



Building Healthy Communities

Okemos, MI
June 22, 2010

*Michigan Department
of Community Health*





Smoke Free Policies on Trails and Beaches



Kimberly Kooyers, M.S.
Ottawa County Health Department



Smoke Free Trails and Signs

We require that all trails funded by Building Healthy Communities be smoke-free.

A smoke-free message is printed on each trail sign.

There has been no resistance to this requirement.



**Northside Pathway-
Zeeland**

**Sheridan Park –Polkton
Township**





Apple Trail-Holland



Coopersville Community Trails

Michigan Department
of Community Health





More than just a trail



Sand Volleyball Court

Bring your family and your friends! It's great for school groups and youth groups too.

Basketball Hoop

Located on the parking lot for shooting hoops, pick-up games and some great physical activity!

Also:

Fitness Logs and Playground



Public Welcome

- Open dawn to dusk
- No motorized vehicles
- Pets must be on a leash
- Dispose of trash
- No smoking
- Trail Length is 1/2 mile

Your Path to Good Health



A healthful lifestyle is easier than you might think! Physical activity and healthy eating are two important components in creating a healthy lifestyle. As you travel down your personal path to health, use these tips to make small changes that are right for you, one at a time.

This month, you may choose to:

Switch from whole milk to 1% or fat-free milk,

OR

Increase your daily intake of fruits and veggies ,

OR

Choose whole grain bread instead of white,

OR

Drink less pop and more water.

Each healthy step that you take adds up.

Happy Trails!



This institution is an equal opportunity provider and employer. This material was partially funded by the USDA's Food Stamp Program.

For more information contact:
396-6526

www.GetHealthyOttawa.org

Walk the Apple Trail



Public Welcome

Located just off US 31 at:

712 Apple Avenue
Holland, MI 49423

(Between 24th and 32nd St.)

Parking available at
Trinity Reformed Church

Brochures

All have a smoke-free message

(see paper samples)

Michigan Department of Community Health





Smoke Free Beaches-Ottawa County

1. Ottawa County Parks and Recreation Department prepared a resolution
2. Forwarded the resolution to the Ottawa County Board of Commissioners
3. Board of Commissioners adopted the resolution in 2007
4. Why? Combination of 2nd hand smoke and tobacco waste on the beach
5. 1st year was planned to be more informational than strict enforcement





Smoke-Free Beach Resolution

No person while on commission park property shall:

- Smoke or use a tobacco products in any beach area, including sand areas, grass areas, decks, overlooks and other structures, or adjoining areas; as designated by signing.
- Dispose of smoking waste or tobacco product waste in any beach area, including sand areas, grass areas, decks, overlooks and other structures, or adjoining areas; as designated by signing.

SIGN

**Smoking / Tobacco Use
Prohibited
Beyond This Point**



*Michigan Department
of Community Health*





Questions?



Come visit us in Ottawa County!!

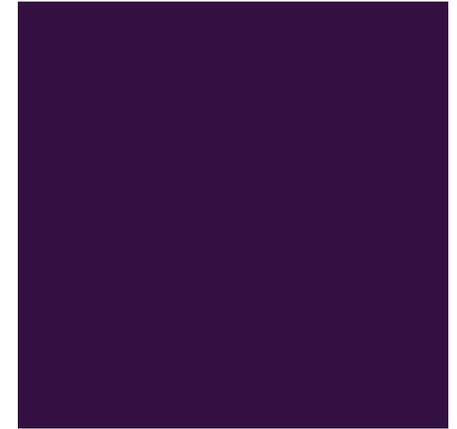
Thank you!





