



STEPS UP-TO-DATE

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FALL GREETINGS FROM MICHIGAN SURGEON GENERAL DR. KIMBERLYDAWN WISDOM



Looking back to when we first conceived *Michigan Steps Up*, I am amazed by what has been accomplished in a relatively short amount of time. I am very proud of the nearly 400 stakeholders who have given their time, energy and enthusiasm to help Michigan step up to better health. With your help, and the hard work of Michigan Department of Community Health staff, local partners and dedicated Michigan residents, we have successfully launched six major *Michigan Steps Up* efforts reaching health care, businesses, schools, communities, faith-based organizations, and most recently, Michigan's youth (read more about these efforts in this issue). Our bold and visionary Governor, Jennifer M. Granholm, has included healthy lifestyles in her State of the State addresses and has made it one of her three top healthcare priorities for the State of Michigan. And the unique partnerships that have formed through *Michigan Steps Up* have become a model for other states. We are pleased to have received national attention for our collective efforts.

Most importantly, we've seen evidence that *Michigan Steps Up* has had a profound personal impact on many Michigan residents. More than 17,000 individuals have created a personal plan for better health at www.michiganstepsup.org. Many have sent personal testimonials about how their lives have changed as a result of increased opportunities for and access to safe and convenient places to be active, fresh and healthy foods, and smoke-free indoor air.

We are currently strategically planning to ensure that *Michigan Steps Up* moves forward as efficiently and effectively as possible. I encourage you to stay committed to *Michigan Steps Up*—especially as we focus on “local motion” (creating sustainable programs through environmental and policy change at the local level). Your involvement in and support of those local efforts will be invaluable. Thank you again for your dedication to a healthier Michigan. I hope you will take great pride in the contributions you have made to this successful statewide initiative.

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Fall Health Tips

Get out and rake those leaves!

Raking leaves is a great form of physical activity that can be shared by most family members. Did you know that you can burn about 150 calories raking leaves for thirty minutes?

Have you had your pumpkin today?

Pumpkin is a healthy choice that is very low in calories and rich in potassium, magnesium and iron. Pumpkin is a “bright orange” vegetable, which means it is high in beta carotene – an important antioxidant that helps fight free radicals. Dried pumpkin seeds are also very healthy and full of fiber, protein, potassium, magnesium, zinc, iron, copper and essential fatty acids. For some great pumpkin or other fall fruit and vegetable recipes, visit the *5 A Day For Better Health* website at www.5aday.gov and click on “Recipes.”





Spotlight on Healthy Schools



HIGH SCHOOL STUDENTS PLAN FOR HEALTHIER SCHOOLS AT FIRST-EVER MICHIGAN STEPS UP YOUTH LEADERSHIP & ADVOCACY SUMMIT

High school students from around Michigan gathered at Lakeview High School in Battle Creek on October 28 for the first-ever *Michigan Steps Up Youth Leadership & Advocacy Summit* hosted by Michigan Surgeon General Dr. Kimberlydawn Wisdom and *Lakeview School District*. The Summit is the first entirely youth-focused component of *Michigan Steps Up*.

"Students and teachers spend much of their day at school and should have a healthy environment in which to learn and work," said Wisdom. "While many schools around the state have already taken steps toward a healthier school environment, today is the start of something even bigger for our state."

Teams of students in grades 9-12 from Michigan high schools learned about making a personal commitment to a healthy lifestyle and becoming advocates for environmental and policy change in their schools to support healthy living.

Teams spent the afternoon creating a *Healthy School Action Plan* to implement in their school during the 2006-2007 school year, addressing physical inactivity, unhealthy eating, and/or tobacco use or exposure to secondhand smoke.

"You can feel the energy and excitement as students realize their potential for leading community change."

-Cindy S. Ruble, Superintendent of Lakeview School

Wisdom and Lakeview School District Superintendent Cindy S. Ruble are optimistic that this pilot program will be replicated year after year in different regions around Michigan and perhaps nationally. They believe that this program will motivate youth to demand and play a key role in creating healthier schools.

