

## Manchester Wellness Coalition Meeting November 29, 2011 Minutes

Attendees: Karl Racenis, Ray Berg, Peter Girz, Ruth VanBogelen, Mark VanBogelen, Pat Vaillencourt, Amelia Woods, Sarah Andrews, Amy Heydlauff, Erin Murphy, Diane Rickert, Madeline Rickert, Heather Sturm, Cherie Vannatter, Barry Allen, Peggy Allen, Dennis Sullivan

- I. Introductions: all attendees introduced themselves.
- II. Chelsea Wellness Foundation update from Amy Heydlauff.
  - I. Manchester Fitness Center membership is exceeding expectations. In 5 weeks, over 300 people have joined. There have already been requests to expand the hours and classes. This is a joint use facility with the school so there are limitations on hours. Power Wellness is working on the software for joint members of the Chelsea Wellness Center and Manchester Wellness Center. Currently, MWC members can get guest passes to the CWC.
    - ✓ *Action item: Amy to give 5 Healthy Towns card stock flyers to someone going to the Manchester Wellness Center – to help awareness of 5 Healthy Towns and wellness coalition.*
    - ❖ *Question came up about whether day care would be available at the MWC. Amy's response was that there isn't currently room for daycare in the building.*
      - Ruth VanBogelen (Manchester) has been added to the Comprehensive Wellness Committee of the Chelsea Wellness Foundation.
      - Chelsea and Grass Lake's coalitions have hired a consultant to help them with their plan.
      - Dexter's plans are progressing and Stockbridge is prioritizing their interventions.
      - Matt is putting together meeting dates/times and agendas for the Community Advisory Council which is made up of 4 members of each of the coalitions (typically the subcommittee leads). For Manchester the committee members are Karl, Ray, Peter and Ruth.
- III. Manchester Wellness Center Organization
  - Organization. There is no requirement for the coalitions to have a formal organization. In fact Amy suggested that if a coalition formed a 501c3 in order to be the recipient of funding, there would initially be issues with no history of accounting for the CWF to use.
  - Officers. There is no requirement for coalitions to have officers. There was much discussion about the pros and cons of having officers including addressing the issue of sustainability of the coalition. The group will revisit this issue at later meetings. For now Ray Berg will send out meeting reminders (please send the name and email of people interested in joining to Ray) and agendas, and Ruth VanBogelen will do the minutes.
  - Permanent Meeting Schedule.
    - **Next meeting is December 15, 2011 at noon in the Village Offices (same location)**
    - In 2012, meetings will be on the 4<sup>th</sup> Tuesday of each month. In odd months the meeting will be at noon and on even months at 7 pm. Meetings will be in the Village Office or the MCS Board Room in the Nellie Ackerson Building.
- II. Pat V. to check that the Village Conference room is available.
  - ✚ January 24, 2012 at noon

- ✚ February 28, 2012 at 7 pm
- ✚ March 27, 2012 at noon
- ✚ April 24, 2012 at 7 pm
- ✚ May 22, 2012 at noon
- ✚ June 26, 2012 at 7 pm
- ✚ July 24, 2012 at noon
- ✚ August 28, 2012 at 7 pm
- ✚ September 25, 2012 at noon
- ✚ October 23, 2012 at 7 pm
- ✚ November 27, 2012 at noon
- ✚ December to be determined as the 4<sup>th</sup> Tuesday is Christmas Day