Healthy Manistee County

Bike Route Project



Kevin Hughes
District Health Department #10

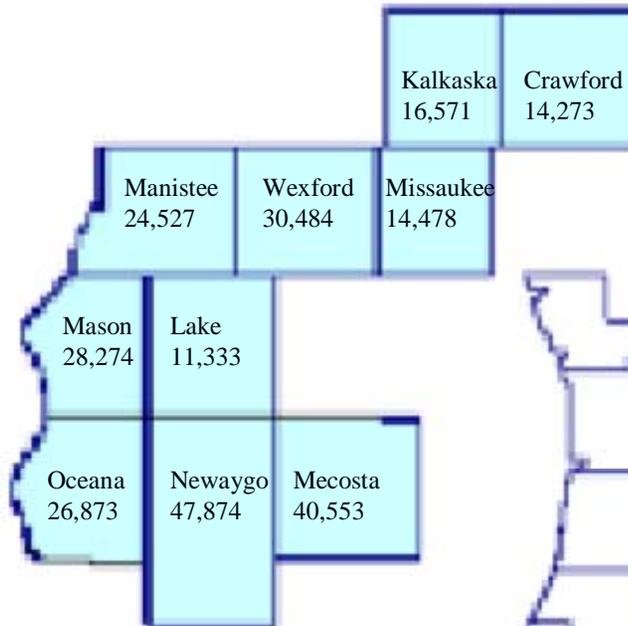
*Michigan Department
of Community Health*



District Health Department #10

2000 Census 255,240 Population

Established-10/01/1997



Lansing X

DHD #10

5,796 Sq. Miles

Rhode Island

1,214 Sq. Miles

Delaware

2,057 Sq. Miles

Connecticut

5,009 Sq. Miles



Building Healthy Communities Project

- District Health Department #10 Successes
- Initiated in 2005
- Kalkaska, Missaukee, Newaygo and Wexford
- Expanded in 2007 (Manistee and Mecosta)
- Leveraged \$500,000 from Partners



Implementation - Manistee

- Expanded into Manistee County in 2007
- Healthy Manistee County Coalition – sub group of community collaborative
- Partners: West Shore Medical Center, MSUE, City of Manistee, Community Residents, City of Manistee Non-motorized Transportation Committee, Manistee County Road Commission, Little River Band of Ottawa Indians, Manistee-Benzie CMH, Manistee Area Public Schools, Health Department
- Initiatives – Shelf Tag System and Signage/Mapping project



**Healthy
Manistee
County**







MANISTEE The Victorian Port City

RIVERWALK

Enjoy Your Walk!

- Pedestrian Traffic Only
- Pets Are Not Permitted

Starting at the stub pier on Lake Michigan, the Manistee Riverwalk is marked every 1/10th mile thanks to funding from these organizations that are committed to your good health and fitness.

Michigan Department of Community Health
MDCH
COMMUNITY HEALTH, PREVENTION & PHYSICAL ACTIVITY

Healthy Manistee County

City of Manistee
NON-MOTORIZED SUBCOMMITTEE







Current Coalition Partners

- City of Manistee and Non Motorized Transportation Committee
- Manistee County Road Commission
- United Way of Manistee County
- West Shore Medical Center
- Manistee Area Public Schools and Intermediate School District
- Michigan State University Extension
- Little River Band of Ottawa Indians
- Manistee Benzie Community Mental Health
- US Forest Service
- Manistee News Advocate
- District Health Department #10



Non-motorized Transportation Committee

- Part of the Governmental structure of City of Manistee
- Members are appointed by City Council
- Receive city funding



Major activities of Non-Motorized Transportation Committee

- Identification of existing bike routes
- Production of bike route maps
- Installation of bike racks
- Complete PAC assessment
- Organize Healthy Active Manistee week







PAC award



+ Healthy Active Manistee Week



HAM it up!



Events during HAM it up week May 15-21

- 5k Run/Walk
- Disc Golf 15 hole scramble
- Hike at bird sanctuary
- Church walk
- Round robin tennis tournament
- Hike at state park
- Tai Chi
- Ultimate Frisbee
- Jazzercise
- Swimming
- Walk with a dog
- Line dancing
- Advanced bike ride
- Skateboard and bike exhibitions
- Group walk on the Riverwalk
- Walk and Roll
- Mini Relays for Life
- Zumba
- Bike ride to Magoon Creek