"You can feel the energy and excitement as students realize their potential for leading community change," Ruble said. "What a tremendous experience for our youth as they carry forward the quest for a healthier Michigan."

Keynote speakers Dr. Ronald Davis, President-Elect of the American Medical Association, and Dr. David Katz, Director of the Yale Prevention Research Center and ABC News and *O The Oprah Magazine* contributor spoke about the nation's growing obesity epidemic, tobacco use and the importance of prevention.

Michigan's First Gentleman Daniel G. Mulhern moderated a leadership, advocacy, grassroots action and health professions panel with State Senator Mark Schauer; 19-year-old Mayor Michael Sessions of Hillsdale; Dr. Mahesh Karamchandani, a Battle Creek physician and schoolboard member; and Miss Calhoun County Kristine Crummel.

Students also played a speaking role in the Summit. For example, *Traverse City West High School* students talked about swing dancing during the lunch hour and a new climbing wall. *City Year Detroit* corps members led physical training activities and facilitated work sessions to help teams develop their action plans.



Miss Calhoun County Kristine Crummel shared her story to inspire emerging youth leaders.

The event concluded with a lock-in at *Full Blast Entertainment Center* courtesy of the City of Battle Creek. Students and their mentors enjoyed basketball, volleyball, arcade games, an indoor water park and more.



City Year Detroit corps members took a moment to flash their milk smiles. City Year Detroit Executive Director Penny Bailer is at top right.

(See Page 3 for more Youth Summit coverage)



Spotlight on Healthy Schools

YOUTH SUMMIT (Continued)

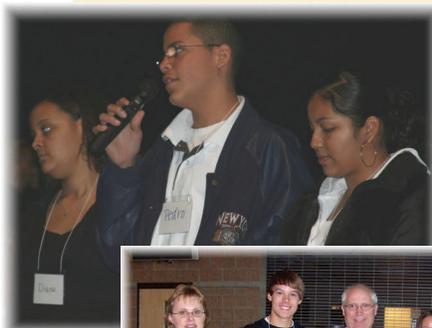
The following schools, districts, and school-based organizations were represented at the Summit:

- Albion High School
- Arts Academy in the Woods (Fraser)
- Battle Creek Area Math & Science Center
- Britton-Macon Area Schools
- Cass Technical High School (Detroit)
- Central High School (Grand Rapids)
- Dakota High School (Macomb)
- Denby Tech & Prep High School (Detroit)
- Detroit Public Schools
- Detroit School of Arts
- Eaton Academy (Eastpointe)
- Finney High School (Detroit)
- Golightly Educational Center (Detroit)
- Grosse Pointe North High School
- Harper Creek Community Schools
- Harper Woods High School
- Lakeview School District
- Marshall High School
- Michigan Parent, Teacher, Student Association
- Michigan State University Extension
- Novi Community Schools
- Olivet High School
- Pennfield Schools
- Renaissance High School (Detroit)
- Southeastern High School (Detroit)
- Traverse City West High School
- University of Detroit Jesuit High School and Academy
- Warren Mott High School (Warren)
- William E. Miller School (Farmington Hills)

What Do Students Plan to Do?

Here are some examples from the Healthy School Action Plans created during the Youth Summit:

- Form a Coordinated School Health Team
- Reduce greasy food consumption and promote consumption of healthier foods
- Get teachers involved in implementing the plan
- Complete the *Healthy School Action Tool*
- Educate students by putting up posters about the consequences and benefits of people's eating habits
- Create flyers to post by vending machines that list ingredients of items purchased from the machines
- Increase participation in intramural sports
- Tobacco-free posters and materials will be designed and distributed by the Student Wellness Team
- Make announcements using video news to see if any other students are interested in getting involved
- Complete the *Student Health Survey*
- Peer education regarding healthy lifestyles and mentor young students
- Hold a school assembly to present the action plan and invite guest speakers





Spotlight on Healthy Communities

ANNOUNCING THE HEALTHY COMMUNITIES TOOL KIT



HEALTHY COMMUNITIES TOOL KIT



How You Can Work Toward
Creating Healthy Communities



A Policy Guide for Public Health Practitioners and Their Partners

The Cardiovascular Health, Nutrition and Physical Activity Section of the Michigan Department of Community Health is proud to announce the new *Healthy Communities Tool Kit* to assist public health agencies and partner organizations with creating policy and environmental changes that support healthier communities.

