**Healthy Carolinians of Jackson County**

**Current Action Team Highlights- 2015**

**Healthy Eating Action Team**

* Community Garden promotion
* Healthy Snack Masters Competition completed
  + **13 recipes** submitted; **5 participated**; **1 individual** winner and **1 group** winner
* 5-2-1-Almost None campaign
  + Message shared on **2 websites** and with the school system
* Food of the Month campaign
  + **6 press releases**; **12 community event**; and **3 cooking demonstration**
* Taste of Sylva
  + **28 art entries; 5 restaurants/businesses participated**

**Active for Life Action Team**

* Various exercise programs
  + Arthritis Foundation Exercise Program w/**1193 participants**
  + Walk with Ease w/**423 participants**
  + Tai Chi for Arthritis w/**525 participants**
* Stroke Screening with Harris Regional Hospital
  + **38 people participated**
* 5th Annual Healthy Living Festival held in May 2014:
  + **35 exhibitors and 113 attendees**
* Jackson County Get Fit Challenge:
  + Countywide fitness challenge
  + 5 rounds completed
  + Over **539 participants** and **73 teams**

**Substance Abuse Action Team**

* Prevention Services
* Implementation of Project Lazarus grant
  + Reorganized SAAT coalition
  + Participated in **1 Take Back event**
  + Promoted Project Lazarus model through community education and prevention
    - Attended **community events**, distributed **lock boxes**, distributed **pieces of literature** and **t-shirts**, and promoted through **12 newspaper ads**