



MiNPAO

Michigan's Nutrition, Physical Activity and Obesity Program

Michigan's Nutrition, Physical Activity and Obesity Program (MiNPAO) Update

Summer 2011 Edition

- MI Healthy Eating & Physical Activity Strategic Plan 2010-2020
- Michigan Healthy Weight Partnership
- Breastfeeding Initiatives
- Faith Based Nutrition & Physical Activity Project
- Building Healthy Communities

This has been a busy year for the MiNPAO!

A new 10-Year Plan, the *Michigan Healthy Eating and Physical Activity Strategic Plan 2010-2020*, was published;

The 2011 Surveillance Update was released;

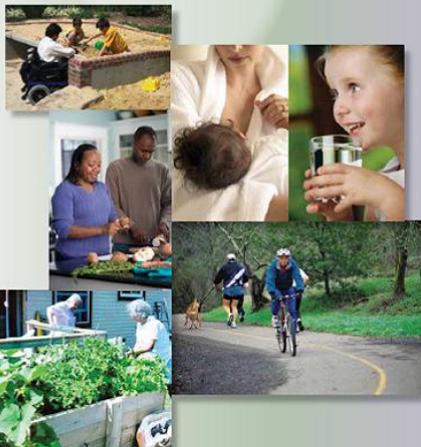
Staff have been involved in various program trainings and seminars;

And through it all, the MiNPAO has been championing its vision in supporting regular physical activity, healthy eating and healthy weight as a part of a healthy Michigan lifestyle.

Together with our Healthy Weight Partners, we can all collaborate to make a Healthy Michigan a reality.

STOP PRESS! STOP PRESS! STOP PRESS! STOP PRESS!

Michigan Healthy Eating and Physical Activity Strategic Plan: 2010-2020



The Michigan Healthy Eating and Physical Activity Strategic Plan: 2010-2020 is now available online!

Please go to

<http://www.michigan.gov/preventobesity> to read the Plan in depth.

On July 19, 2011, members of the Michigan Healthy Weight Partnership convened for a teleconference meeting.

Meeting Highlights:

- State Strategic Plan Updates: PAST and PRESENT
- Evaluation Plan
- FUTURE: State Strategic Plan Implementation
- State Leadership Focus.

Participants received a status report of the current state strategic plan– *Michigan Healthy Eating and Physical Activity Strategic Plan: 2010-2020*. Discussions also centered around plans for state strategic plan implementation, surveillance updates and a presentation on methods of evaluating the state strategic plan.

For a detailed re-cap of the HWP Teleconference, please visit the MiNPAO website at <http://www.michigan.gov/preventobesity>.



STOP PRESS! STOP PRESS! STOP PRESS! STOP PRESS!

Overweight and Obesity in Michigan: Surveillance Update 2011



The Overweight and Obesity in Michigan Surveillance Update 2011 is now available online!

To review chapters, please go to <http://www.michigan.gov/preventobesity>

- ✓ Overweight & Obesity in Michigan Adults
- ✓ Overweight & Obesity Among Michigan Youth
- ✓ Fruit & Vegetable Consumption
- ✓ Physical Activity Among Adults
- ✓ Breastfeeding and Obesity Prevention

The last several months have been very exciting for the breastfeeding world. Last fall the Patient Protection and Affordable Care Act (Health Care Reform) added an amendment to the Fair Labor Standards Act (FLSA) which requires break time for nursing mothers. Under this law employers are required to provide “reasonable break time for an employee to express breast milk for her nursing child for one year after the child’s birth each time such employee has need to express the milk.” Employers are also required to provide “a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk.” To learn more about this legislative change visit <http://www.dol.gov/whd/regs/compliance/whdfs73.htm>.



On January 20th, 2011, *The Surgeon General’s Call to Action to Support Breastfeeding* was released, which outlined steps to remove barriers faced by women wishing to breastfeed their infants. The *Call to Action* served as a wonderful way to bring breastfeeding into the health and prevention spotlight. The *Call to Action* also exemplified the many benefits of breastfeeding which include health, emotional, environmental and economic advantages. For more information regarding the *Surgeon General’s Call to Action to Support Breastfeeding*, please visit <http://www.surgeongeneral.gov/topics/breastfeeding/index.html>.

Michigan’s MiNPAO program has continued efforts to increase breastfeeding awareness, especially due to breastfeeding’s role in obesity prevention. The MiNPAO program has been working closely with the Michigan Breastfeeding Network, the statewide breastfeeding coalition, to create breastfeeding-friendly communities throughout the state. In collaboration with the Network, the MiNPAO program worked to create the Michigan Breastfeeding Coalition Workshop. Guest speaker Tina Cardarelli, Indiana’s State Breastfeeding Coordinator, taught workshop participants the importance of breastfeeding coalitions, helpful tips to establish and sustain strong coalitions, and provided great ideas for individuals to take back to their local coalitions. The MiNPAO program was very pleased with the terrific success of the coalition workshop.

The Michigan Breastfeeding Network also became involved with *Healthy Kids, Healthy Michigan* this spring. Representatives from the Network attended the Health, Family, and Childcare Services Policy Action Team (HPAT) quarterly meeting to encourage HPAT to take on breastfeeding policy initiatives as part of its 2012 policy agenda. The response was very positive from the action team’s co-chairs and members. The agenda items will come to a vote later this year.