In creating this tool kit, the Department hopes to increase the number of opportunities for Michigan residents to live active and healthy lives. Healthy communities are places where people are able and encouraged to be physically active for pleasure and purpose, have access to affordable and nutritious food, and have access to smoke-free environments.

The Tool Kit includes sections that focus on these areas as well as influencing policy decisions and working with the community and media. The primary audience for this tool kit is public health practitioners, but many community groups and grassroots coalitions will find the information useful as well.

What's Inside...

- Influencing Policy Decisions
- Community Design & Public Health
- Who's Who & What's What?
- Windows of Opportunity
- Working with the Community
- Working with the Media
- Tools You Can Use

A Healthy Community...

- Increases physical activity by making it easy and safe to be physically active daily.
- Supports daily consumption of and easy access to healthy foods.
- Supports tobacco-free lifestyles by focusing on tobacco prevention and reduction through promotion of smoke-free environments.



Spotlight on Healthy Communities

OCTOBER A SUCCESSFUL MONTH FOR “WALK TO SCHOOL DAY” EVENTS



Walk to School Day at Carstens Elementary in Detroit

More than 250 schools across Michigan held *Walk to School Day* events during the month of October, involving nearly 95,000 students. *The Governor’s Council on Physical Fitness, Health & Sports* coordinated the event.

Walk to School Day raises awareness of traffic/walking safety; encourages physical fitness; creates environmental awareness of air quality around schools; provides a quality experience for families; and is a great way to kick off a Safe Routes to School initiative.

Walk to School Day is part of *Safe Routes to School*, a collaborative initiative of state organizations and public and private partnerships. The next Walk to School Day event will take place on October 3, 2007. To register your school or get more information, visit www.saferoutesmichigan.org/w2sd.

17 ACTIVE COMMUNITIES HONORED

This November, 17 communities received *Promoting Active Communities* awards in honor of their commitment to promoting and encouraging active, healthy lifestyles. The awards were presented in East Lansing at the *Designing Healthy Livable Communities Conference*.

The Promoting Active Communities Award is like no other in the country. To be eligible for the award, a team of community members evaluates their community’s environments and policies related to promoting and supporting physical activity. Points are earned for policies and planning, pedestrian and bicycle safety and facilities, community resources, worksites, schools and public transportation. This unique online self-assessment tool was created as a partnership between the Michigan Department of Community Health and the Governor’s Council on Physical Fitness, Health & Sports to recognize innovative Michigan communities that are making it easier for their residents to lead an active lifestyle through supportive programs, public policies and community design.

The Promoting Active Communities Award winners are awarded at a level of achievement based on the total point score of the assessment. Ten communities in 2006 were first-time participants.

PAC Award Levels and Recipients

Copper:	Communities have made a commitment to becoming a healthier place to live and have begun to take steps toward removing barriers to physical activity.
<i>Communities:</i>	Quincy
Bronze:	Communities have taken important steps toward making it easy for people to be active.
<i>Communities:</i>	Chelsea, Howell, Lansing, Manistee, Montague, and Wyoming
Silver:	Communities have achieved significant progress toward making it easy for people to be active.
<i>Communities:</i>	Canton Township, Detroit-Chene, Eaton Rapids, Jackson, Middleville Village, Muskegon, Novi, St. Clair, and Ypsilanti
Gold:	Communities can document outstanding achievements in making it easy for people to be active.
<i>Communities:</i>	Ann Arbor
Platinum:	Communities are models of commitment to healthy, active living.
<i>Communities:</i>	None



Spotlight on Healthy Communities

PROMOTING HEALTHIER CONGREGATIONS: A NEW TOOL FROM MICHIGAN STEPS UP

On August 24, Michigan Surgeon General Dr. Kimberly Dawn Wisdom announced a new web-based tool to assist Michigan churches to support physical activity, healthy eating, and a tobacco-free lifestyle among churchgoers. The tool was launched at the *Second Annual Governor's Faith-Based & Community Resource Symposium* at Cobo Conference Center in Detroit.

