

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

Strategic Plan Objectives:

- Foster collaborative approaches and partnerships to promote children's health in **Johnson County**.
- Build community awareness through information and resource sharing to promote children's health.
- Strengthen knowledge and skills for children and families that improve children's health and well-being and empower families to thrive.
- Educate and support providers and community leaders who will share knowledge and skills with children and caregivers within their reach.
- Support organizational practices and policies that promote child wellness and safe families and children.

Key Programming:

- **Gardening** – support of 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 by 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 Month**



For more information, contact:

Dora Garcia

Phone: 682-885-7131

Email: Dora.Garcia@cookchildrens.org

Website: cookchildrenscommunity.org



How to get involved:

- Attend coalition meetings to receive updates and learn about volunteer opportunities.
- Plan, facilitate or attend community-driven events.
- Help develop and maintain positive key messages in areas of nutrition, physical fitness and mental resilience.
- Host or support gardening activities for children.

