

Cherokee County Community Health Coalition

Cherokee County

2008

Coalition Priorities:

1. Health Education (physical fitness & nutrition)
2. Safe Kids
3. Tobacco Prevention
4. Health Information Technology

About Us...

Cherokee County Community Health Coalition was one of the first Oklahoma Turning Point Initiative partners. Partners and activities grow and expand each year. **Walk This Weigh** events are held four times a year (Sweetheart in February, Movie in the Park and NSU homecoming, and the Halloween Walk.)

The **Healthy Worksite Initiative** helped NEO Health with wellness challenges, and they were awarded the 2008 Cherokee County Healthy Worksite Award. Help in Crisis offered the Healthy Women's Curriculum and Cookson Hills Community Action added wellness activities as well. **Healthy Women Classes** educated about 63 women about nutrition and exercise. Those that recorded pre and post weight, over 80 percent lost weight. **Healthy Mothers/Healthy Daughters Classes** taught the importance of nutrition, portion control, and physical activity and help them set goals for a healthy lifestyle.

Catch Kids Club is an after school program teaching nutrition and physical activity. Tobacco Prevention partners with Cherokee Nation to provide smoking cessation classes at no cost, sponsored Junior Rodeo Association, 311 parents have signed smoke-free home pledges and many other activities.

The Health Coalition worked closely with the Cherokee County Health Service Council on project SMRTNET. In March 2008, **SMRTNET** finished the pilot phase and went live at Tahlequah City Hospital, NSU and NEO Health. In May 2008, 11 hospitals affiliated with the Greater Oklahoma City Hospital Coalition signed a three year contract for SMRTNET services.

Partners:

Cherokee Co. Health Dept.
WW Hastings Hospital
Health Services Council
Vacations R Us
The Current Alternative News
Care Food Pantry
Tahlequah City Hospital
Oklahoma Rehab
NE Area Health Education Ctr
Cherokee Co. Commissioner
Bill Willis Mental Health Center
Cherokee Nation
Go Ye Village
Northeastern State University
Cox Pharmacy Keys
Help In Crisis
Tenkiller School
Cherokee Co. Board of Health
NEO Health
Central Elementary
Briggs School

Tahlequah Public Schools
City of Tahlequah
Trinity Hospice
Christian Children's Fund
Arthritis Foundation
Cherokee Nation Healthy Nation
Cookson Hills Community Center
CN Health Promotion & Disease Prevention
Oklahoma Caring Foundation
Caring Program for Children
Cherokee County 911
American Indian Resource Center
Chamber of Commerce
Tahlequah Daily Press
Shepard's Care Hospice
Cookson United Methodist Church
Oklahoma State Senate
Cookson Hills Mission
AHRQ Project
Boys & Girls Club of Tahlequah
OSU Extension Services

Key Activities:

- Women's Health Seminar Luncheons
- Healthy Mothers/Healthy Daughters Classes
- Healthy Worksite Initiative
- Healthy Women Class
- Healthy Girls/Healthy Women Classes
- Walk This Weigh events
- CATCH Kids Club
- Monthly "Tips for a Healthier You" Posters
- Arthritis Foundation Self-Help Class
- Parent/Child Nutrition Classes
- Tobacco Prevention SWAT & events

Significant Outcomes:

- ◆ **Women's Health Seminar Luncheon** in January "Living with and Preventing Cancer" had 46 participants.
- ◆ **Healthy Mothers/Healthy Daughter Classes**-34 participants/11 people reduced body fat percentage and 10 people lost weight.
- ◆ **Walk This Weigh**-February=29 participants, Spring Walk-70 participants
- ◆ Cherokee Nation became a Tobacco Free Campus
- ◆ Tahlequah Clean Indoor Air Ordinance
- ◆ Five new public schools with 24/7 Tobacco Free Policies

