

Manchester Wellness Coalition Meeting
8/26/14

Attendees – Matt Pegouskie, Sara Swanson, Ray Berg, Kevin Mowrer, Kathy Benedict, Laura Seyfried, Janice Steinhauer, Cherie Vannatter

2014 MiPHY data

High School Principal Kevin Mowrer reported on the 2014 MiPHY results:

- Students are allowed to opt out in 7th grade. If students choose to opt out they do not take the survey in future years. 60-70% participation rate. Included results were for 2012 and 2014 High Schoolers in grades 9 and 11.
- Matt will produce a comparative document for the MiPHY data. Numbers will be shared at the next MWC meeting.

PAC and NEAT

Matt Pegouskie reported on PAC and NEAT results:

- Manchester improved to the Silver Award level in the 2014 Promoting Active Communities Survey. Significant improvements were made in City policy and planning, school activities, and community activity promotions.
- Improvements can still be made to bike facilities, employer wellness programs and public transportation.
 - All PAC award winners are invited to attend the Governor's Fitness Awards in Detroit. Invitations will be sent in late 2014/early 2015.
- Manchester stayed in the same position with the Nutrition Environment Assessment Tool overall. The school district showed the greatest improvement, better their score by 8.6%.
- Suggested NEAT improvements included working with local grocery stores to highlight their healthier foods.

Grants Update

All MWC year three grants have been awarded except Carr Park Improvements, Eat Better Placemats and The Leader in Me. Those applications will be filed in the next cycle.

Coalition Updates

- The Street Festival's Block of Health was a mixed success. Mild response from private health care providers. A Chelsea Community Hospital Table, Manchester Wellness Coalition Table, relaxation tables, and Manchester Voices table were all together. Much lower attendance overall from years past. Only two beds in the bed race.

Placed by the classic cars and children, okay community engagement but not as many people visited as hoped. A suggestion was made to move the block into downtown by the other non-profit organizations.

- Senior Lunches: Senior lunches want to provide more fruits and vegetables to its customers. In addition to donations, it was suggested MWC include an intervention to assist with the purchase of fresh produce. Upcoming events include a flu shot clinic October 6 at Emanuel United Church of Christ. Seniors with Medicare are covered. Otherwise the cost is \$30.
 - Matt will work with Kathy Benedict to develop an intergenerational activity for students and seniors. Suggestions were made to hold ballroom classes and a Senior to Senior Prom.

- MWC will host an outreach event at the October 10th Manchester Football homecoming game. Coalition members are asked to attend and help talk about coalition activities.