



About Us...

Muskogee Turning Point is an active coalition which provides a venue for agencies, organizations and individuals to work together toward positive change for health improvement. Muskogee County enjoys a high level of community participation in coalition activities. Muskogee Against Tobacco, a committee of the coalition is now in its eighth year of funding, and continues to make progress toward tobacco free policy adoption in schools, workplaces, and communities. The Food and Fitness Committee is what has been born from the Nutrition and Fitness grant, which is nearing completion of the Planning Phase, in which assessments were conducted at work-sites, communities, schools, and afterschool programs to determine

what policies exist to encourage physical activity and healthy eating. This group has worked hand in hand with Muskogee Wellness Initiative, which serves the Muskogee Community. Together, the partners were able to host several community meetings, focusing on schools, communities, and work-sites. Mark Fenton, a nationally known advocate for physical activity promotion, came to Muskogee and offered suggested strategies and motivation for making the communities more “walkable.” His suggestions, along with input from many coalition and community members led to the development of a list of ten suggestions for Muskogee’s Comprehensive Land Use Plan. You may see this list at: <http://muskogee phoenix.com/>

features/x2089087111/City-plan-can-promote-healthy-future

Words on paper won’t get us there. But, shared commitment to the vision and shared action toward the outcome can propel Muskogee into a healthier place to live, work, learn and play.

Certified Healthy recognition received by Muskogee County included: Nine businesses receiving Basic Certification, 6 earning Merit, and 3 achieved the Excellence level. One campus earned the title of Certified Healthy Campus. One restaurant received Certified Healthy Restaurant award. Eight schools received Merit level Certified Healthy Schools, and six earned Excellence.



Partnership Priorities

- Tobacco Control
- Physical Activity
- Nutrition

Mission Statement

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



Coalition Chair:

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County Health Department Administrator:

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Activities

- ◇ Farmers Market / Grill Crazy
- ◇ Annual Community Meeting with guest speaker, Mark Fenton
- ◇ Community Gardens
- ◇ Port to Fort Adventure Race and 5K
- ◇ Healthy Choices Performing Arts Camp
- ◇ Camp MD (7th-9th grade)
- ◇ MASH Camp (10th-12th grade)
- ◇ Teen Summer Fitness/Swim camp
- ◇ SWAT Youth Leadership Training
- ◇ Great American Smokeout
- ◇ Through With Chew
- ◇ Nutrition/Fitness Assessments for selected worksites, schools, afterschool programs, and community

Outcomes/Impacts

- ◇ Tobacco Free Parks
- ◇ 24/7 Tobacco Free School Policies
- ◇ Clean Indoor Air Ordinances
- ◇ Prevention of Youth Access to Tobacco Ordinances
- ◇ Oklahoma Tobacco Helpline Promotion
- ◇ Increased awareness of nutrition and physical activity policies in workplaces and schools
- ◇ Community involvement in Land Use planning
- ◇ Increased consumption of vegetables and fruits

Partnerships

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

FUNDING

Communities of Excellence in Tobacco Control Muskogee and Sequoyah Counties, \$324,000

 Communities of Excellence in Nutrition and Fitness, \$90,000 (continued planning phase)

 Muskogee Wellness Initiative, City of Muskogee Foundation

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

-Margaret Mead