"The well-being of congregations is central to all faith leaders and faith organizations," Wisdom said. "We are thrilled to provide this resource to help the faith community address the challenges affecting the health of members and create an environment that supports healthy living."

The *Michigan Steps Up Promoting Healthy Congregations Assessment* was created to enable Michigan faith-based organizations

"Since completing the Assessment about a week ago, we have implemented a no-smoking policy and started working on health questionnaires."

- LaClaire Bouknight,
EagleVision Ministries in Lansing

to assess themselves on how well they are doing at supporting healthier lifestyles among their congregations and learn about steps they can take to promote better health among their members.

"The Promoting Healthy Congregations Assessment was very helpful and gave me ideas that I had not previously thought about," said Rev. Dr. LaClaire Bouknight of EagleVision Ministries in Lansing. "Since completing the Assessment about a week ago, we have implemented a no-smoking policy and started working on health questionnaires."

Other web-based resources include: the *Spirit, Mind & Body: Eat Well, Live Well, Event Planning Guide*, monthly updates on a variety of health topics, and an opportunity to join the newly formed *Michigan Faith-Based Health Association*.

Members of Michigan's faith community have played a key role in the development of these resources as part of a network of nearly 400 statewide *Michigan Steps Up* stakeholders. This group has worked collaboratively with the Michigan Department of Community Health to develop a healthy eating policy for faith-based functions, the *Michigan Faith-Based Health Association* and the *Walk by Faith* health information website. For more information about Michigan Steps Up faith-based resources, visit www.michiganstepsup.org and click on "Healthy Communities."

DESIGNING HEALTHY LIVABLE COMMUNITIES

The third *Designing Healthy Livable Communities Conference* convened approximately 350 national experts and Michigan leaders on November 13, 2006 at the Kellogg Hotel and Conference Center in East Lansing to talk about the best practices that help people make healthy choices.

The conference provided a comprehensive vision of what a community that promotes healthy nutrition and physical activity looks like, based on best practices. Specific ideas for improving public health through land use, community design, physical activity, nutrition and transportation choices were also explored. Attendees were given tools and resources to accomplish the goal of designing healthy communities, and learned how to generate new relationships with counterparts in other communities who are also working toward creating healthier places in which to live, work and play. The conference also provided a setting for participants to network with other professionals as well as gather ideas for action plans to take back to their communities.

Fred Kent, President of *Project for Public Spaces*, was the featured keynote speaker at the conference. He presented a speech titled, "Creating Valuable Communities or Building our Communities: Solutions for Sustainability."





Spotlight on Tobacco-Free Communities

HOTEL CHAIN AND APARTMENTS JOIN GROWING LIST OF SMOKE-FREE MICHIGAN BUSINESSES



Many millions of Americans, both children and adults, are exposed to secondhand smoke in their homes and workplaces despite substantial progress in tobacco control. According to the *U.S. Surgeon General's Report on the Health Consequences of Involuntary Exposure to Tobacco Smoke*, scientific evidence indicates that there is no risk-free level of exposure to secondhand smoke. Contrary to popular belief, separating smokers from nonsmokers, cleaning the air, and ventilating buildings cannot eliminate exposures of nonsmokers to secondhand smoke.

Here in Michigan, thousands of businesses have voluntarily chosen to go smoke-free. Here are two examples of companies with Michigan ties that recently made this decision:

Marriott International recently announced that it would establish a smoke-free environment for its employees and hotel guests. The policy went into effect in September 2006.

