



About Us...



Muskogee County Turning Point is a group of community organizations and individuals working together toward the common goal of health improvement for the people of Muskogee County. This highly effective coalition continues to facilitate policy adoption in schools, workplaces and communities, as well as taking a leadership role in strategies and activities that will enrich and improve quality of life throughout Muskogee County. Through the hard work and dedication of project staff and coalition members, this partnership continues to see progress in nutrition, physical activity, tobacco free public places, health education outreach, and health enhancing opportunities such as Farmers' Market, Cooking demonstrations, various classes, safe walking and biking routes, and fitness challenges. The coalition promotes

the Certified Healthy Oklahoma program as a means to encourage wellness strategies among businesses, schools, restaurants, campuses, communities, and faith partners. The



2014 County Health Ranking report ranked Muskogee County 67th out of 77 for Health Outcomes, and 63rd out of 77 for Health Factors. The scores seem discouraging, but only underscores the need for continued efforts to improve the health and quality of life for all who live, work and play in the County.

Muskogee County Turning Point began the MAPP (Mobilizing for

Muskogee County is located in northeast Oklahoma. 2013 estimate by the US census bureau states a total population of 70,303, with 61.3% White, 11.1% Black, 18.5% American Indian, 8.2% 2 or more races, and 0.7% Asian. 5.6% of the population is Hispanic in ethnicity. The City of Muskogee is the County Seat, and is the location of the famous Honor Heights Park and Papillon Butterfly House, the Five Civilized Tribes Museum, the Oklahoma Music Hall of Fame, the USS Batfish, a WWII submarine, NSU and Connors Muskogee Campus, and Indian Capital Technology Center.

Action Through Planning and Partnership) process in November 2013 and is ongoing, to complete an in-depth look at Muskogee County's Health status and opportunities for improvement. This will result in the creation of a Health Improvement Plan.

Coalition Contact Information:

Muskogee County Turning Point

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RTPC – Louise Micolites



Doug Walton demonstrates Healthy Cooking using fresh veggies at the Muskogee Farmers Market

Partnership Priorities

- Tobacco Control
- Physical Activity
- Nutrition



Mission

To promote, initiate and enable systemic environmental changes that will create a healthier community for all.



OH BABY!

Muskogee Turning Point held a Community Baby Shower in April to provide education to new and expecting parents and caregivers. Participants received education on prenatal/postnatal care, immunizations, shaken baby syndrome, child CPR, WIC, Safe Sleep, breastfeeding, and healthy food preparation.



Activities

- ◇ Grill Crazy
- ◇ Farmers Market
- ◇ Bike to School Day
- ◇ Great American Smoke Out
- ◇ Community Trail Cleanup Day
- ◇ Weekly Group Bicycle Rides
- ◇ Walk, Run, or Ride the Trails Week
- ◇ Certified Healthy Oklahoma Awards Luncheon
- ◇ Action In Muskogee Health Committee
- ◇ Healthy Food Demonstrations at Farmers Market, Public Housing and other locations
- ◇ Community Baby Shower
- ◇ Garden Training for Early Childhood Educators
- ◇ Community Wide Wellness Challenge

Outcomes/Impacts

- ◇ 4.5 miles of Shares Use/ Designated Bike Lanes on 7 Muskogee Streets
- ◇ Strengthened Wellness policies in Schools and Workplaces
- ◇ 36 "Certified Healthy" recipients
- ◇ New raised bed gardens at 10 Childcare Centers
- ◇ 37 new Tobacco Free policies (includes Muskogee and Sequoyah Counties)



15 new Bicycle racks are being placed in the city of Muskogee. Along with new bike routes, there comes the need for safe bicycle parking!

Partnerships

- | | |
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| Muskogee Parks and Recreation | Oklahoma State University Extension Office |
| Muskogee Garden Club | Bacone College |
| Muskogee County Health Department | Soroptomist International |
| Care ATC | Exchange Club |
| Muskogee Regional Medical Center | Muskogee Mayor |
| Cherokee Nation Three Rivers Health | Warner Mayor |
| Area Agency on Aging | Green Country Behavioral Health |
| Muskogee Ministers Union | Muskogee Public Schools |
| Muskogee Farmer's Market | Oklahoma School for the Blind |
| Weed and Seed, Muskogee Together Coalition | Porum Public School |
| | Martin Luther King Jr. Community Center |

FUNDING

- ◇ **Communities of Excellence in Tobacco Control**
- ◇ **Communities of Excellence in Nutrition and Fitness**
- ◇ **Muskogee Wellness Initiative, City of Muskogee Foundation**



Bike to School Day was a huge success and encouraged students to be active.