

---

## Healthy Communities Announcements

---

■ **Join [NSPAPPH](#)!**

If you haven't already, you should think about joining the National Society of Physical Activity Practitioners in Public Health.

## Complete Streets Grantee Announcements

---

■ **Are you developing materials or products for Complete Streets?**

If so, please place the following customizable paragraph on any physical material or product generated with Complete Streets funding:

The [insert community name] Complete Streets ordinance project is funded by the [insert LHD name] through the Michigan Department of Community Health. The Michigan Department of Community Health received an American Recovery and Reinvestment Act: Communities Putting Prevention to Work Cooperative Agreement award from the Centers for Disease Control and Prevention. A portion of these funds support Complete Streets programming.

■ **Show us your Hard Work!**

As you're working, please send us photos of your projects. We want to showcase Michigan's efforts on Complete Streets and would love to include your photos on our website, presentations and reports as we move forward.

## Healthy Community Resources

---

■ **MDCH has released two new fact sheets:**

Check out the 2010 MI Cardiovascular Disease Fact Sheet [here](#)

And the 2010 BRFSS High Blood Pressure Surveillance Brief [here](#)

■ **Just released! The CDC *Vital Signs* Report: "[State-Specific Obesity Prevalence Among Adults – United States, 2009](#)"**

The *MMWR* report is based on new data from the Behavioral Risk Factor Surveillance System (BRFSS), which is the states' source of data for

## Healthy Communities Newsletter 8/5/2010

monitoring Healthy People 2010 objectives. To assess obesity prevalence, about 400,000 survey respondents are asked to provide their height and weight, which is used to calculate their [body mass index \(BMI\)](#). A person is considered obese if they have a BMI of 30 or above.

### ■ NSPAPPH State Resources Matrix

Check out the materials in the [NSPAPPH Matrix](#), which includes items such as state information and data, tool kits, intervention strategies, awards programs and evaluation methods related to physical activity.

### ■ Active School Neighborhood Checklist

Can be found [here](#)

### ■ Wisconsin's Active Community Environments (ACESs) Resource Kit to Prevent Obesity

Check it out [here](#)

## Upcoming Training Opportunities

---

### Advocacy Bootcamp and Farm Bill 101

Monday, August 9<sup>th</sup>, 8:30 am- 12:30pm and 1:00- 4:00pm

Register via Email [august9@mnaonline.org](mailto:august9@mnaonline.org)

When registering, please indicate if you will attend the morning or afternoon sessions, or the entire day.

The Detroit Food and Fitness Collaborative and  
The Michigan Nonprofit Association

Focus Hope  
1355 Oakman Boulevard  
Detroit, Michigan 48238

#### *Advocacy Bootcamp (8:30- 12:00)*

This half-day intensive session will have you ready to advocate for your cause in no time! You will learn the basics of nonprofit advocacy, including why it's important and what is legal. We will also provide an overview of various



## Healthy Communities Newsletter

8/5/2010

advocacy tools and strategies – including how to develop your messaging and advocacy plan. We will also have time to break into groups to begin to develop your own advocacy plan. And if that’s not enough, we will also learn tips from a nonprofit leader in advocacy efforts!

### *Farm Bill 101 (1:00 - 4:00)*

For everyone working for a more equitable food system, there will be an afternoon session on the Farm Bill and its impact on urban areas. This session will take a deep dive into the legislation and why it’s important to know how the Farm Bill affects our food system from production to consumption. Participants will also begin to outline action steps leading up to the bill’s reauthorization in 2012.

### **Let's Walk to School! Reducing Liability Concerns and Getting Kids Active through Safe Routes to School**

Wednesday, August 11<sup>th</sup>, 1:00-2:30 pm ET

[Register Here](#)

NPLAN Free Webinar

In 1969, approximately 50% of children walked or bicycled to school, including almost 90% of children living within one mile of school. Today, fewer than 15% of school children walk or bicycle to school. Walking or biking to school can be a convenient way for kids (and parents!) to be more active every day. [Safe Routes to School \(SRTS\)](#) programs and policies make it easier and safer for children and their families to walk or bike to school by sponsoring walk-to-school days and organizing “walking school buses” in which adult volunteers supervise children as they walk to school as a group.