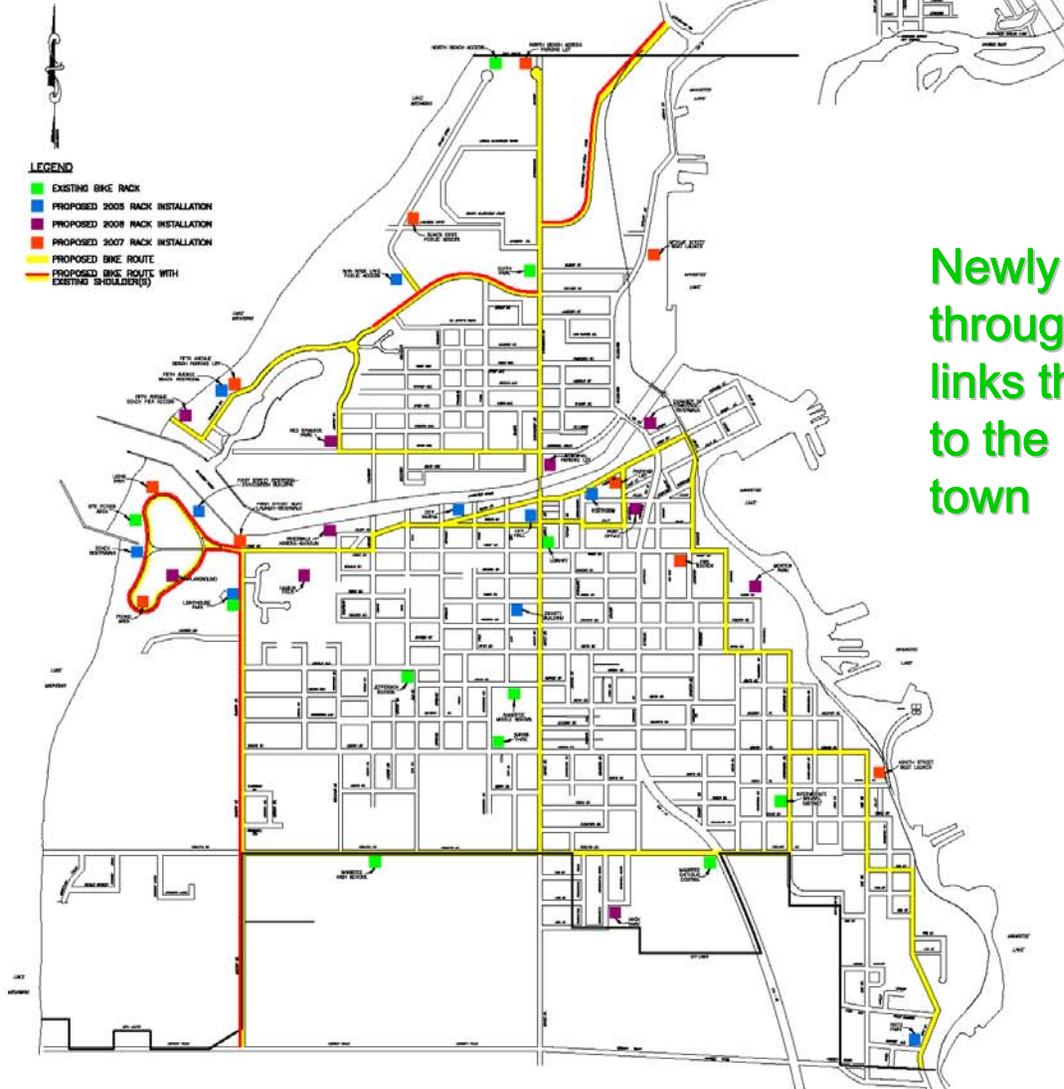




City of Manistee bike route

- Identified by the Non-Motorized Transportation Committee
- Healthy Manistee County Coalition developed bike route signs

NON-MOTORIZED TRANSPORTATION COMMISSION RECOMMENDED BIKE RACK LOCATIONS AND PROPOSED BIKE ROUTES



Newly identified bike route through the city of Manistee links the new county routes to the north and south of town



**BIKE
ROUTE**



MEMORIAL DR.





