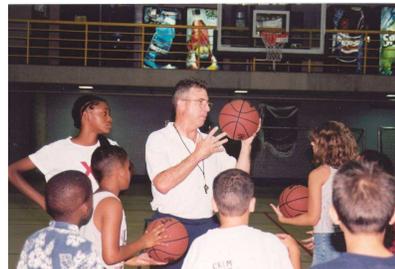


PUBLIC HEALTH WEEK 2006

DESIGNING HEALTHY COMMUNITIES: RAISING HEALTHY KIDS



A COLLECTION OF COMMUNITY SUCCESS STORIES FROM MICHIGAN'S HOMETOWN HEALTH HEROES





STATE OF MICHIGAN

DEPARTMENT OF COMMUNITY HEALTH
LANSING

JENNIFER M. GRANHOLM
GOVERNOR

JANET OLSZEWSKI
DIRECTOR

Dear Colleagues:

On behalf of the 2006 Michigan Public Health Week Planning Committee, it is my pleasure to present *A Collection of Success Stories from Michigan's Hometown Health Heroes* as a continuation of Michigan's observance of National Public Health Week 2006: Designing Healthy Communities – Raising Healthy Kids.

Governor Jennifer M. Granholm proclaimed April 3-9, 2006 as Public Health Week in Michigan, recognizing the importance of public health and its critical role in our communities. From quality of drinking water, to control of infectious disease, to immunizations and chronic disease prevention, public health has been responsible for some of the largest societal changes in the last 100 years. But preserving and protecting the health of Michigan's citizens requires a collaborative effort – state and local government cannot do it alone. We rely on many partners and community groups as we continue to be challenged by global and ever-changing public health threats.

We know that our built environment – that is, the design of neighborhoods and manmade structures such as buildings (including schools), roads, and sidewalks – is having detrimental effects on the health of our children. Our built environment affects access to healthy foods; access to safe and convenient places to play and be physically active; safety while riding a bike, walking to school, and riding in a car; and the quality of our indoor and outdoor air. Many communities around our state have banded together in innovative ways to create better public transportation, create bicycle paths and sidewalks, improve parks, start community gardens, educate community members about how to properly install car seats, distribute bicycle helmets, and pass smokefree worksite, school, and park regulations. The list of improvements goes on and on.

From Houghton to Flint, from Muskegon to Detroit, and from Kalamazoo to Ypsilanti, concerned citizens have made an extra effort to ultimately improve our health. Creating a revolution in the way we view public health can start small, but can ultimately affect us all. These Hometown Health Heroes all share one thing in common – they began their efforts with small steps toward an overarching goal of improving the health of their local communities.

I encourage you to share these stories with your colleagues, city officials, legislators, and others with whom you can work to create a healthier community. I also encourage you to contact these Heroes and find out what they learned from their experiences and even arrange a visit to witness these remarkable programs in action.

Congratulations to the 2006 Hometown Health Heroes. You truly are shining examples of the powerful changes that can occur when we work together. Thank you for your efforts to create a healthier community and a healthier Michigan.

Sincerely,

Kimberlydawn Wisdom, MD, MS
Michigan Surgeon General

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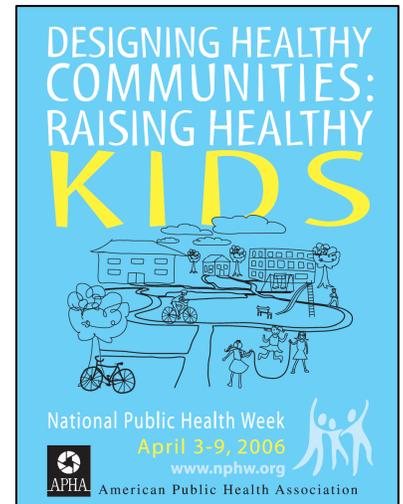
OVERVIEW OF PUBLIC HEALTH WEEK 2006

NATIONAL PUBLIC HEALTH WEEK APRIL 3-9, 2006

In 1995, President Bill Clinton proclaimed the first full week of April as National Public Health Week (NPHW). Each year, the American Public Health Association (APHA) organizes NPHW and develops a national campaign to educate the public, policymakers and practitioners about issues related to that year's theme.

In 2006, the focus of National Public Health Week was children and the built environment (the design of neighborhoods and manmade structures). The tagline was "Designing Healthy Communities: Raising Healthy Kids."

For more information about National Public Health Week, go to www.apha.org/nphw.



PUBLIC HEALTH WEEK IN MICHIGAN

Michigan Governor Jennifer Granholm proclaimed April 3-9, 2006 as Public Health Week in Michigan. In keeping with the national theme, Michigan highlighted five topics through state and local activities, media and legislative advocacy and more:

- Monday: ***Healthy Community Design***
- Tuesday: ***Access to Healthy Foods***
- Wednesday: ***Physical Activity through Community Design***
- Thursday: ***Safety on the Go***
- Friday: ***Clean Air***

Michigan's National Public Health Week activities were planned by several partners, including the Michigan Department of Community Health, Governor's Council on Physical Fitness, Health, and Sports, Michigan Association for Local Public Health, Michigan Public Health Association, Michigan Public Health Institute, and the University of Michigan School of Public Health.

The Planning Committee identified outstanding community coalitions and programs throughout the state that focus on improving the built environment to support the health of Michigan's youngest citizens. These "Hometown Health Heroes" do their work with no expectation of a reward other than an illness prevented or a life saved. Michigan Department of Community Health Director Janet Olszewski and Michigan Surgeon General Dr. Kimberly Dawn Wisdom recognized the 23 Hometown Health Heroes at a special Public Health Week ceremony at the State Capitol. The 2006 Michigan Public Health Planning Committee is pleased to present this collection of community success stories.



WILLIAM JEFFERSON CLINTON

April 3, 2006

Warm greetings to all those observing Michigan's Public Health Week.

Even in the 21st century, one of the most important challenges any society faces is protecting the physical health of its citizens. We are fortunate to live in a time of striking progress and stunning breakthroughs in medical research. Unfortunately, it is also a time of unique challenges to our health, such as rising rates of asthma and obesity, particularly among our young people.

I became particularly interested in the childhood obesity issue after having heart bypass surgery in 2004. Since then, I have become more aware of the alarming trend toward unhealthy eating and lack of exercise among our children, and I joined with the American Heart Association to create the Alliance for a Healthier Generation, which is striving to lead our youth toward healthy habits that last a lifetime -- and lengthen it. While I am proud of our efforts and accomplishments, I know that young people are still very much on their own to make decisions regarding their health. That is why I am so pleased that the theme of this year's National Public Health Week is "Designing Healthy Communities: Raising Healthy Kids," and that Michigan has chosen to express this theme by asking citizens to assess the status of the built environment in their neighborhoods and its impact on children's health. We have a much better chance of inspiring real change in our kids if the change is powered by the people in their own community.

I commend this year's Public Policy Champions, who ensure that Michigan's government truly functions in the best interests of the people they represent, and I salute the 2006 Hometown Health Heroes for their exceptional contributions to local health. True heroes are rare in today's world, and too often, those who are really making a difference go unnoticed and unrewarded. Whether encouraging physical activity, promoting childhood safety, or discouraging youth smoking, these heroes work every day to keep the public safe and healthy, and I am proud to join Michiganders in giving them the recognition they deserve.

Best wishes for a meaningful observance.

Bill Clinton