
Area Prevention Resource Center
Summer Foster Consulting
Astoria Town Club
Ministerial Alliance
Sulphur Police
Sulphur Fire Dept.
INCA
Murray County EMS
Chickasaw Boys/girl Club-Sulphur
OSD Football Booster

Key Activities:

- STOP! Underage Drinking Town Hall Meeting
- 2nd Annual Biggest Loser Contest
- Motorcycle Run for Alcohol Prevention & Awareness
- Family Fun Day
- Social Host Ordinance-Davis & Sulphur
- 10th Annual Murray County Health Fair sponsored by Arbuckle Memorial Hospital

