



Grass Lake Community Wellness Initiative

Meeting July 17th, 2017

Attendees: Jim Stormont, Ben Dandrow, Dawn Cuddie, Dianne DeBoe, Joe DeBoe, Joyce Sager, Michael Willis, Barry Rudloff, Beverly Fex, Trinh Pifer, Annie Lavergne, Debbie Eccleton, Minji Kang, Leigh Vogelsong, Frank Lusebuck, Matt Pegouskie, Ashley Tomasi

1. Introductions

2. Review of Year 4 Diabetes Prevention Program My Choice My Health – Leigh Vogelsong (see presentation attached)

- Program took place at Grass Lake Senior Center from May 2016 – April 2017. The program is part of the CDC's National Diabetes Prevention Program and targets adults 18+. This lifestyle change program helps people with prediabetes eat healthier, become more physically active, and lose weight with the goal to delay or prevent the onset of type 2 diabetes.
- Budget: \$5,500
- Goals: (1) Weight loss over the first six months in the range of 5% to 10% (2) Moderate physical activity of 150 minutes per week
- Key data: 11 participants, average of 2.2% body weight lost, average 211 minutes of physical activity per week
- A new session of My Choice My Health will be starting this fall/winter in Grass Lake. More details to come

3. Review of 2017 NEAT and PAC Surveys – Minji Kang (see survey results attached)

- Minji is the 5HF summer intern. She is in the process of conducting the PAC and NEAT in all the 5H communities
- PAC: evaluates ways a community supports active living
 - 2017: received bronze award
 - What's going well: programming and promotion, community, current environment
 - Suggested Improvements: community policies and planning
 - We are planning to revise data to include Village data. Revised results will be sent out via email
- NEAT: Assessment of community's environment and policies related to promoting and supporting healthy eating
 - 2017: partially supportive
 - What's going well: community programming, worksites healthy eating support, school nutrition
 - Suggested Improvements: healthy eating features in local media, worksite healthy eating education, community involvement with healthy eating in school
- Please reach out to Ashley or Minji (minji@5healthytowns.org) with any questions.

4. Continue brainstorming and developing an intervention list for the Year 6 Plan. Lori Kintz will attend the September coalition meeting to begin collecting information for the Year 6 Plan narrative. The plan will be submitted to 5HF in November. Year 6 budget is \$75,000



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- **Intervention table assistance and deadline**
 - Matt will send out times that he will be available to meet with intervention leads to work on tables
 - Year 6 intervention tables will be due mid-September (TBD)
- **Draft Year 6 Plan list of interventions below:**
- List of Year 6 possible continuing interventions:
 - Outdoor Yoga By the Lake - \$1,000
 - Healthy Cooking Classes - \$1,000
 - Farmers Market - \$9,000 (\$4,500 for 2017, \$4,500 for 2018)
 - Grass Lake Senior Center - \$10,000 (increase to cover the cost of additional day and programming)
 - Project Safe Graduation - \$1,000
 - Event Sponsorships - \$3,750
- List of possible new interventions for Year 6 Plan:
 - Celebrate Recovery - \$5,000
 - Road Runners Training Program/Challenge - \$2,500
 - Sports/Trails/Parks - \$10,000 (TBD)
 - Bike Racks - \$1,000
- Developing Ideas:
 - Healthy GL Restaurants
 - Phase II of the Pavilion
 - Movies Under the Pavilion
 - Wolf Lake Water Ski Club Equipment - \$1,000?
- **Total (excluding developing ideas): \$44,250**

- **Recap of Traffic Jam'in Festival and 5k**
 - This year's festival drew huge crowds, especially for Saturday night's Rock and Roll line up
 - First event to use the new pavilion!
 - 5K was a huge success, growing from 50 racers last year to 160!
 - Next year's Traffic Jam'in Festival will be July 13th and 14th

5. Other items/Announcements

- **Grass Lake Road Runners - Saturday Morning Run Group – 7:50 a.m. leave from the Roaming Goat**
- **Grass Lake Farmers Market – Wednesdays, May 10 – September 27th, 4 – 7 pm, Whistlestop Park**
- **Music in the Park – 1st and 3rd Wednesdays, May 3rd – September 21st, 6 – 8 pm, Whistlestop Park**
- **5H Farm to Table Dinner – August 27th, in the new pavilion, 4pm – 7pm, tickets \$50**
www.facebook.com/5healthytownsfarmtotable



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Reminders:

- ***Next grant submission deadlines are August 4th and October 6th***

Upcoming meetings

August 24 th (meeting rescheduled due to Back to School Night)	Review of Grass Lake Senior Center, finalize list of Year 6 interventions
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