First Centrum Management Company, a national company based in Sterling, Virginia with 28 apartment complexes in five states including Michigan announced that it is making all its buildings in all states smoke-free effective September 1, 2006. The company owns 15 apartment complexes in Ann Arbor, Auburn Hills, Brownstown, Clinton Township, Grand Rapids, Lansing, Livonia, Midland, New Baltimore, Petoskey, Pontiac, Port Huron, Southfield, and Southgate.

Since the launch of the *Michigan Smoke-Free Apartments Initiative* in 2004, Michigan now has eight housing commissions that have adopted smoke-free policies (Cadillac, Plymouth, Elk Rapids, Melvindale, Livonia, Allen Park, and Alma). These policies cover 11 apartment buildings, with a total of 1,020 smoke-free affordable housing units, and protect the health of numerous elderly and disabled residents.

GRAND RAPIDS ADOPTS CITYWIDE SMOKING BAN

Grand Rapids joined the growing list of Michigan communities that have passed ordinances or regulations to protect citizens from exposure to secondhand smoke.

On October 16, 2006 the *Grand Rapids City Commission* voted 4-2 to approve an Indoor Clean Air Ordinance to eliminate smoking at public buildings in the city, including privately owned businesses, and within 10 feet of building entrances. Restaurants and bars are excluded from the ordinance. Almost 200,000 citizens will be protected by the ordinance when it goes into effect in one year.

Use the *Smoke-Free Community Assessment Tool (SFCAT)* located at www.mihealthtools.org to find out if your community has smoke-free policies and to explore local services to assist residents to quit smoking. The website also includes resources to help increase the number of smoke-free environments (thereby reducing and eliminating exposure to secondhand smoke) and to help increase the availability of local services to help residents quit. To date, more than 50 Michigan counties have registered to use the *SFCAT*.

SOUTHEAST MICHIGAN STUDENTS LEARN TOBACCO COUNTERADVERTISING TACTICS

The *Wayne County Medical Society Foundation*, in partnership with *Henry Ford Health System*, is once again sponsoring a tobacco counteradvertising contest for school children in Southeast Michigan. The contest asks teachers to discuss tobacco advertising in the classroom, and in response, students are asked to create an anti-tobacco "counteradvertisement" - a poster, video, song, computer animation, or any other type of public service announcement. Although the contest deadline has passed, students and teachers can still get involved. For more information, visit www.counteradvertising.com, where you'll find a Teacher's Toolkit and artwork from previous contests.



Spotlight on Healthy Worksites

MICHIGAN RECEIVES HEALTHY WORKPLACES GRANT FROM NATIONAL GOVERNOR'S ASSOCIATION

"I'm charging the Departments of Community Health, Labor and Economic Growth, and Education; the Surgeon General; and business leaders to lead our state in developing lasting, local public-private partnerships among schools, corporations, foundations, the faith-based community, public health, health care, and community organizations. These partnerships will help foster a culture of physical activity, prevention, and wellness in our communities, workplaces, and schools."

- Governor Jennifer M. Granholm, State of the State Address, January 2006



In August 2006, Governor Granholm received an award from the *National Governors Association Center for Best Practices* for funding to develop and implement the *Michigan's Healthy Workplaces Project*. One of 13 projects funded through the *Healthy States* competitive grant program, *Healthy Workplaces* will recruit 25 businesses (with 50 employees or more) from the Governor's *Michigan's Cities of Promise* initiative to participate in the project. This interagency initiative aims to redevelop seven vulnerable communities that are experiencing declining population, extreme poverty, loss of industry and jobs, crumbling infrastructure and blighted neighborhoods. A Partnership Team in each city includes a state agency representative, local unit of government partners, and other stakeholders including churches, schools, businesses, hospitals, community development corporations, and human service organizations. The role of the state agencies is to work with the team in a strategic, collaborative fashion to focus resources in the city.

Linking to the *Cities of Promise* initiative and the state agency working with each city, the *Healthy Workplaces* project will collaborate with state-level organizations to establish sustainable public-private city partnerships and influence local constituents to work with businesses.