Expanding the Bike Routes into Manistee County

- North to village of Onekama
- South to Magoon Creek
- Both are destination points with physical activity opportunities



Partnership with the Road Commission

- Healthy Manistee County Coalition did not have funds to pave the bike path to Magoon Creek
- By establishing a partnership with the Coalition, Manistee County Road Commission would be now be eligible to apply for MDOT funds to pave the bike path
- The Coalition developed and ordered bike route signs and directional arrows
- The Road Commission was awarded funds by MDOT to pave the path
- The path was paved and the Road Commission stenciled the path and installed the signs



WELCOME TO
ONEKAMA

PORTAGE LAKE







TO
ONEKAMA



Michigan Department
of Community Health
MDCH
Cardiovascular Health, Nutrition
& Physical Activity





TO
MANISTEE

Michigan Department
of Community Health
M D C H
Michigan Department of Community Health
Healthy
Manistee
County

A large green rectangular sign with rounded corners. At the top, the text "TO MANISTEE" is written in white, with "TO" above "MANISTEE". Below the text is a white silhouette of a bicycle. At the bottom of the sign are two logos: on the left, the Michigan Department of Community Health logo with "M D C H" in large blue letters; on the right, the "Healthy Manistee County" logo with a map of the county.

SPEED
LIMIT
35

A white rectangular speed limit sign with black text, indicating a speed limit of 35 miles per hour.



MAGOON CREEK NATURAL AREA

- YOUR LOCATION
- TRAILS
- ROADS
- WATER





















TO
MAGOON CREEK



Michigan Department
of Community Health
MDCH

Healthy
Manistee
County

A green rectangular sign with rounded corners. At the top, the text "TO" is above "MAGOON CREEK", both enclosed in a white oval. Below the oval is a white silhouette of a bicycle. At the bottom, there are two logos: on the left, the Michigan Department of Community Health (MDCH) logo, and on the right, the "Healthy Manistee County" logo.



Questions?

Kevin Hughes

231-876-3839

khughes@dhd10.org

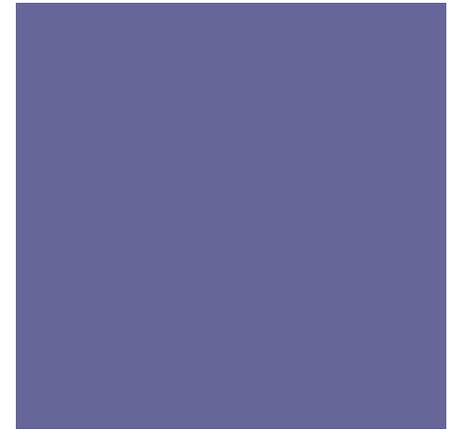
Jan Wiltse

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Community Gardens in Ottawa County



Lisa Uganski, RD
June 22, 2010



Garden Heights at Calvary Reformed Church, Holland Michigan

- In 2009, Calvary Reformed Church was interested in expanding their community garden to serve the community.



+ Garden Heights

■ Target Population:

- residents of the Holland Heights Community, and youth participating in the Black Top Rec. program.

■ Mission and Focus of Garden Heights:

- To cultivate community through:
 - increasing nutritional knowledge, access, and consumption of fresh fruits and vegetables
 - building and strengthening relationships within our families, the Calvary Body, and the Holland Heights community.

+ Funding for Garden Heights

- SNAP Ed. funds were used to:
 - Purchase the nutrition / PA curriculum for low-income children
 - Purchase NERI
 - Purchase nutrition education materials/promotional materials
 - Purchase food for taste testing events
- MDCH funds were used to:
 - Purchase supplies and tools to expand the garden
 - Pay the salary of the garden co-coordinators

+ Garden Heights

- Community members were invited to work in the garden twice a week.
- Youth from the Black Top Rec. program worked in the garden once a week. They also participated in a nutrition and physical activity curriculum (Sajai Wise Kids) once a week, and were invited to take home what was harvested in the garden.
- Smoke-Free Environment

+ A Busy Day at Garden Heights



+ Gaining Community Support and Participation

- Garden Heights Steering Committee
 - 16 members, including two paid co-coordinators
- Ottawa County Wellness Coalition
 - Assisted with Wise Kids curriculum
- Garden and Event Promotion
 - Vans picked up children
 - Promotional flyers mailed and distributed at food pantry, given to Black Top Rec. kids
 - Staff canvassed neighborhood, going door-to-door

