Jackson County – Healthier Together

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

## Jackson County, Our Challenge

### Obesity rates (2012)
- Jackson County: 45%
- Indiana: 31%

### Physical inactivity rates (2017)
- Jackson County: 31%
- Indiana: 26%

### Opportunities for physical activity (2017 rates)
- Jackson County: 67%
- Indiana: 75%

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#### 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.

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# Adult data from CDC’s Behavioral Risk Factor Surveillance System
What we’ve been doing in 2017:

- **Providing community resources**
  - Helping four school corporations (Brownstown, Crothersville, Medora, Seymour) update their wellness policies.
  - At food pantries, securing more donations and use of healthy food.

- **Increasing healthy food consumption**
  - Seymour Area Farmers Market offers SNAP benefits/double bucks program.
  - Visit the new community garden (thanks, Medora After School program!), the Crothersville Farmers Market, and the new Brownstown Farmers Market.

- **Promoting physical activity**
  - A new GIS map highlights physical activity options for community members. [https://jacksonin.wthgis.com](https://jacksonin.wthgis.com)
  - Healthy Jackson County Facebook page promotes programs and places to be physically active.

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.