



Grass Lake Community Wellness Initiative

GLCWI Coalition Meeting Summary

Mar. 17, 2014 at 6:00 pm at Grass Lake Township Hall.

Attendees: Doug Moeckel, Ed Fuller, Heather Blakeman, Michael Willis, Lisa Rowe, Ben Dandrow, Debi Eneix, Sue Weible, Wendy Murdock, Kathy Camilleri, Joyce Sager, Joe DeBoe, Danny Hart, Diane DeBoe, Theresa Politowicz, Matt Pegouskie, Ruth VanBogelen

1. Welcome and introductions

2. **Presentation by David Atiyeh**, Moved to April 21 meeting.

3. Review of 2012 MiPHY data – MiPHY is Michigan Profile for Healthy Youth.

The 2014 MiPHY data was provided to the coalition for the purpose of looking at trends in the data, 2010, 2012, 2014. The data was made available in many different tables so after some searching for data, Wendy, Matt and Ruth offer to go through all the raw data and look for trends and report back to the coalition at the April meeting. 9 of the 17 health indicators in the Year 1 and 2 plan were from MiPHY data so this review is important that the coalition is prioritizing health indicators for the Year 3 plan is done with new data.

Two other demographic groups that maybe should be looked at:

- Seniors. The HIP data can be looked at by age. Next month, a summary of some HIP data by age will also be summarized.
- Pre-school age. Jackson Intermediate School District may have some data on this population

4. **Prioritize health data and community assessment gaps** – because the group will continue to look at data next month, prioritization is delayed until the data review is complete.

5. Any other items, any community announcements

- Last weekend's Business Expo was a success. 17 individuals signed up for the coalition. There are T-shirts available for all coalition members
- Andy's Angels Benefit Dinner last weekend – very good learning opportunity about the issues of opiates. A few coalition members attended this event.



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New Intervention ideas for Grass Lake's Year 3 Plan:

1. Community Garden
2. Wellness Center
3. STDI projects
4. Senior Center/Community Center
5. Swimming lessons in the lake
6. Library Fitbit club
7. Sidewalk on Mt. Hope Road to Prospect
8. **Grass Lake Girl Power** - Bringing together the strength of 3 community organizations, this intervention proposes to unite the Girl Scouts at the elementary school level, Girls On the Run at the elementary school and expand to a pilot program at the middle school, and the Girls Cross Country Team at the high school to promote fitness and positive self-image for girls. I can make a huge case for a girls only intervention. I thought we could build on the successful foundation already established at George Long Elementary School with the playground activities and the eat better programs.
9. **Grass Lake Cyber Cafe Web Portal and myApp with MyNutratek** - this offering brings myNutratek into the Grass Lake Schools, seeking a sponsoring organization like a corporation or even CWF for the first year. I am hoping that Manchester and Dexter also have interest in exploring this program. I can do a 15 minute overview, even an online demo if folks are interested. It's a really neat offering that expressly focuses on fitness and healthy weight through self reporting and establishing a personal health record. Its value is in the impact on health awareness, behavior and healthy choices and the availability of data to use for other interventions through customized reports
10. Safe Routes to school
11. George Long Elementary Healthy Choices, PTO
12. Playground equipment for preschool program



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Work in Progress- Health indicators highlighted at the February meeting.

Focus Area	Key indicators used in Year 1 & 2 Plan	Potential areas for Year 3 Plan
Move More	66% of adults participate in physical activity outside of work	
	approx. 52% of middle/high school students get adequate physical activity	
	22% diagnosed with hypertension	
	28% diagnosed with high cholesterol	
		Bike racks (PAC survey 2012 indicated insufficient bike racks), coalition members indicated that rack near whistle stop, downtown and at the parks would be good. Also that there is confusing signage about bike riding near the depot, lack of sidewalks on Mt. Hope, crossing near the BP station is difficult for bikes
		48% of students do not get 60+ minutes physical activity per day
Eat Better	70% of adults are overweight or obese	70% of adults are overweight or obese
	residents consume 2.7 servings of fruits and vegetables a day (5 is recommended)	residents consume 2.7 servings of fruits and vegetables a day (5 is recommended)
	Approx. 30% of middle/high school students drink soda daily	
		Healthy signage at Grocery store and convenient stores
Connect with Others	Over 60% of high school girls trying to lose weight when they don't consider themselves overweight	
	18% of 11th graders report attempting suicide	18% of 11th graders report attempting suicide
	14% diagnosed with depression	
	25% of high school students have been fullied on school property	
Avoid unhealthy substances	37% of 7th graders report same; 45% report cyber bullying	
	9% smoke an average of 15 cigarettes a day	Observation: lots of people smoke in Grass Lake
	ave age of first alcohol use: 12.1 for 9th grade, 14.4 for 11th grade	
	14% of 7th grade have used prescription painkillers (no Rx)	
	66% of GL teens say alcohol is easy to obtain	
	9% of adults age 18-29 use substance to get high or feel better	
	City of Jackson legalized 1 ounce possession of marijuana in Nov 2014, though still illegal in state	