



Grass Lake Community Wellness Initiative

Meeting February 15th, 2015, 6 p.m.

1. Introductions
2. Intervention Review
 - Community Read-4th year-Sue Weible
 - Budget:
 - \$3,500
 - Description:
 - The Community Read event is held annually during the month of October. It is a collaboration of five district libraries that focus reading programs and events to support a CWF theme. A book is selected using input from all 5H local coalitions. It is collectively chosen by a committee to support the theme based on content and market availability. This year's theme was "avoid unhealthy substances"
 - Goals:
 - Short-term: Distribute a designated number of books to promote a healthy lifestyle with the goal that there will be 4,000 "reads" of related materials and books.
 - Mid-term: Increased knowledge of the targeted CWF element and available local resources to assist the community.
 - Long-term: Decrease the percentage of Grass Lake residents who are overweight or obese; increase individual physical fitness levels, become a local resource for those seeking information on substance abuse, and to become a community center to socially connect people of all ages.
 - Key Evaluation Data:
 - Number of books distributed
 - Class sign-in sheets
 - Evaluations and follow-up surveys
 - Program attendance
3. Review of 5 Year Plan-should we make revisions based on the 2015 HIP data?
4. Safe Routes to School Update-Matt Pegouskie
5. Discuss possible program to fight malnutrition, diabetes, and obesity-David Atiyeh
6. Discussion of Spring Business Expo and Craft Show, March 19th from 10 a.m.-4 p.m.
7. Any Other Items?
8. Announcements

Reminders:

- ***Next grant submission deadline is April 1st***

Upcoming meetings

March	Update on School Fitness Coordinator
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