

Jackson County – Healthier Together

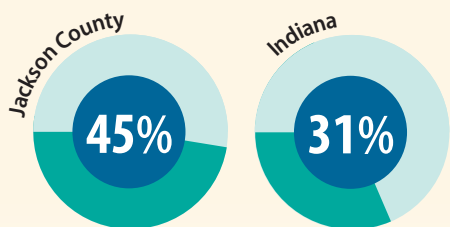
OUR ON-GOING CHALLENGE

Jackson County – Healthier Together is a group of residents dedicated to improving health in our community.

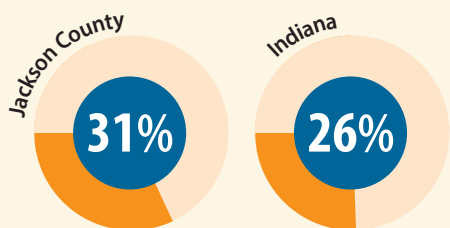


Jackson County, Our Challenge

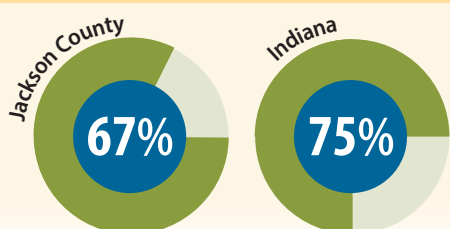
Obesity rates (2012)



Physical inactivity rates (2017)



Opportunities for physical activity (2017 rates)



Being physically active and maintaining a healthy weight is good for everyone

- **Physical activity and a healthy weight** can lower the risks of serious health conditions, including heart disease, stroke, some cancers, and Type 2 diabetes.

We partnered with the CDC to improve the health of our neighbors, friends, and families!

The Centers for Disease Control and Prevention (CDC) invested in the Healthy Jackson County Coalition to support sustainable community-based efforts.

Look for our work:

Jackson County, we're in this together! Connecting our **COMMUNITY** resources can help everyone improve their health.



Yes, our community offers some opportunities for **PHYSICAL ACTIVITY**, but there is room for improvement. We'll show you where you can be active for little to no cost.



Looking for **HEALTHY FOOD**? Great. More good-for-you food in new places is a win for everyone.



PURDUE EXTENSION

Jackson County
Healthier Together™

Your coalition in action



Advocating and Educating in Our Community

- 31** preschool and afterschool providers from Brownstown, Crothersville, Medora and Seymour received CATCH training to teach nutrition and physical activity curriculum to students
- 14** presentations to more than 1,000 people – promoting community health
- 15** local leaders attended an active transportation workshop led by a nationally recognized expert



Increasing Healthy Food Consumption

- 6** wellness policy advising sessions: Seymour, Medora, Brownstown, and Crothersville schools
- 245** brochures distributed at a farmers market to advertise SNAP benefit promotion
- 180** brochures distributed highlighting healthy food donation guide lines for local food pantries
- 60** youngsters participated in gardening and healthy food education at youth clubs
- 32,000+** patrons visited healthy concession stands in local schools and youth sport leagues
- 76,000+** patrons visited healthy concession stands at city recreation facilities



Promoting Physical Activity

- 400** brochures distributed that highlight fitness classes across the county
- 170,000** annual visitors to the Muscatatuck National Refuge benefit from new exercise idea signs on the trail
- 48,000** annual visitors will see new Walk Your City signage and will benefit from safer crosswalks and sidewalks, bike lanes and outdoor fitness equipment in Seymour
- 1,657** Brownstown students now have safer walk and bike routes to school
- 1,585** Crothersville residents have access to free exercise equipment in Bard Street Park

Look for these additions in your community!

- **Seymour:** bike lanes, new downtown crosswalks, signage and trail upgrades at Grassy Fork Trail in Freeman Field
- **Brownstown:** safer crosswalks near schools, pool and high-pedestrian areas
- Implementation of the CATCH nutrition and physical activity curriculum for preschool and afterschool students in **Seymour, Brownstown, Medora and Crothersville**

What's next?

- The new Jackson County Visitor Center website will feature health and wellness opportunities, and links to community health resources.
- Get active for free! Use downtown Seymour's Fitness Court at Crossroads Community Park and **new** walking and bike lanes in Brownstown and Seymour.
- Get involved! Attend a coalition meeting and take part in our next initiative!

► Want to be involved? Terrific!

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