- Awareness Meetings: At the December meeting we will put together slides for the awareness meetings to be held in January and February. Potential meetings include the following – but please add to the list:
  - ✚ Manchester Civic Club
  - ✚ Manchester Lions Club
  - ✚ Manchester Kiwanis
  - ✚ Village Council
  - ✚ MCS Board
  - ✚ Klager PTO
  - ✚ High School National Honor Society
  - ✚ High School Student Council
  - ✚ Chicken Broil Committee
  - ✚ Worth Repeating Board
  - ✚ CRC Board
  - ✚ Boy/Girl Scouts
  - ✚ Various church organizations (K of C, etc.)
  - ✚ Chamber of Commerce
  - ✚ Manchester Area Friends
  - ✚ Manchester Senior Citizens Council
  - ✚ Manchester Men’s Club
- In addition, Manchester Community Schools launches their employee health and fitness program at their January 16, 2012 staff in-service day. Good opportunity for MWC to present to approximately 200 staff on the coalition’s activities.
- \$5000 debit card – the CWF has offered \$5000 to the coalition to be used as needed by the coalition. Chelsea and Grass Lake have used it for a consultant for their plan. Some have dinner at their meetings.

#### IV. Reports from Subcommittees

##### A. Eating Better

- Indicators
  - Only 8% (downward trend) of Western Washtenaw residents eat 5 or more fruits and vegetables a day (2010 HIP data). Another Manchester survey

identified the primary reason as “not thinking about eating 5 fruits and vegetables”.

- 63% (upward trend) of Western Washtenaw residents have BMIs in the overweight and obese range (2010 HIP data)
- 22% have hypertension (down from 26% in 2005)
- 24% eat at fast food restaurants 1 or more times per week
- 94% live greater than 1 mile from a grocery store or healthy food source.
- Interventions proposed
  - Healthy Chef program in schools (Healthy Eating Education)
  - 5-a-day tool kit & 6 week program (Healthy Eating Education)
  - 5 Healthy Towns Qualifying restaurants and menu items (joint with Chelsea Eating Better Committee)
  - School & Community gardens
  - Enhanced Farmers Market

#### B. Move More

- Indicators
  - Upward trend in BMI in adults and children
  - Downward trend in getting moderate level of physical exercise on a regular basis
  - Large amount of “screen” time –this will increase dramatically if smart phone usage is considered “screen time”
  - Small numbers of short trip done by biking or walking
- Interventions proposed
  - Manchester Shared Use Trail and related programs utilizing it
  - Manchester Wellness Center – develop membership and additional programs aimed at specific demographics
  - Community pool has been desired by different community groups
  - Local walking programs and other structured activities for rural residents who live long distances from Manchester-based fitness infrastructure and programs
  - Safe Routes To School (shared resources with Chelsea and Dexter)
  - Complete Streets planning being adopted by Manchester
  - Healthy walking program (run through Chelsea Hospital)
- Typical goals proposed
  - Halt increase in BMI by 2015; decrease BMI by 2020
  - Increase minutes of activity per week
  - Reduce screen time (clarify definition)

*Question regarding how well the Western Washtenaw data from HIP will represent Manchester and the specific programs it implements. Suggested one question be added to 2015 HIP – what school district are you in? Amy suggested we might want to put in our plan*

*to get a baseline survey for Manchester. Such a survey was done for around \$15K for Stockbridge and Grass Lake.*

*Pat V. provided information about the M52 work that will start April 2 which will add a bike lane. Amy indicated that Matt has an awesome idea for a bike plan that he learned about in Minnesota at a meeting.*

*Cherie told us about the formation of a Fitness committee for MCS employees. A survey has indicated the #1 request is for a walking program. Karl will connect Cherie with Sheri M.*

- C. Avoid unhealthy substances – Peter discussed how most of the other areas can have performance based outcomes, but that for this area there are environmental changes which is not as easy to monitor and measure.
  - Indicators - 2010 HIP data indications issues are improving
  - Interventions –
    - Underage drinking
    - Tobacco use in youth & smoking cessation in adults
    - Prescription drug use (opiates) in youth
    - Red Barrel locations for disposing of prescription drugs
- D. Connect with others in healthy ways
  - Indicators
  - Interventions – already many events in Manchester. Some once per year, but focusing on ones that meet at least once per month
    - Many of the potential interventions piggy back on interventions from the other three areas (e.g., walking program)