

Bootheel and Ozark Coalition Accomplishments....

- The Ozark and Bootheel Coalitions sponsored 36 New Diabetes Education Programs in conjunction with ongoing Heart Health activities.
- Several community members attended and presented at the National PRC/Chronic Disease Conference in Washington D.C. in 2004 and Saint Louis in February 2003.
- The Ozark Coalitions launched a radio media campaign reaching an estimated 30,000 people in the community. There was also a local TV cable media campaign reaching over 3000 people.
- Several members attended the Summer Food Program training and several schools & churches sponsored the summer food program for the first time this summer reaching an estimated 5000 children.
- Several community members attended the media/advocacy training held in Washington D.C. (July 2004 and July 2003) by Research!America.
- Several community members attended the National NCC meeting held in Alabama in October 2004 and Houston in October 2003.
- A video was produced showing the Ozark Project, which is informative and educational to new partners.
- Sponsorship of new soccer teams in three counties.
- Co-sponsored Red Ribbon Week at area schools by encouraging young people to make healthy choices.
- Partnered with Bootheel Boys & Girls Club of Pemiscot County with an anti-smoking poster contest for youth.
- In the Ozarks, completion of four new walking trail and the final paving of asphalt of two previous trails.
- The Bootheel Coalitions partnered with the local health department in Mississippi County in building a walking trail, and partnered with City of Kennett in Dunklin County in completion of renovations and reconstruction of their walking trail.
- Sponsored six back to school health fairs each year in partnership with SCMCAA (South Central Community Action Agency). Over 10,000 school children and family members were served.
- Local Ozark coordinator co-authored two health publications.
- Ozark Community Advisory Board held their volunteer banquet and had over 150 people in attendance (Fall 2002).
- Two new Local Heart Health Coalitions were established in 2001 in Reynolds & Oregon County. These new coalitions, as well as the other ten coalitions, with their elected officials are already addressing CVD health issues at the community level.

- Quarterly (at a minimum) coalition meetings and frequent community advisory board meetings are held to discuss and review coalition activities. Coalition members and staff are also very active in community meetings and working with many local partnerships.
- Community mobilization to reduce CVD risk factors including local media support and promotion. Regular distribution of CVD educational literature at community events. Special promotional months such as National Cholesterol Month, National Smoke-Out Month, etc is especially targeted and literature is placed in area business, stores, churches, schools, for the benefit of the community.
- In the Ozark counties, partnerships with local Health Agencies produced a total of 420 total lipid cholesterol screenings made available & free to the public. Blood pressures screenings also total over 2500.
- Five coalition members were trained & certified in the PACE program and four attended an aerobics training session provided by the PRC.
- Several coalition members and local project staff attended and participated in the National PRC/Chronic Disease conference in Washington D.C (2000), Atlanta (2001), Saint Louis (2003).
- Local partnerships were formed with area hospitals to start and support stroke prevention education.
- Coalition members were trained in grant-writing workshops and have written several grants for their own communities outside of the coalition funding.
- Missouri's Governor, Bob Holden, and some of his staff spoke at a walking trail dedication (Birch Tree Walking Trail) in the Ozarks.
- A reporter from "USA Today " came and covered another walking trail dedication (Mountain View) and USA Today ran an article on the benefits of walking.
- Implementation of regular health education programs focusing on nutrition, tobacco, and physical fitness in schools, senior citizen centers, nursing homes, churches, and businesses continues.
- Establishment of 23 community-walking trails (including a new indoor walking trail at an area church) with proposals for more.
- Establishment of physical fitness programs such as soccer, basketball, volleyball, softball, walking clubs, aerobics classes, and PACE (both land-based and aquatic) programs.
- Establishment of a new walking club called OWLS (Ozark Walking League). The group walks weekly together and monthly they take special walks to many different places.
- Annual poster contest in area schools continues with an anti-smoking theme.
- Establishment of annual health fairs and fun walks with local nutrition centers, senior centers and schools.

- Quarterly nutrition and anti-smoking education seminars at the South Central Missouri Community Action Agency, local schools, and nutrition centers.
- Sponsorship of Low-Fat Holiday Cooking Classes at local churches and senior centers continues.
- Sponsorship of “Taste Fairs” (i.e. samples of healthy foods) in local Bootheel Communities
- Annual Ozark Partnerships with the American Cancer Society, American Heart Association, and Saint Jude’s Childrens Hospital.
- Formation of over 100 smoke-free partnerships with local schools, churches, businesses, and civic organizations since 1998.
- Challenges presented to local government in the area of smoking, such as enforcement of the Clean Air Act.