



Arkansas Coalition for Obesity Prevention

# Growing Healthy Communities



## ArCOP IS GROWING HEALTHY COMMUNITIES

Healthier environments produce healthier people. Healthier people produce greater economic outputs, consume fewer healthcare resources and lead better, longer lives.

The Coalition currently has

- ❑ over 1400 members and
- ❑ more than 100 partner institutions.
- ❑ Learn more: [arkansasobesity.org](http://arkansasobesity.org)

## Growing Healthy Communities

*What is Growing Healthy Communities?*

- Growing Healthy Communities (GHC) is an initiative of the Arkansas Coalition for Obesity Prevention (ArCOP). Since 2009, the Coalition has been helping Arkansas communities build capacity to reduce obesity by increasing access to physical activity and healthy foods, as well as implementing environmental, system, and policy changes that support healthy living.

# ArCOP IS GROWING HEALTHY COMMUNITIES

- 114 Total Attendance
  - 40 mayors (9 host mayors & 31 guest mayors)
  - 21 mayoral guests/staff/council members
  - 37 community members





[www.arkansasobesity.org/ghc/3m/toolkit/](http://www.arkansasobesity.org/ghc/3m/toolkit/)



Arkansas Coalition for Obesity Prevention's

# 3M Mayors Mentoring Mayors

FREE ONLINE TOOLKIT

RESOURCES TO HELP YOU  
GROW A HEALTHY ECONOMY



Partially supported by the University of Alabama at Birmingham's Mid-South Transdisciplinary Collaborative Center for Health Disparities

# Growing Healthy Communities Recognition Levels

*Emerging Communities*



*Blossoming Communities*



*Thriving Communities*



[www.healthyactive.org](http://www.healthyactive.org)



**HEALTHY ACTIVE**

ARKANSAS

[THE PLAN](#)

[THE FACTS](#)

[OUR PARTNERS](#)



# arkansasobesity.org

- ✧ Physical and built environment
- ✧ Nutritional standards in government, institutions and the private sector
- ✧ Nutritional standards in schools—early child care through college
- ✧ Physical education and activity in schools—early child care through college
- ✧ Healthy worksites
- ✧ Access to healthy foods
- ✧ Sugar-sweetened beverage reduction
- ✧ Breastfeeding
- ✧ Marketing program

**Healthy Active Arkansas is a framework of encouraging and enabling healthier lifestyles in Arkansas.**



---

# arkansasobesity.org

---

**Katrina Betancourt, RCEP, AGM, CPM**

ArCOP Chair Elect

[Katrina.Betancourt@arkansasobesity.org](mailto:Katrina.Betancourt@arkansasobesity.org)

501-581-2390

