

Client:
Healthy Kingsport

Industry:
Healthcare, Nonprofit

Project:
Healthier Tennessee Community



Purpose

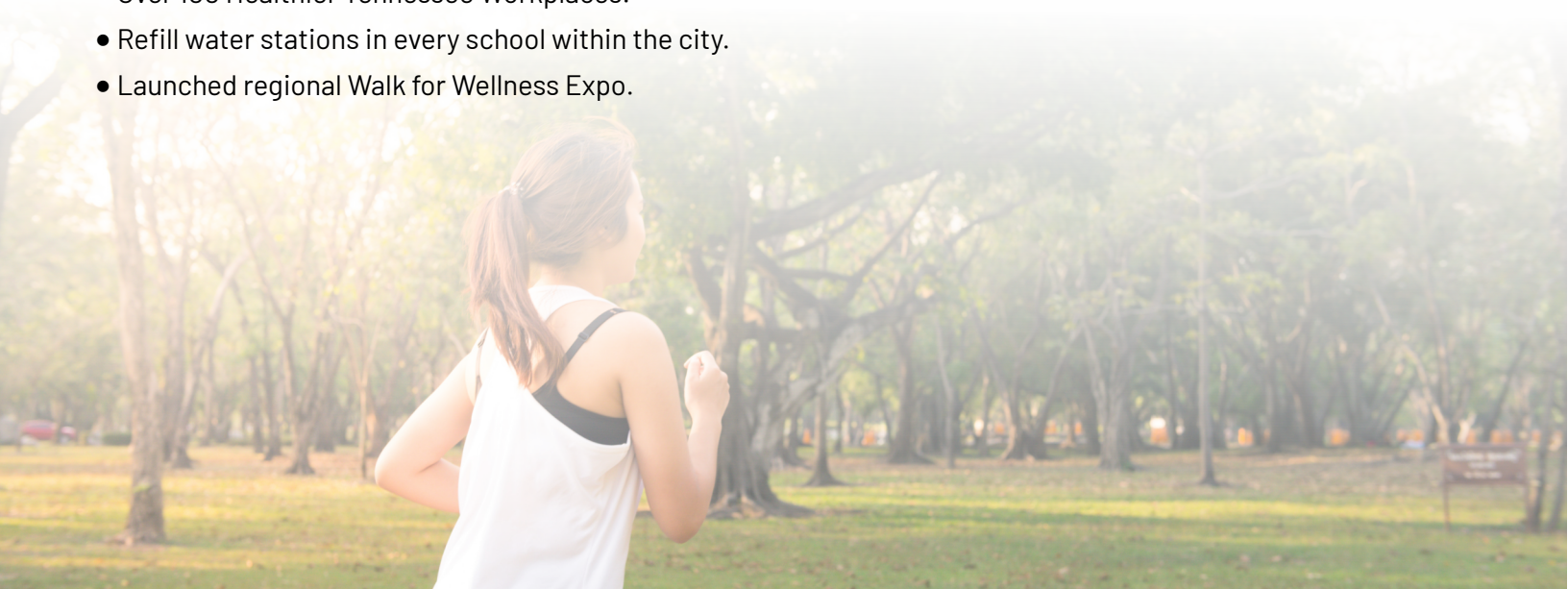
- Build a community collaborative focusing on shared population health metrics.
- Create an initiative for citizens and employers to encourage more movement.
- Work towards legislation prohibiting smoking at aquatic centers.

Solutions

- Getting local restaurants to create healthy default options on their menu and include nutritional values for their meals.
- Create a Walk to School effort.
- Actively recruit businesses and organizations to become healthier workplaces.
- Create a water initiative to encourage water over sugary beverages.

Results

- Kingsport, Tennessee became the FIRST community in Tennessee to be recognized as a healthy community by Healthier Tennessee eventually receiving gold status.
- Over 100 Healthier Tennessee Workplaces.
- Refill water stations in every school within the city.
- Launched regional Walk for Wellness Expo.



CookMilestones.com

CookMilestones@gmail.com