

Stockbridge Area Wellness Coalition Meeting Summary

Thursday, March 16, 2015, 7 p.m. Stockbridge MS/Admin. Building, Rm. 108

Attendees: Paul Crandall, Brian Johnson, Jo Mayer, Mary Gibson, Emily Stewart, Cady Bauer, Bill Stickney, Kelly Schmidt, Art Franke, Matt Pegouskie, Ruth VanBogelen

1. Diabetes Prevention Program, My Choice My Health. Art Franke provided information about this program which is for people who meet the criteria for pre-diabetic either because they have been told by their doctor or get enough points on a questionnaire (see attached). The program is recognized by the Center for Disease Control and research studies have shown this program is as effective as or more effective than the medication Metformin. It is a one year program and participate attend meetings once a week for the first 16 weeks, then monthly. The reason it works is because everyone shares the same risk and support each other. The goal is for participants to lose 5-7% of their body weight and to get 150 minutes of exercise a week. Plans are underway to offer this program (free to all who qualify) in Stockbridge sometime in the 2nd half of this year.

2. Small Towns Design Initiative, Urban Trails and Safe Routes to School – Matt provided an update on these projects. A group from the coalition met and provided the priorities to the 56 recommendations for the Urban Trails and these have been sent back to MSU. Matt has been meeting with all the local townships/government groups to inform them and to get their ok to proceed with Safe Routes to School planning. Matt has been to the Stockbridge Village Council, DDA, Stockbridge Township and Stockbridge Chamber of Commerce. At this time Matt is estimating the grant request would be for around \$215,000 and would likely be submitted for the Oct/Nov deadline.

3. Ideas and estimated costs for the Year 4 Plan. The timeline for developing the plan is: a) Lori Kintz will come to the May meeting to gather ideas for the plan. Draft intervention tables (or presentations) should be done for this meeting (Matt can help with the intervention tables – email him to set up a day/time), b) June meeting – review the plan Lori has prepared, c) submit the plan 1st week in July, d) end of August CWF BOD reviews and approves. Before the next meeting, the amount CWF will offer will be known.

- Eat better ideas are:
 - Open Air Market ~\$4228
 - Classroom fruit and veggies (Darren Hejnal's class) - ~\$1000
 - Tide me over backpacks – adding milk coupons - ~\$8100
 - Covered shelter at Heritage/Smith playground area – no estimates yet
- Move More ideas are:
 - Trail Maintenance ~\$2400
 - Urban Trails and Safe Routes to School ~\$40,000
- Avoid Unhealthy substances ideas are:
 - SRSLY ~\$20,000
 - Marketing for Black Box (Red Barrel) - ~ \$800
- Healthy Connections ideas are:
 - Community Read – coalition already approved \$4225
 - Community Communications fall brochure ~\$5000 and Community Calendar ~\$9000

NEXT MEETING IS APRIL 16 at 7 pm, but there will be a meeting about Urban Trails at 6 pm.