


**South Delta
Place Matters Team**

Parents+ Healthy Kids +Healthy
Schools +Healthy Communities =

Sharkey/Issaquena Counties
Mississippi



Overall Goal

To reduce childhood obesity

Strategic Goals

- Community awareness of serious health problems caused by obesity
- Involvement of core leaders in the community including school officials and the local medical community

Strategic Goals

- Increased physical activities, evidenced by more utilization of walking trail, local gym and other forms of exercise

Accomplishments Two Community Health Forums

Dr. George facilitated the forum and shared vital health information.

Body Works and We Can programs were introduced.



Accomplishment
Community leaders, including elected officials and school officials, participated in the forum.



Accomplishments
We Can General Community Site

- Two parent groups (Anguilla Children's Village and True Light Head Start) are using **We Can! Energize Our Families: Curriculum for Parents and Caregivers**



Accomplishments
We Can

- Partnering with the Health Network to create a database for height, weight and BMI (in progress)
- Pre-post health surveys will be gathered at the Children Village and Head Start.

Accomplishments

- Partnering with Master Health Program at True Light Head Start through Mississippi State University
- Partnering with Nutrition Connection for Children at True Light Head Start through Friends of Children

Accomplishment Healthy Food Cook-Off



Accomplishment Photo-voice presentation

- Local children created a photo-voice presentation illustrating the elements of their community they believe both positively and adversely affect their health.



Social Determinants

- Availability of Healthy Foods
- Low family income ✓
- Availability of places to exercise
- Lack of education about healthy lifestyles

Lesson Learned

- Data collecting is vital
- Changing mind-set is challenging
- Training for volunteers may be needed

Challenges

- Generating Interest
- Changing mind-sets
- Financial Support
- Time

Vision

- A more informed community about health problems that may stem from obesity by educating through health programs

Vision

- Individual and public actions to improve the plight of obesity which leads to other health problems
- **Environmental Changes**
 - Active Environment
 - Healthy Eating Environment

Support for Vision

- The Leadership Plenty training will help support our vision because we will have better trained leaders in our community which will lead to more collaboration about childhood obesity and other issues.

South Delta Place Matters Team