

VISION:

Parker County, where families choose healthy and active lives.

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 choices¹.

¹ 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 Parker County community to improve children's health.
- Provide and support healthy living education for Parker County children and families.
- Collaborate with Parker County community leaders, schools and service organizations to promote healthy living for Parker County children.
- Monitor children's health issues to build healthy generations in Parker 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.

Membership benefits

- Opportunity to network with community leaders and service organizations.
- Increase Parker 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 Parker 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 2,200 volunteer hours valued at more than \$96,600.
- Provided 115 hours educating over 6,600 children about 5210 Every Day healthy lifestyles.

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It's so nice to find like-minded individuals from different backgrounds come together for the benefit of our community. I look forward to increasing a family's ability to take control of their health without relying on Google. We can influence the next wave of leaders and children through microgreens and healthy lifestyles.

– Healthy Children Coalition for Parker County member reflecting on 10-year anniversary

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