However, despite the many benefits of SRTS – reversing childhood obesity trends, reducing traffic congestion, improving air quality, enhancing neighborhood safety – some schools have been reluctant to support SRTS programs due to concerns about being sued if an injury or problem arises. But such fears are largely unwarranted. By acting responsibly and understanding liability issues, schools, nonprofits, and parent groups can help students reap the health and academic benefits of SRTS programs while minimizing any risks.

In this webinar, participants will learn about the basics of liability in the context of SRTS and how school districts, nonprofit organizations, and others can reduce their liability in SRTS programs. Presenters will put liability concerns in perspective, explain how SRTS programs can leave schools with a lower risk of



## Healthy Communities Newsletter

8/5/2010

liability than existed prior to the program, and provide practical advice on best practices for implementing SRTS programs and policies. The webinar will also highlight two new resources from NPLAN: a fact sheet on liability in SRTS programs and a fact sheet on liability protections for volunteers (both coming soon!). If you are a SRTS coordinator, school or district official, or an active transportation enthusiast, then this webinar is for you!

The webinar will be recorded and archived along with the rest of the NPLAN webinars, which you can access [here](#).

### **Transportation Data Workshop**

Thursday August 12<sup>th</sup>, 9-11:30 a.m.

[Register Here](#)

SEMCOG Offices  
Ambassador Room  
535 Griswold St., Ste. 300  
Detroit, MI 48226

At this SEMCOG University workshop, local government officials, planners, and engineers responsible for transportation planning efforts, will explore the various transportation databases available on SEMCOG's Web site. Participants will learn details about how to navigate through the databases to generate data reports for their communities and counties. Data sets include information on traffic counts and crashes, roads and intersections, transportation projects, regional transportation needs and priorities, Community Profiles, and extensive map catalog.

### **Developing a Pedestrian Safety Action Plan**

Wednesday and Thursday, August 18<sup>th</sup>-19<sup>th</sup>, 8:00 a.m. - 4:30 p.m.

[Register Here](#)

SEMCOG University Workshop  
Madison Heights Fire Department Training Room  
31313 Brush (Madison Heights Civic Center)  
Madison Heights, MI 48071

A Pedestrian Safety Action Plan is a plan developed by community stakeholders that is intended to improve pedestrian safety in the community and help state and local officials know where to begin to address safety issues. It is also intended to



**Healthy Communities Newsletter**  
 8/5/2010

assist agencies in further enhancing their existing pedestrian safety programs and activities, including identifying safety problems and selecting optimal solutions. A Pedestrian Safety Action Plan contains engineering, education, and enforcement solutions.

At this SEMCOG University workshop, attendees will learn:

- That pedestrian belongs in all design, operations, and safety considerations.
- That human behavioral issues relate to pedestrian and driver safety.
- The role that land use planning, street and site design, education, and enforcement play in pedestrian safety.
- How to make a commitment to safety.
- How to involve stakeholders to create publicly supported and trusted policies, programs, and projects.
- How to collect and analyze data that identifies safety deficiencies and priorities for improvement.
- Commonly used and effective pedestrian crash countermeasures and how to implement effective pedestrian safety solutions.
- About untapped funding sources to support pedestrian safety initiatives.

**Access Past SEMCOG University Trainings [here](#)**

<b>MDOT Walkable Trainings 2010 Schedule</b>			
<u>Date</u>	<u>Location</u>	<u>Local Contact</u>	<u>MDOT Rep</u>
Monday Aug. 16	Harbor Springs AM	Danna Widmar 231-838-1374	Deb Alfonso
Monday Aug. 16	Elk Rapids	Bob Peterson 231-264-9274	Deb Alfonso
Tues. Aug. 17	Clare	Lori Schuh 989-386-9190	Deb Alfonso
Wed. Aug. 18	Big Rapids AM	Connie Koepke 231-796-7640	to be determined
Wed. Aug. 18	Fremont PM	Michele Ribant 231-924-2101	to be determined
Thur. Aug. 19	Grand Haven	Joy Gaasch 616-846-3165	Cindy Krupp