The MiNPAO program's Faith-Based Nutrition and Physical Activity Project is off to a great start for the 2010-2011 year. This year we have a total of 31 churches participating from the Detroit and Greater Detroit areas, seven more than the 2009-2010 year. Similar to last year, each church is implementing a physical activity project within their faith organization. Some popular projects include walking clubs, aerobic classes, and working in conjunction with the First Lady's *Let's Move!* campaign. An exciting addition to this year's project is fruit and vegetable mini-markets at each of the participating churches. The fruit and vegetable mini-markets serve as a wonderful way for the faith-based organizations to increase access and availability of fresh fruits and vegetables to their congregants as well as community members. Many churches have even been able to get their mini-markets and physical activity projects up and running.

The MiNPAO program held its first training for the Faith-Based Nutrition and Physical Activity Project on March 26th, 2011 at Ravendale Community, Inc in Detroit. At this training, participating churches learned about the MiNPAO program as well as the premise for the Faith-Based Project. Church coordinators also learned about the components of this year's project as well as the items they were being asked to complete. Finally, new churches were able to log onto computers and complete their *Walk by Faith* registration.



The second training for participating churches was held April 9th, 2011 at Plymouth United Church of Christ in Detroit. This training was hosted by Matthew Parker, founder of the Institute for Black Family Development and project contractor. This training covered several topic areas including fund development and promotion of human interest stories, and also served as the fruit and vegetable mini-market training. Church coordinators in attendance received specialized training in creating and maintaining a faith-based mini-market and also received the Body and Soul Program-Fruit and Vegetable tool-kit to assist them with mini-market implementation. The tool-kit provided information on several key areas, including planning, setting up and marketing the mini-market.

Over the course of the next several months, each of the 31 churches will be working to implement their physical activity projects and fruit and vegetable mini-markets. The MiNPAO program is working to provide ongoing support and technical assistance to each church to make the 2010-2011 Faith-Based Nutrition and Physical Activity Project a great success and the MiNPAO program is looking forward to the outpouring of wonderful ideas and outcomes from the churches involved.



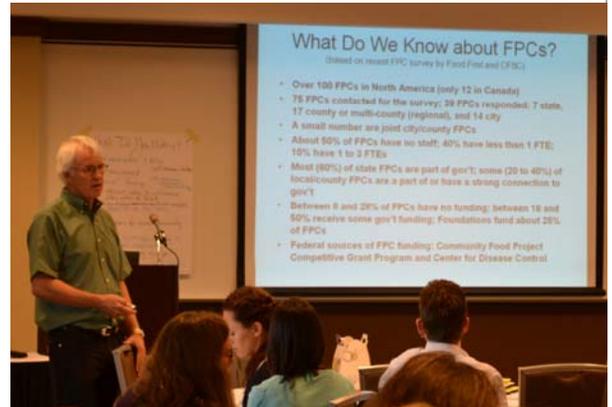
Report on 2011 Designing Healthy Livable Community Conference

Over 300 people attended the 2011 Designing Healthy Livable Communities Conference, which featured national and state experts addressing how the **Power of Partnerships** can enhance the collaborative efforts of communities and policy makers to create and maintain healthy Michigan communities.

Two nationally renowned keynote speakers presented on June 7th:

Majora Carter, Eco-Entrepreneur and President of The Majora Carter Group opened the conference with the keynote presentation, **“You Don’t Have to Move Out of Your Neighborhood to Live in a Better One.”**

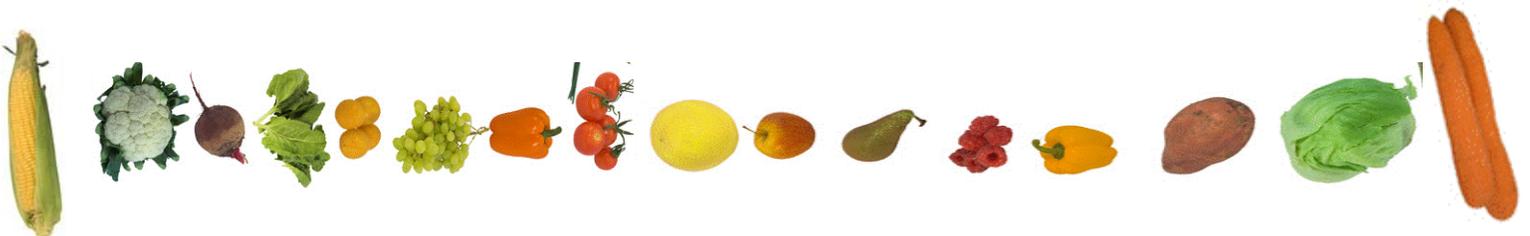
Tyler Norris, a long time social entrepreneur whose passion is improving the health of people and the sustained vitality of built and natural environments, provided the second keynote.



The conference also featured exciting half-day training sessions on:

- “Building Capacity for Local Food Policy Councils” with Mark Winne and a few representatives of Michigan’s own local food policy councils
- “Community Visioning and Planning” with the Renaissance Planning Group
- “Complete Streets Implementation and Design” with a panel of Michigan experts

The 2011 Designing Healthy Livable Communities Conference was presented by The Michigan Department of Community Health with support from: C.S. Mott Professor of Sustainable Agriculture; Michigan Department of Transportation; Michigan Fitness Foundation; Michigan State Housing Development Authority and State Alliance of Michigan-YMCA.





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We're on the Web! <http://www.michigan.gov/preventobesity>

Message from the MiNPAO Program Manager

Dear Healthy Weight Partners,

I would like to take this opportunity to take all of you for your dedication and commitment in bringing the *Michigan Healthy Eating and Physical Activity Strategic Plan:2010-2020* to fruition.

Thanks to your input, this Plan is a true reflection of how Michigan will move forward in the years ahead to ensure that regular physical activity, healthy eating and healthy weight are part of everyone's life and community.

**Gwen Imes, MS, RD
MiNPAO Program Manager**