

### 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>.

<sup>1</sup> Cook Children's (2018). Community Health Needs Assessment: Community-wide Children's Health Assessment and Planning Surveys

#### 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.

#### 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.



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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.

### 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.

### 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.

### 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.

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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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