Healthy lifestyles and childhood obesity prevention

**Priority health issue**

**VISION**

Parker County, where families choose healthy and active lives.

**Current members**

- Center of Hope
- Cook Children’s Pediatricians, Willow Park
- First United Methodist Church of Weatherford
- Green Apple Therapy
- Oleta Parker
- Outreach Health Services (WIC)
- Parker County
- Parker County Mama/Stroller Strides
- Parker County Hospital District
- STAR Council on Substance Abuse
- Tarrant Area Food Bank
- Texas A&M AgriLife Extension Service, Parker County
- The Chiropractic Place, P.A.
- United Way of Parker County
- Weatherford Public Library

**GOAL 1**

RAISE AWARENESS of Parker County health data.

**GOAL 2**

PROVIDE HEALTHY LIFESTYLE TRAINING for children and families.

**GOAL 3**

PARTNER WITH COMMUNITY ORGANIZATIONS to sustain improvement in children’s health.
The City of Weatherford Parks and Recreation department played the coalition’s 5-2-1-0 video before the start of movies at Family Movie Night events.

**Fiscal year 2015 accomplishments**

- **ADOPTED 5210** as main approach to prevent childhood obesity in Parker County
- 4,746 educational resources distributed
- 3,156 nutrition and physical activity tools distributed
- **8 out of 10 children** increased their knowledge of the recommended daily serving of fruit and vegetables
- **359 children** received educational materials
- **39** individual volunteers (unduplicated) gave volunteer hours to support coalition activities

For more information, contact becki.hale@cookchildrens.org.