Garden Hours June 2009~

Monday Evenings: 6:00-8:00

Thursday Mornings: 9:00-12:00



CULTIVATING

EDUCATION

- Outdoor Classroom for ALL Ages
- Specialized Children's Programing
- Guest Speakers

RELATIONSHIPS

- Garden Clubs-
Day & Evening Times
- Free Family Night Activities
- Garden Fiestas

NUTRITION

- Healthy Meals on a Budget
- Recipe Exchanges
- Taste Testing
- FREE Fruits and Veggies

A Garden in the Community
For The Community--

The food in the garden will be
distributed to those working in the
garden and families in the Holland
Heights Community

For more information contact
Calvary Church on E. Eighth Street.
www.calvaryreformedholland.org
or 616.392.8559



JOIN THE
GROWTH!

on 8thstreet



MICHIGAN STATE
UNIVERSITY
EXTENSION

The Michigan State University Extension
and Michigan State University are proud
to be a part of the Michigan
Healthy Living Food Study Program.



+ Community Participation

- Recipe Exchange and Taste Testing Event were held.
 - 80 people attended taste testing event
 - 200 people attended the Salsa and Salsa event

Salsa & Salsa Event





Garden HEIGHTS

616.392.8559

www.calvaryreformedholland.org



+ Expected Outcomes

- Increased access to fresh fruits and vegetables in the Holland Heights Community.
- Increased knowledge about the importance of eating fruits and vegetables
- Interest/willingness of target population to try new fruits and vegetables

+ Methods of Evaluation

- BHC Community Garden evaluation was followed
 - Gardener surveys
 - Tracking forms
- Sajai Wise Kids Evaluation

+ Garden Heights Outcomes

- 868.5 pounds of food was produced
- 559.5 pounds of food were used by gardeners
- 279 pounds were donated to a food pantry
- 30 pounds were lost to spoilage/spillage



+ Garden Heights Outcomes

- Wise Kids results
- Gardener Surveys

+ Garden Heights - Sustainability

- Garden co-coordinators and church community secured funding to support Garden Heights again this summer.
- Garden is planted and on its way!
- Monday nights continue to be family nights at the garden, and Black Top Rec. youth are working in the garden once a week as well.

+ Jenison Community Garden



Located at the Jenison Early Childhood Center (ECC), home to students ages 6 weeks through pre-K, as well as a Summer Camp Program for kids K-5th grade.



+ Jenison Community Garden 2010

- Started last year with some funding from the Ottawa County Wellness Coalition
 - Interested principal / staff
- Expanded this year with funds from Building Healthy Communities



+ Jenison Community Garden 2010

- SNAP Ed. funds are being used to:
 - Purchase NERI
 - Purchase nutrition education materials/promotional materials
 - Purchase food for taste testing events
 - Pay for garden coordinator's mileage
- MDCH funds are being used to:
 - Purchase supplies and tools to expand the garden
 - Pay the salary of the garden coordinator

+ Jenison Community Garden - 2010

- Target Population: Jenison students, senior citizens and low-income community members.
- Focus:
 - Provide kids with life-long gardening skills
 - Provide nutrition education
 - Increase fruit and vegetable consumption among the target population



Jenison Community Garden



+

Jenison Community Garden



+ Gaining Community Support and Participation

ECC/Jenison Community Farm



Calendar of Farm Events

Saturday	May 15	9:30am-10:30 am	Community Planting
Monday	May 24	School Day	ECC Student Planting
Saturday	June 5	9:00am-Noon	Jenison Farmers Market

The ECC is located at 800 Connie Street, right behind Sunset Manor on Baldwin Avenue in Jenison. For information call Lee at 457-1406. We are still accepting vendors at the weekly market (no cost to have a produce or craft table).

This material was funded by the USDA's Supplemental Nutrition Assistance Program by way of the Michigan Department of Human Services and the Michigan Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.



+ Gaining Community Support and Participation

Jenison Farmers Market



The Early Childhood Center in Jenison is looking for vendors to participate in our weekly "Farmers Market."