Michigan Surgeon General Kimberlydawn Wisdom, MD, will lead a high-level interdisciplinary policy team in guiding the Project as it engages private sector employers in implementing worksite wellness action plans that assure supportive workplace environments and motivate employees to assume personal accountability for their health. Integrating the project into the *Cities of Promise* and *Michigan Steps Up* will leverage existing momentum and resource channeling, and focus community attention and support.

The National Governor's Association (NGA), founded in 1908, is the instrument through which the nation's governors collectively influence the development and implementation of national policy and apply creative leadership to state issues. The NGA Center for Best Practices helps governors and their policy advisors develop and implement innovative solutions to governance and policy challenges facing them in their states. The NGA Center *Healthy States* Grant Program is an outgrowth of the NGA *Healthy America* initiative, which focuses on achieving wellness where we live, work and learn. The *Healthy States* grant recipients were selected by a committee independent of NGA from innovative proposals submitted by 34 states.



To see what some Michigan businesses are already doing to create a healthier work environment and policies, see the *Worksite Wellness Chronicles* under "Healthy Businesses" at www.michiganstepsup.org.



HOW HAS MICHIGAN STEPS UP CHANGED YOUR LIFE?

Read stories from real Michiganians who are taking small steps toward a healthier lifestyle. These individuals have granted us permission to share their stories.

If you have been inspired by *Michigan Steps Up*, please share your experience with us by email at bakert@michigan.gov or (517) 335-8011. Your story may be included in a future issue of Steps Up-To-Date.

AN INTERVIEW WITH JEREMY HULL OF ROYAL OAK

Jeremy Hull, age 33, made a commitment to quit smoking one year ago. Today, he is smoke-free and loving it. If Jeremy's story inspires you to get help to quit smoking, visit www.michiganstepsup.org and click on "Healthy People." There you'll find many free resources like the Free Smoker's Quit Kit and the Michigan Tobacco Quit Line.

Q: *What has been the biggest reward of your efforts to quit smoking?*

A: The biggest reward has been the noticeable health benefits. Even though I was physically active as a smoker, I still had trouble breathing while biking or during strenuous hikes when my wife and I went backpacking. Now, not only can I breathe easier, but I can also smell and taste better.

Q: *What motivates you to help others change their lifestyles?*

A: I know from firsthand experience that when you are in rut and feeling low about your physical health, the last thing you want to hear is someone telling you what improvements you should be making. When I see someone I care about in such a situation, I just let them know that I am concerned about them and that I will work with them to start feeling better.

Q: *What motivated you to change your lifestyle?*

A: As longtime smokers, my wife and I made repeated efforts to quit together by sporadically using nicotine patches. After more than a year of trying such a path, we grew tired of creating reasons for "needing a smoke," and decided one day to stick to the program. Several months (and many pounds) later we decided to adopt a healthy lifestyle at the start of the New Year by eating better and working out more. Starting in January may sound cliché, but I had been extremely sick during the holidays, and I attributed it to gluttonous eating habits with large amounts of stress and zero physical activity.

Q: *What motivates you on a daily basis to stay smoke-free?*

A: Although we have had a few slips, we have remained 99 percent smoke-free since quitting in October of last year and look to all of the daily benefits for inspiration: breathing easier, whiter teeth, better smelling clothes and cars and a small fortune saved by not buying cigarettes.

Q: *How has Michigan Steps Up changed your lifestyle?*

A: *Michigan Steps Up* has helped me to chart my daily goals of eating enough vegetables and fruit, as well as sticking to a workout regimen.

Q: *How have you used the Michigan Steps Up tool as part of your daily lifestyle?*

A: I have used the *Michigan Steps Up* weekly calculator as a guide of where I'm at on my path to living better.

Q: *Why is it important to you to promote Michigan Steps Up and the importance of becoming smoke free?*

A: *Michigan Steps Up* is a free service that anyone can access to make their life better. And with so many ways beyond our control that we can become sick, it is important to not create reasons to make us sick.

