

# Johnson County Alliance for Healthy Kids led by Cook Children's

VISION:

**Johnson County**, a community choosing healthy habits to build healthy generations.

#### About us

• The coalition is focused on promoting healthy lifestyles through nutrition, physical fitness, and resilience education for children and families.

#### Why healthy lifestyles

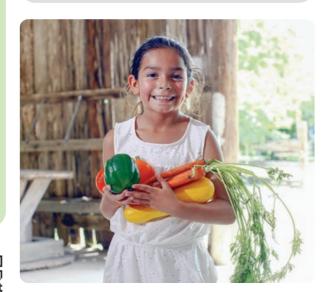
- Childhood obesity is a complex health issue driven by factors such as environment, community, family behaviors and ability to make healthy lifestyle choices<sup>1</sup>.
- Cook Children's (2018). Community Health Needs Assessment: Community-wide Children's Health Assessment and Planning Surveys

#### Strategic plan objectives

- Engage Johnson County community to improve children's health.
- Provide and support healthy living education for Johnson County children and families.
- Collaborate with Johnson County community leaders, schools and service organizations to promote healthy living for Johnson County children.
- Monitor children's health issues to build healthy generations in Johnson County.

# **Key programs**

- Gardening the coalition supports local gardens so children have a hands-on opportunity to grow what they eat.
  Gardens are built to accommodate each site partner's individual needs.
- 5210 Every Day a toolkit that was adapted from evidence-based programs proven to reduce childhood obesity. 5210 Every Day promotes tips that encourages children and families to make healthy food choices and daily healthy living behaviors.
- Healthy Lifestyle awareness campaigns the coalition partners work with community leaders and service organizations to promote healthy living awareness campaigns to children and families throughout the year.





For more information, contact dora.garcia@cookchildrens.org 682-885-7131





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#### **Involvement opportunities**

- Plan, facilitate or support community-driven healthy lifestyle awareness campaigns.
- Provide or support healthy lifestyle training for children and families.
- Help develop and maintain positive key messages in areas of nutrition, physical fitness and mental resilience.
- Promote coalition's key messages, healthy lifestyle awareness campaigns or social media.
- Host or support gardening activities for children.

### Membership benefits

- Opportunity to network with community leaders and service organizations.
- Increase Johnson County's access to healthy lifestyle education and community resources.
- Connect with the community and serve as a resource for healthy lifestyles.
- Help children and families foster positive relationships.
- Broaden your knowledge and experience while contributing to the health and wellness of Johnson County's community.



#### Key messages

A healthy lifestyle can prevent chronic diseases and long-term illnesses. It also can boost your self-esteem and your mood. For kids, being healthy also improves the ability to learn.

We support the 5210 approach:

- Eat five fruits and vegetables servings every day.
- Reduce screen time fun to no more than two hours a day.
- Practice one hour or more of physical activity every day.
- Strive to drink more water and less sugary drinks.

#### 2011-2021 accomplishments

- Invested over 3,000 volunteer hours valued at more than \$115,000.
- Provided more than 110 hours educating over 4,000 children about 5210 and healthy lifestyles.

## "

Thanks for providing the venue for networking and collaboration in support of improving the health of our communities and county.

- Johnson County Alliance for Healthy Kids member

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