

Registration:



Registration deadline: September 15, 2009
Early registration is encouraged.

Name: _____

Organization: _____

Address: _____

Phone #: _____

E-mail: _____

Are you requesting CEUs? No Yes

If yes, which category? _____

Please select one Panel Discussion:

Creating an Active Community Health Coalition

Creating Healthy School Environments

Please select one Concurrent Session 1:00

HSAT (you must attend both 1:00 and 2:20)

Substance Abuse

Worksite Wellness

Local Food Movement

Please select one Concurrent Session 2:20

Walkability of Community

Community Health Assessment

School and Community Gardens



Please return registration with check payment of \$40 to:
Wexford County MSU Extension, Suite 400
401 N. Lake Street
Cadillac, MI. 49601



Are you Interested in showcasing a community project? Or what your organization has been doing to promote a healthier community? Please reply yes or no and we will contact you with more information.

Show us your best!

Yes No



Planned Agenda:

- 8:30 Registration and Continental Breakfast
- 9:00 Welcome and Keynote Address: *"Keeping Healthy in an Unhealthy World"*, Thomas Peterson, MD and Jill Graybill, RD, Spectrum Health
- 10:45 Poster Sessions
- 11:10 Panel Discussions
- 12:05 Lunch and Presentation: *"Building Healthy Communities,"* Lisa Grost, MDCH
- 1:00 Concurrent Breakout Sessions
- 1:55 VIP Tour Cadillac YMCA
- 2:20 Concurrent Breakout Sessions
- 3:30 Wrap Up Presentation: Dr Peterson and Jill Graybill
- 4:30 Adjourn

Working together, we can reduce overweight and obesity and make our communities more active!

We can improve the nutrition of our families—even in tough economic times!

Together we can reduce the rate of diabetes and heart disease!

We can affect change to bring about more smoke free environments!



Moving Toward a Healthier Community

For More Information Contact:
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Kevin Hughes, DHD #10
(231) 876-3839
Dawn Ewald, Mercy Hospital Cadillac
(231) 876-7359



Moving Toward a Healthier Community



A conference for healthy communities in Michigan



Baker College
Cadillac, MI.
September 25, 2009

Sponsored by:
Cadillac Community Health Coalition



How can you help improve the health status of your community? How do we reduce overweight and obesity? How do we help to prevent and manage chronic diseases? This conference will provide attendees with the best practices around the state. Learn how local, regional and statewide initiatives can affect change in your school or community's health status.

Conference Objectives:

- Gain a better knowledge of the important role policy and environmental issues play in creating a healthier community.
- Learn best practices to develop and maintain an active community health coalition.
- Learn best practices to provide a healthier environment on a limited budget.
- Develop an HSAT (Healthy School Action Tool) with goals and objectives.

Intended Audience:

Educators, health care professionals, local government officials, community activists, human services professionals, HR directors, faith community volunteers, business leaders, social workers, and funders.

HSAT:

The Healthy School Action Tools (HSAT) are online tools to help Michigan schools create healthier environments. Schools that support healthy choices help students achieve greater academic potential. For schools who have not already completed their HSAT, now is your chance. Come prepared with your team's info and we'll provide you with everything you need (including time away from school) to get the HSAT completed. There will also be assistance and an opportunity to develop goals for your school.

Continuing Education Credits:

- Substance Abuse and Social Work credits applied for
- Category I CHES Continuing Education Contact Hours are pending approval of an application being submitted to the Society of Public Health Education (SOPHE.) SOPHE has been designated as a provider of Continuing Education Contact Hours by the National Commission for Health Education Credentialing, Inc.

Key Note Speakers:

Keeping Healthy in an Unhealthy World

Thomas H Peterson, MD, Healthier Communities, Spectrum Health

Dr. Peterson is a community health activist who has delivered over 250 presentations to healthcare, business, and community organizations. He has spoken to over 90,000 school aged children on health issues. Dr Peterson will address the importance of having a healthy community, steps a community and school can take to move towards a healthy community, and the significance of personal choice.

Food and Activity Choices in School and at Home

Jill Graybill, RD, Spectrum Health

A dynamic speaker, Ms. Graybill, a cardiovascular dietitian, specializes in childhood obesity. She'll share her insights and provide participants with tools and techniques to build healthy school and home environments.

Building Healthy Communities

Lisa Grost, Building Healthy Communities, MDCH

Hear about the successes that the Michigan Department of Community Health and local health departments have achieved through collaborative efforts with community partners to implement policy and environmental changes targeting the promotion of healthy eating, increased physical activity and smoke free lifestyles.

Panel Discussions:

Creating an Active Community Health Coalition

Mercy Hospital Cadillac, District Health Dept #10, Wexford County MSU Extension

Learn how having a strong and active health coalition can lead the effort to create a healthy community. Hear how the Cadillac Community Health Coalition was formed, what it has accomplished, what it does to keep members engaged and how it tracks community health indicators.

Creating Healthy School Environments

Cadillac Area Public Schools & Mesick Consolidated Schools

Wonderful things happen when leaders and educators take steps to change school environments. Learn from those who have successfully implemented exemplary programs.

Breakout Sessions:

Worksite Wellness:

Improving the Health of Your Organization

Cadillac Area Chamber of Commerce

See what you can do to support and promote wellness in the workplace with limited resources. Seven small worksites were challenged to improve the health of their organizations through environmental and policy changes. This collaborative effort will be highlighted with take home ideas for your own community.

School and Community Gardens

MSU Extension Leelanau County

Schoolyard gardens have emerged as unique venues to address nutrition education, improve healthy food choices and reverse sedentary lifestyle trends. Leelanau County MSU Extension will describe the benefits of schoolyard gardens, specific successes and stumbling blocks.

Substance Abuse Prevention Best Practices

Northern Michigan Substance Abuse Services

Many of our communities are struggling with drug and alcohol problems. The Oceana County prevention project utilized multi-level strategies to create change. Learn about this plan to reduce drug and alcohol abuse.

Developing a Community Health Assessment & Tracking Health Indicators

Mercy Hospital Cadillac, DHD #10, Wexford MSU Extension

How do you assess the health status of your community? Who should be on your assessment team? What data are available? Learn how a good health assessment will help you establish priorities and set goals for your community.

Improving the Walkability of Your Community

City of Cadillac and District Health Dept #10

Developing and connecting pathways increases the walkability of a community. Providing access to pathways increases the likelihood people will be more active. Learn how to formulate partnerships and develop strategies to increase walkability in your community.

Local Food Movement: *why it matters*

Michigan Land Use Institute

Why should we support our local farmers? What are food miles? Learn why it's important to buy and eat locally grown foods. See what local food movements exist.