**Healthy Communities Newsletter**  
8/5/2010

Thur. Aug. 19	Spring Lake	Joy Gaasch 616-846-3165	Cindy Krupp
Friday Aug. 20	Walker	Frank Wash 616-791-6850	Cindy Krupp
Sat. Aug. 21	Allegan	Robert Hillard 269-686-1113	Deb Alfonso
Mon. Aug. 23	Detroit AM	Raquel Wilson 313-456-3299	Cindy Krupp
Mon. Aug. 23	Tecumseh PM	Shelley Lim 517-423-5602	Cindy Krupp
Tues. Aug. 24	Jonesville	Adam Smith 517-849-2104	Josh Debruyne
Wed. Aug. 25	Delta Township	Dennis Williams 517-323-8540	Josh Debruyne
Thur. Aug. 26	Saginaw AM	Dave Bell 989-797-6803	Josh Debruyne
Thur. Aug. 26	Burton PM	Ellen Ellenburg 989-516-9614	Josh Debruyne
Fri. Aug. 27	Frankenmuth AM	Sheila Stamiris 989-652-3430 ext 120	Cindy Krupp

**ProWalk/ProBike 2010**

September 13-17, 2010

The National Center for Bicycling & Walking  
Chattanooga, Tennessee

Information and Registration [here](#)

**Competency & Capacity Building Virtual Summit: Evidence-based Practices and Strategies for Working with Vulnerable Populations**

September 14, 15 & 16, 2010 1:00 - 4:30 p.m. EDT each day

Join us in a Virtual Summit to build our capacity to work with vulnerable populations in today's world. We will come together as experts and colleagues to learn more about key issues and research impacting our work, discuss effective practices and models, and identify ways to collaborate and continue the effort to advance our field and practice.



## Healthy Communities Newsletter

8/5/2010

The Summit focus areas are:

- Growing Up Poor - Implications & Outcomes
- Economic Stress for Youth and Families
- Inclusive Programming – Reaching Out to the Whole Community
- Evidence-Based Strategies and Practices for Working With Vulnerable Populations

Registration is now open at:

<http://www.cyfernet.org/vs2010/registration/>

For more information, visit our website:

<http://www.cyfernet.org/vs2010/>

### **Planning Michigan 2010**

October 20-23, 2010

Michigan Association of Planning's Annual Conference

Detroit Marriott at the Renaissance Center

Register [Here](#)

Featured speakers:

**Kurt Metzger**, director, Data Driven Detroit

**Steve Tobocman**, managing partner, New Solutions Group, LLC, and former state representative

**Toni Griffin**, Urban Planning and Design for the American City

**John Austin**, Brookings Institution, Co-Director, Great Lakes Economic Initiative

**Phillip Cooley**, Slows Bar B Q & O'Connor Development

**Mitchell Silver**, AICP, PP, APA President-Elect, planning director, City of Raleigh

**John Talmage**, president, Social Compact

Come and explore Detroit's Eastern Market, Dequindre Cut, and Midtown, to name just a few of the mobile workshops planned.

---

### **Pedestrian and Bicycle Information Center (PBIC) Trainings**

Trainings Listed [Here](#)

Webinars Listed [Here](#)



**Healthy Communities Newsletter**  
8/5/2010

**Got a Question? Contact the Healthy Communities Team**

---

Lisa Grost	Healthy Communities Team Lead	grostl@michigan.gov
Diane Golzynski	Lead Nutrition Consultant	golzynskid@michigan.gov
Jim Harrington	BHC & SRTS Consultant	harringtonj3@michigan.gov
Christina Harvey	BHC Consultant	harveyc3@michigan.gov
Holly Madill	Complete Streets Coordinator	madillh@michigan.gov
Vicki Ott	Administrative Assistant	ottv@michigan.gov
Deb Williams	MNN Project Coordinator	williamsd4@michigan.gov