

# Muskogee Wellness Initiative

Muskogee County  
2009

## Coalition Priorities:

1. Tobacco Control
2. Physical Fitness & Activity
3. Nutrition

## About Us...

The Muskogee Wellness Initiative is a committed group of diverse individuals dedicated to improving the health of Muskogee County. They have three overarching goal areas; tobacco control, physical fitness, and nutrition. They have had many successes in tobacco control and have now begun to impact their other goal areas.

The tobacco control committee, Muskogee Against Tobacco has been very active and made a huge impact on not just Muskogee but Sequoyah County. From Students Working Against Tobacco, secondhand smoke initiatives, cessation, youth prevention to tobacco and the promotion of policy and system changes this committee works to reduce the burden of tobacco on community members.

The Nutrition Committee has worked with a variety of partners to promote healthy eating habits. From hosting a community garden to working with the local farmers market to promote fruit and vegetable consumption and demonstrations of how to prepare healthy meals and gardening classes.

Muskogee area residents have been moving more thanks to the work and partnerships of the Physical Activity committee. They are encouraging a more active lifestyle through community walks and other events to get people up and moving.

This partnership has and will continue to make a real impact on the health and well-being of citizens from children to seniors in Muskogee County.

## Significant Outcomes:

- ◆ Numerous tobacco related policy changes
- ◆ Expanded tobacco control program
- ◆ Eat Better, Move More & Be Tobacco Free Initiative
- ◆ Youth Empowerment/Advocacy Activities
- ◆ Secondhand Smoke Initiative
- ◆ Expansion of Partnership
- ◆ Community Physical Activity Events

## Partners:

Muskogee Parks & Recreation  
DHS  
Muskogee County Health Department  
MCHB  
Cherokee Nation Muskogee Health Center  
ECOMAA  
Muskogee Regional Medical Center  
SWAT  
County Schools  
Muskogee Phoenix  
Green Country Behavioral Health  
Oklahoma School for the Blind  
City of Muskogee  
Care ATC  
Faith Community  
Muskogee Farmers Market  
Kerr Foundation



***Muskogee Community Garden***

## Key Activities:

- Tobacco Control Activities
- Community Gardening
- Gardening & Food Classes
- Community Walks
- Farmers Market Partnership