Vendors will have access to free tables and chairs and on site built market buildings. The Farmers Market will be held on Saturday mornings from 9 am to 12 noon starting June 5 and running through October 16. Weekly special events, all free to the public, will make these special Saturdays will lots of traffic. The ECC is located at 800 Connie Street, directly behind Sunset Manor off Baldwin. Vendors should contact Lee at 457-1406 to reserve a free weekly slot.

+ A Plan for a Garden Has Turned Into...

- A Weekly Farmers' Market running from June through October!
 - ECC providing produce from the garden free of charge to low-income community members
 - Free and Reduced Lunch (FRL) Participants
 - Maternal and Infant Health Program (MIHP) Participants
 - 20+ vendors selling produce, crafts, etc. to community members
 - Community excited about fresh, local food!

+ Gaining Community Support and Participation

- Jenison High School Students
- Jenison Food Service Department
- Georgetown Senior Center
- Facebook Page
- Local Dietitians

+ Expected Outcomes

- 200+ low-income families receiving free produce from the garden
- Increase in fruit and vegetable intake among this population

+ Methods of Evaluation

- BHC Community Garden evaluation will be followed
 - Gardener surveys
 - Tracking forms
- Pre and post evaluations developed for FRL participants and MIHP participants

+ Integration Into Other BHC Projects

- Senior Citizens participating in *Eat Smart Live Strong* have been invited to work in the community garden with youth from the Early Childhood Center.

+ Jenison Community Garden - Sustainability

- If all goes well this year, staff at the ECC plan to expand the garden again next year.
- Additional funding has been approved to provide the school with a hoop house to extend the growing season.
- Farmers' Market will continue if successful.
- Potential to work with local farms as well.

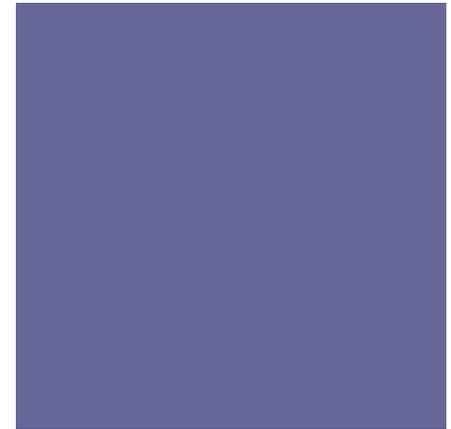


Questions?

- Lisa Uganski
 - luganski@miottawa.org
- Thank you!



Working with Diverse Populations



Angela Stevenson
Wayne County Dept of Public Health

*Michigan Department
of Community Health*





Wayne County Population

- Wayne County is 11th largest county in the country, has largest, most diverse population in Michigan, with about 2 million people
- 1.1 million residents live in 43 Wayne County communities outside of Detroit
- Metro Airport is located in Wayne County and is an international airport. Passengers from all over the world travel through our county
- Very large Hispanic population and the largest Middle Eastern Population outside of the Middle East



Diverse Populations served in Building Healthy Communities/LAG/Safe Routes to School Projects

- African - Americans
- Arab/Middle Eastern
- Hispanics
- Youth (elementary – middle school aged)
- Seniors (over age 65 years)





Successful Strategies

- Diversified Health Coalition Membership
- Established a Multicultural Advisory Committee
- Collaborated with Partner Agencies
- Trained staff and Coalition Members
- Utilized Translation Services
- Created a Speaker's Bureau





How Strategies were Identified

- Demonstrate Best Practices
- Increase awareness and understanding of differences
- Acknowledge and accommodate differences
- Incorporate community involvement
- Foster collaboration



Outcomes

- Health Coalition
- Community Assessments
- Park enhancements and a walking path
- Nutrition education at local food pantry
- Community garden
- Presentations
- Community Collaborations





Lessons Learned

Assessments and interventions should not only include:

- Nutritional status
- Physical activity levels
- Tobacco use

But should also take into consideration:

- Social determinants
- Cultural influences
- Environmental factors





Tools for Others

- www.waynecounty.com
 - <http://www.waynecounty.com/ceo/pressReleases/2007/PR-Multicultural-committee-6-2007.pdf>
- www.michigan.gov/mdch - Health Disparities Reduction/Minority Health Section
- <http://www.census.gov/acs/www/> - American Community Survey
- www.languageline.com - Language Line Services