

Jackson County – Healthier Together

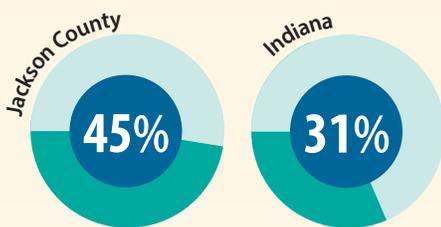
OUR (sizable) CHALLENGE



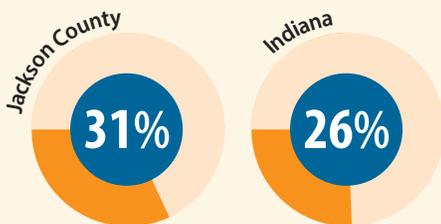
Jackson County – Healthier Together is a group of residents dedicated to improving health in our community.

Jackson County, Our Challenge

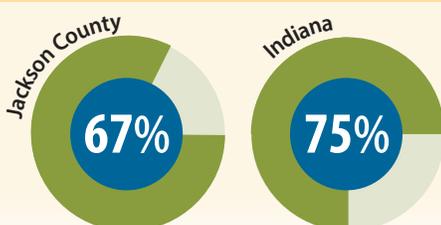
Obesity rates (2012)



Physical inactivity rates (2017)



Opportunities for physical activity (2017 rates)



Adult data from CDC's Behavioral Risk Factor Surveillance System



Being physically active and maintaining a healthy weight is good for everyone

- **Physical activity** and a **healthy weight** can lower the risks of serious health conditions, including heart disease, stroke, some cancers, and Type 2 diabetes

Our partnership with the CDC can help!

The Centers for Disease Control and Prevention (CDC) is investing in the Healthy Jackson County Coalition.

What we're working on:

Jackson County, we're in this together! Connecting our **COMMUNITY** resources can help everyone improve their health.



Yes, our community offers some opportunities for **PHYSICAL ACTIVITY**, but there is room for improvement. We'll show you where you can be active for little to no cost.



Looking for **HEALTHY FOOD**? Great. More good-for-you food in new places is a win for everyone.



Jackson County
Healthier Together™

PURDUE
EXTENSION

Jackson County – Healthier Together

*Your coalition,
hard at work!*

What we've been doing in 2017:



We are off to a great start!

► Want to be involved? Terrific!

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Facebook: Healthy Jackson County

What's next?

- The new Jackson County Visitor Center website will feature health and wellness opportunities, and links to community health resources.
- Look for healthy food options at concession stands in schools and parks and recreation department sites.
- 6th-grade girls and boys basketball teams at Seymour schools debut this fall. Teams for younger ages may come later.