OUT AND ABOUT WITH MICHIGAN STEPS UP

See the descriptions on Page 11 that correspond to the numbers below to learn more about healthy lifestyle efforts taking place across Michigan (events marked with a black dot were described in past issues). Notice the momentum building all over Michigan! Tell us how your community or organization is stepping up by calling (517) 335-8011 or emailing bakert@michigan.gov.



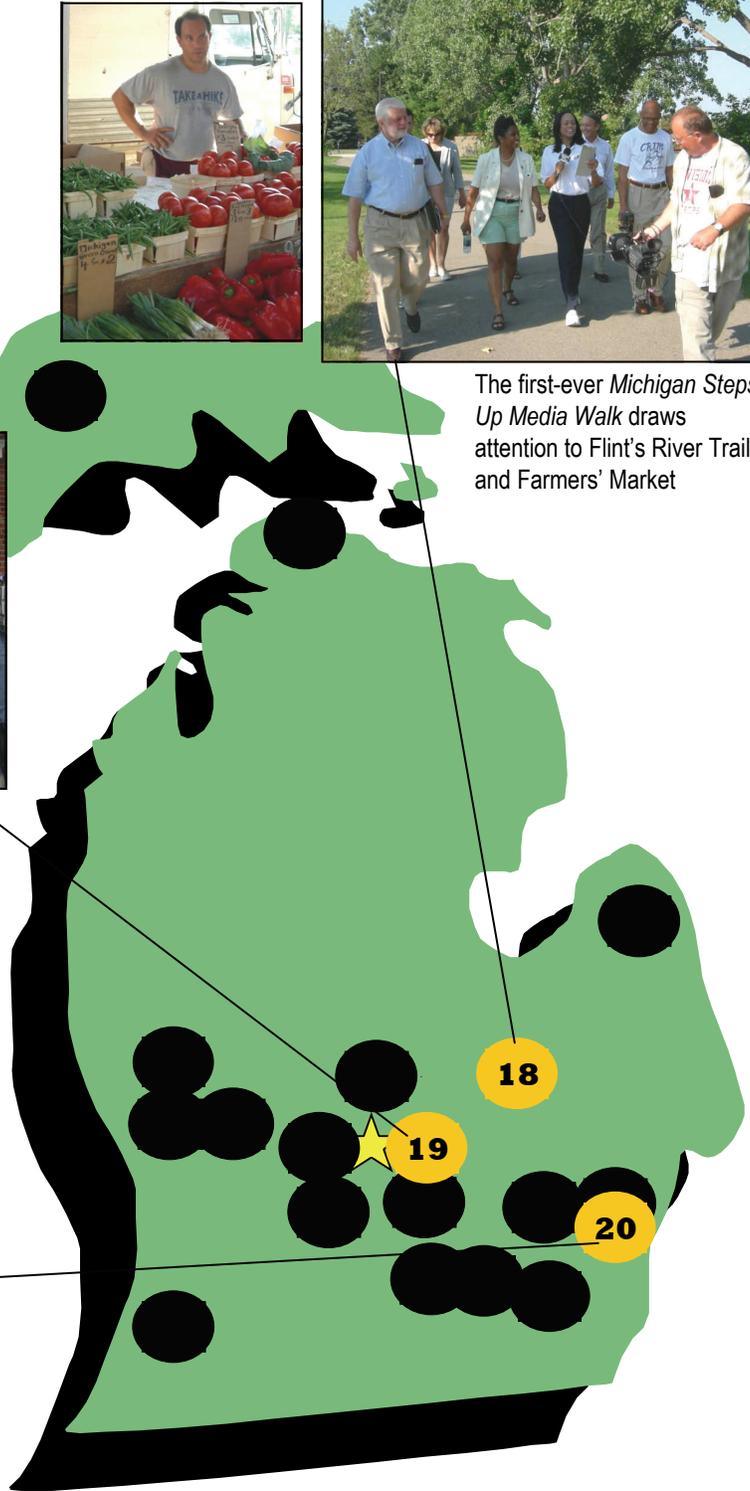
The first-ever *Michigan Steps Up Media Walk* draws attention to Flint's River Trail and Farmers' Market



Media, Mentoring: A Running Start teams, community members, State Senator Gretchen Whitmer and Lansing Mayor Virg Bernero brave the rain to walk with Dr. Kimberlydawn Wisdom on Lansing's River Trail.



