



Grass Lake Community Wellness Initiative

Agenda for GLCWI Coalition Meeting

May 19, 2014 at 6:00 pm at Grass Lake Township Hall. – NOTE NEW TIME 6 pm not 6:30 pm

1. Welcome and introductions
2. Review and prioritization of final health indicators for coalition
3. Develop 5 year plan for coalition -
4. Any other items, any community announcements

Calendar for the coalition over next few months

Date	Meeting plans	Comments
June Coalition Meeting	Review 3 Interventions	Work on intervention tables
July Coalition Meeting	Review 3 interventions	Work on intervention tables
August 18 meeting	Review 2 Interventions Review Budget Requests & prioritize if needed	All draft intervention tables completed with budgets Draft Success stories Collect testimonials Give all the Lori to begin writing the plan
September 15 meeting	Review Rough Draft from Lori Kintz	
September 29	May need a meeting to finalize plan	
October 6	Submit plan to Matt and Amy for review	Amy and Matt may have comments and the coalition has time to respond by Oct. 22
October 22	Plan goes to the Joint committee	
November 5	Joint committee Review meeting	Joint committee may have decisions, requirements for the plan which need to be addressed by Nov. 19 th .
November 24	CWF BOD review of the plan	



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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

Health Date Review – to date



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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
		Students get 3+ hours of screen time on school days (after school)
		5% have diabetes (MI data is 10%), is this real or are there a lot of cases of undiagnosed diabetes in GL.
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 bullied on school property	
	37% of 7th graders report same; 45% report cyber bullying	
Avoid unhealthy substances	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