



About Us...

Murray County is located in Southern Oklahoma, in the heart of Chickasaw Nation, with a population of 13,571 and consists of four communities: Davis, Dougherty, Hickory and Sulphur, with Sulphur serving as the county seat. Sulphur is home to the Chickasaw Nation National Recreation Area, Chickasaw Cultural Center, and the new Artesian Hotel.

The Lifestyle 180 Murray County, formed in 2012 after much planning. The name indicates their drive to create a healthier lifestyle for all citizens.

The coalition, is actively recruiting members to the coalition and building capacity in the community. The Murray County Health Department, Oklahoma State Department of Health– Turning Point and the

Arbuckle Memorial Hospital in Sulphur have been the driving forces behind the inception and continuance of the coalition.

Lifestyle 180 Murray County hosted a drug education program in conjunction with the Oklahoma Bureau of Narcotics. There was a huge community response to this program with nearly 100 participants. The Drug Education Program informed participants about current and emerging drug trends and how to protect not only ourselves and our loved ones, but how to combat drugs in the community.

The coalition understands the importance of involving everyone in the community in order to promote a healthy community for all citizens of Murray County.

Certified Healthy Oklahoma was also promoted by the coalition. Many businesses and schools applied and received Certified Healthy status. This is great start to improving the counties health statistics. Lifestyle 180 Murray County will continue to promote Certified Healthy and bring awareness to the community.

As with any new coalition the recruitment and capacity are often the hardest part of the building phase. Those involved will continue to stay engaged and will recruit others in order to make Murray County a healthier place to live, work, and play.

The coalition’s future plans are to develop a mission statement, and indentify goals and objectives.

Partnership Priorities

Community Engagement, Capacity Building, Coalition Recruitment, Substance Abuse

Coalition Contact Information

Lifestyle 180 Murray County

Chair: Pam Chitwood
Arbuckle Memorial Hospital
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RTPC - Jessi Bridgeman

Mission Statement

Part of future plans for Spring 2014

Outcomes/Impacts

CERTIFIED HEALTHY

Arbuckle Memorial Hospital - Excellence
 Chickasaw Nation Head Start (Sulphur) - Excellent
 Davis Elementary - Merit
 Davis Middle School - Merit
 Murray County Health Department - Merit
 Living Springs Massage - Merit
 Davis High School - Basic

Partnerships

Arbuckle Memorial Hospital
 City of Davis
 City of Sulphur
 Civic Organizations
 Murray County Health Department
 OSDH Turning Point
 Volunteers
 Wichita Mountains Prevention Network

Activities

Coalition Recruitment
 Coalition Branding & Promotion
 Capacity Building
 Certified Healthy Promotion



Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.

~Andrew Carnegie~

A community is like a ship; everyone should be ready to take the helm.

~Henrik Ibsen~