

Organization: Jones County Health Department

County: Jones**Address:** 418 Hwy 58 N.
Trenton, N.C. 28585**Phone:** 252-448-9111**Website:** http://www.jonescountyhealth.com/?page_id=40**Project:** Event/Walk for Your Health*****Below are excerpts from their final report*****

About the Project: Due to the rural geographical location of Jones County, residents are limited to recreational resources as well as healthier food choices. The Jones County Healthy Carolinians held the second annual "Walk for Your Health" Walk-A-Thon on Saturday April 4, 2009. This event was advertised in the local Jones Post newspaper, Channel 7 News as well as local radio stations such as 101.1 KISS FM and 97.9 The Bear. The purpose of the walk-a-thon was to increase awareness about the importance of physical activity in the fight against obesity and obesity related diseases. Teachers, staff, students and church members from a total of 18 different organizations formed walking teams within the county to show the importance of walking for your health. Continuous entertainment was provided by a host of activities including a raffle, radio entertainment provided by Shawn B with KISS 102 and games for the kids.

All walkers were asked to walk at their own pace and distance. Each organized team was given a different colored t-shirt in order to assist with tracking the number of laps completed. A total of 359 participants attended the walk-a-thon which was held at Jones Senior High School. A combined total of 2,868 laps or 717 miles were walked during this event. The top school team effort came from Trenton Elementary School with a total of 163.255 miles or 653 laps walked. The winner of the church category was New Hope Church which walked a total of 775 laps or 193.75 miles. The County winner was the Department of Social Services which walked a total of 138 laps or 34.5 miles.

Successes: Initiatives such as the walk-a-thon assist in the reduction of preventable health conditions and diseases such as type 2 diabetes, high blood pressure, and stroke. Since the majority of the participants at the walk-a-thon were women, we believe that we were able to reach the community and the families of Jones County. As the person often responsible for the health and healthcare of their families, these women play a vital role in the health of the community and the well-being of not only their families but the well-being of the entire community. We believe that without the support of the grant, the Jones County Health Department and Healthy Carolinians Partnership would not be able to fulfill their mission to promote sound health policies within the community.

