



About Us...

The Sequoyah Wellness Partnership became a Turning Point partner in 2010, and began promoting healthier living through a network of collaborating agencies and groups. Founding partners include:

- ◇ Sequoyah Memorial Hospital
- ◇ Health and Wellness Center
- ◇ People, Inc.
- ◇ Cherokee Nation Healthy Nation
- ◇ OSU Extension
- ◇ Sequoyah County Health Department
- ◇ Dr. Trudeau, Ophthalmologist

The Sequoyah Wellness Partnership is very active this year, and is dedicated to the continued building of the partnership, as well as working together to bring about positive change in Sequoyah County.

A new member organization to the partnership, KIBOIS Community Action, contributed to the efforts by providing refreshments for two separate community gatherings, in April and July.



At the community meeting held in April of this year, coalition members and partners from the community discussed the leading health issues for the county, ultimately choosing to focus on the flagship issues of the Oklahoma Health Improvement Plan, which are a fit for Sequoyah County. Using this opportunity to engage community members, committees were formed to begin focusing on strategies

to address:

- ◇ Child Health,
- ◇ Obesity and Nutrition, and
- ◇ Tobacco Use (existing committee is open to new members)

The second community gathering was for the promotion of policies that improve wellness at the business, school and community levels. Local business representatives who attended were given real examples of how wellness policies can provide a return on investment, with healthier employees and families, less sick days, and increased productivity.

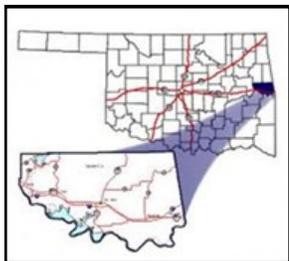
Currently, Certified Healthy Businesses in Sequoyah County include:

- ◇ Sequoyah County Health Department
- ◇ Peters Agency Care Management

Partnership Priorities

- Nutrition
- Physical Activity
- Tobacco Control
- Partnership Development





Sequoyah County

Sallisaw, County Seat

Birthplace of Sequoyah

Sequoyah Memorial Hospital

Brushy Lake State Park

Tenkiller State Park

Historic Dwight Mission

Community Profile: Strengths and Challenges

Sequoyah County, is largely rural, with a land area of 673.82 square miles, and has a population of 42,391. Data from the 2010 U.S. Census shows that there is a large number of Native Americans residing in the County, comprising 20.8% of the population, while 66.5% are White, 1.7% are Black, and 3.4% are Hispanic.

Part of the County’s rich heritage comes from the Cherokee tribe, in fact the county was named after the Cherokee man who created

the Cherokee syllabary, making it possible for the Cherokees to write and read in their native language.

In Sequoyah County, 78% graduate High School, and 11.9% hold a Bachelor’s degree or higher. 22.1% of the population lives below poverty level. Sequoyah County is comprised of eight incorporated areas, and has more than twenty additional unincorporated towns. One of the challenges this presents is the equal distribution of efforts

to effect change across the population. Many residents of Sequoyah County travel to another county or across the state line into Arkansas for work and shopping, yet they strongly identify themselves as members of their specific community, leading to multiple programs rather than a combined approach. Strengths include multiple outdoor venues for recreation, a large faith community, and opportunities for partnership that would reduce duplication of services.

“If you want to be successful, it’s just this simple. Know what you are doing. Love what you are doing. And believe in what you are doing.”

Will Rogers



Description of Assessments

According to the 2011 County Health Rankings by the University of Wisconsin Health Institute, Sequoyah County ranks 77th out of 77 for Health Factors, and 63rd out of 77 for Health Outcomes.

Health Factors include health behaviors, clinical care, social and economic factors, and physical environment.

Thirty-four percent of the adults in Sequoyah County are reported as having a Body Mass Index greater than 30, and thirty-two percent of adults smoke. These statistics are well

above both state and national rates.

Sixty-seven percent of the population has access to healthy foods, yet eighty-seven percent of adults do not eat the recommended five servings of fruits and vegetables per day.

BRFSS data estimates that thirty-five percent of the people in Sequoyah County had no leisure time activity in the past month, and over two-thirds of the adults did not reach the recommended physical activity level.

The leading cause of death in Sequoyah County is heart disease.

Funding

Grant: Communities of Excellence in Tobacco Control

Purpose: Tobacco Prevention and Cessation

Funding Period: October 2010– September 2011

Funder: Tobacco Settlement Endowment Trust



Partnership Outcomes

This has been a year of growth for the Sequoyah Wellness partnership, with the formation of subcommittees to focus on priority areas. These include Child Health, Nutrition and Physical Activity, and Tobacco Prevention. These subcommittees will be focusing their efforts on schools, workplaces, and families.

Combining efforts across agencies and service areas is a beginning to increasing the reach and impact to all people in Sequoyah

County, starting with several schools and worksites, with plans to expand to additional areas.

With new partnerships joining the effort, along with careful and strategic action to promote the coalition and seek opportunities to engage the population through media and events, this group is well on its way to becoming a catalyst for change in Sequoyah County.

The need for change in the health status of Sequoyah County is great, indeed.

Impact

During this year, the Sequoyah Wellness Partnership has continued its progress with building the infrastructure needed to launch health and wellness related policy initiatives and capacity for providing guidance and technical assistance to businesses, schools, and the community. The coalition

recognizes the importance of continuing to recruit partners from community additional sectors and to increase communication among service providers. Sequoyah County has a strong workforce in healthcare, and coalition is seeking ways to help connect these in a collaborative way.



Oklahoma Turning Point

Oklahoma State Department of Health

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