Investing in Kentucky’s Future

Clinton County
Healthy Hometown
Who Have We Been?
(based upon 2012 statistics)

• 74% of Clinton County residents were overweight.
• Only 17.1% of school-age children in Clinton County were eating the daily recommended servings of fruits and vegetables.
• Only 21% of school-age children were active on a daily basis.
• Clinton County’s rates of diabetes, heart disease, hypertension, and other chronic diseases related to obesity were significantly higher than state and national averages.
The Clinton County Healthy Hometown Coalition began with a broad mission to improve the health of Clinton County residents, but narrowed our efforts to focus on childhood obesity. We were fortunate to receive funding support from a variety of sources, including an Investing in Kentucky’s Future Grant from the Foundation for a Healthy Kentucky.

- Changing a culture is not a short-term goal, but a long-term proposition.
- Communities must have a strong consistent good health message EVERYWHERE and strive to make the healthy choice the easy choice.
- It is easier to change youth behavior than adult behavior.
- Combating childhood obesity is complex problem that requires a comprehensive, multifaceted approach. The focus must be on changing habits to promote good health (not losing weight!), which must include both good nutrition and regular physical activity.
- Schools are a critical partner in any effort to improve child health. Your school district will be your most important partner!
Better Nutrition
Mobile Summer Feeding Bus Stop Café
After-School Supper Program
FREE Fruit & Veggies Program at AES
Try This! Cafeteria Program
Additional Nutrition Activities

Plate It Up Recipes at Community Events

Nutrition Mini Lessons

Healthy Backpack Program

Parent Education Programs
More Physical Activity
Walking Clubs
Take 10! In the Classroom
PE Improvements

Additional PE Time

Teacher Training

SPARK Curriculum

Physical Activity Breaks
Fitness Buddies
Community Physical Activity Events
Individualized Fitness (iFit) Goals
Improved Environment to Spur Physical Activity
New Playground at Mt. View Park
Toddler Playground Addition
Additional Park Improvements

- Paving Walking Track
- Fitness Stations
- Multi-Purpose Field
- Volleyball Court
Walking Track & Disc Golf at AES
Who Are We Now?

• Overall county obesity rate down to 34% according to latest Behavior Risk Factor Surveillance Survey.

• In the County Health Rankings issued by the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute, Clinton County moved up 30 notches in health outcomes, to 64th from 94th among Kentucky's 120 counties.

• County health improvements featured in various state and national media outlets, including the Kentucky Health News, Journal of Physical Activity and Health, and Preventing Chronic Disease.

• Renewed sense of positivity and focus on being healthy!!!!!!
Thank you for your kind attention!

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

--Margaret Mead