Community members and elected officials officially open the Conner Creek Greenway in Detroit





18 Michigan Steps Up Media Walks Kick-Off at the Flint River Trail

In an effort to promote physical activity and raise awareness of State and local efforts to create active communities, Michigan Surgeon General Dr. Kimberlydawn Wisdom led *Michigan Steps Up Media Walks* in Flint, Lansing, and Detroit during the month of August.

The city of Flint served as the inaugural site for the first of three *Michigan Steps Up Media Walks*. The event began at the *University of Michigan Flint* campus, where Wisdom addressed the media as well as community members who were preparing to conduct a walking audit to identify safe routes for walking and biking to campus as part of the *Safe and Active Flint Coalition* activities. Special guests from the Flint community, the *Crim Fitness Foundation*, *Flint River Watershed Coalition*, *Friends of the Flint River Trail*, *Health Plus*, and the University of Michigan joined Wisdom on the walk along Flint's scenic *River Trail* with a stop at the *Flint Farmers' Market* for a glimpse at some home-grown produce.

The Flint River Trail is a paved trail running along one or both sides of the Flint River from downtown Flint to the northern edge of Flint. The trail is almost continuously asphalt and is suitable for walking, jogging, and/or biking.

19 Mentoring Teams, Local Officials, and Media Gather at Lansing's River Trail

The second Media Walk took place on a rainy August 3 in Lansing. The poor weather didn't keep members of the media or several special guests from walking with Wisdom along a two-mile stretch of the *Lansing River Trail*.

Among the group of walkers were two teams from the *Mentoring: A Running Start program* – a partnership between the *Governor's Council on Physical Fitness, Health and Sports*, *Michigan Community Service Commission*, and *Mentor Michigan*. This year, the program provided an opportunity for 19 mentor teams to spend the summer training together to complete a five-mile run across the Mackinac Bridge on Labor Day 2006. Leading the walk with Wisdom were Cindy Mares and her mentor Aungelica Boshea, and Chelsea Pendell and her mentor Jeanette Gladstone. Lansing Mayor Virg Bernero and State Senator Gretchen Whitmer also donned their umbrellas to join in on the fun.

Lansing's River Trail is among the largest in the country with just over eight miles of urban trailway. The trail traces the banks of the Grand and Red Cedar rivers and is home to many events that provide opportunities for Lansing residents to come together in the spirit of wellness, fun, and friendship. The trail is safe and easy to access, it provides a glimpse into the natural environment of mid-Michigan and is close to college campuses, historical landmarks, neighborhoods, and a variety of businesses.

20 Detroit's Eastside Celebrates New Conner Creek Greenway

A new greenway in Detroit was a perfect location for the final Media Walk on August 4, 2006. Members of the media were invited to join the Surgeon General for a sneak preview of the inaugural 1.5 mile section of the *Conner Creek Greenway*, a project of the *Detroit Eastside Community Collaborative (DECC)*. The walk concluded with a ribbon-cutting ceremony to officially open the Greenway. During the ceremony, Wisdom commended the Eastside community and Tom Woiwode of the *GreenWays Initiative* of the *Community Foundation for Southeast Michigan* for their dedication to creating an active, safe, and healthy southeast Michigan. She also presented a Certificate of Tribute on behalf of Governor Jennifer Granholm.

The Conner Creek Greenway, located on Harper Avenue, provides a key non-motorized link between parks, cultural sites, recreation centers and neighborhoods. DECC views the introduction of the Conner Creek Greenway as a fresh concept to improve the economic vitality of the area and to provide a means to tie diverse neighborhoods together with a unifying, signature element. The Conner Creek Greenway is one of the first such greenway initiatives for an urban setting in the State of Michigan.