

# Chelsea Friends and Family Wellness Coalition | Plan Year 6

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| <b>NAME OF THE INTERVENTION</b>                     | <b>Walk!</b>   |
| <b>5HF Element* to Impact</b>                       | Move More  |
| <b>Fiscal Agent</b>                                 | St. Joseph Mercy Chelsea   |
| <b>Tax I.D</b>                                      | 38-2113393   |
| <b>Implementation Contacts (2 or more required)</b> | Reiley Curran, (734) 593-5279, <a href="mailto:reiley.curran@stjoeshealth.org">reiley.curran@stjoeshealth.org</a> ;<br>Autumn Orta, (734) 593-6269, <a href="mailto:autumn.orta@stjoeshealth.org">autumn.orta@stjoeshealth.org</a> |
| <b>Contact phones and emails</b>                    | See above  |
| <b>Date Funding Required</b>                        | 7/1/2017   |
| <b>Implementation Date</b>                          | 7/1/2017   |
| <b>Estimated Completion Date</b>                    | 6/30/2018  |
| <b>Total Amount Requested from 5HF</b>              | \$5,000  |

| Criteria   | Descriptions  |
|--|---|
| <p><b>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</b></p> <p><i>Typically one paragraph and 3-5 sentences</i><br/><i>Target population options: youth, adult, seniors, disabled, etc.</i></p>                         | <p>St. Joseph Mercy Chelsea would like to leverage some existing program funds within the hospital to improve the environment in ways that promote walking in Chelsea. Specifically, we propose to remove the old walking map from the side of the building at Park and Main St. and replace it with a new map, reflecting some of the new trails in town. We also propose engaging an engineer to begin the process of improving walkability on the hospital campus, as it is used by hundreds of employees and community members every day. These improvements would support safe walking for youth, adults, and seniors in the community.</p>  |
| <p><b>2. How does this intervention address the needs identified by your community and the coalition?</b></p> <p><i>Please be specific and refer to local data (i.e. HIP, MiPHY, PAC, NEAT, etc.) and/or the coalition strategic plan. Should include specific health/wellness indicators.</i></p> | <p>Half of adults and one third of youth report not meeting recommendations for regular physical activity. A survey of hospital employees in community members in October 2016 identified areas on the hospital campus where people regularly walk that are unsafe due to lack of sidewalks or other pedestrian paths. The walking map mural downtown was installed more than ten years ago and is now showing its age, with faded color, cracked material, and out dated trails.</p> <p>This intervention will help the coalition achieve goal 2, objective 3 of the new strategic plan, by engaging more people in coalition activities. Many people already walk in town, and these improvements would facilitate that activity for them. More importantly, these improvements will make it easier for people who are not currently physically active to start</p> |

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|  | walking more in Chelsea.   |
| <p><b>3. What are the specific goals for the intervention?</b><br/> <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals)</i></p> <ul style="list-style-type: none"> <li>• <i>State what you are trying to accomplish,</i></li> <li>• <i>How you will measure progress toward and accomplishment of your goal</i></li> <li>• <i>Who is responsible for collecting the data?</i></li> <li>• <i>Why you think the goal is attainable</i></li> <li>• <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i></li> <li>• <i>What is the timeframe for achieving the goal?</i></li> </ul> | <p>The goals of this intervention are to:</p> <ol style="list-style-type: none"> <li>1. Develop a master plan for improving walkability on the hospital campus, including funding and sustainability. A committee of hospital leaders including the CEO, CFO, Board Chair, Director of Facilities, and Community Health Improvement Manager are engaged in this process. With decision-makers at the table, it is more likely to be successful. The timeframe for developing this plan is fiscal year 18 (July 2017 – June 2018)</li> <li>2. Replace the walking map mural in downtown Chelsea in order to encourage walking in the city. This was accomplished with a small grant from the Chelsea Community Foundation in 2005; with support from the coalition, it could easily be accomplished again this year.</li> </ol> |
| <p><b>4. What key data will be collected, analyzed, and used to evaluate the intervention?</b></p>   | <p>Units of engagement will not be able to be calculated for this intervention, as it is an infrastructure project. The first measure of success will be completion of the two goals. Once those are complete, we will be able to move forward with physical improvements to walking trails and pedestrian paths on the hospital campus.</p>   |
| <p><b>5. What are the estimated Units of Engagement for the intervention?</b></p>  | <p>Unknown. Hundreds of employees and community members visit the hospital campus every day. With more and safer pedestrian paths, even more people might be attracted to walk at the hospital. It would certainly be safer for those already walking here if there were more dedicated pedestrian paths, rather than walking through parking lots or alongside roadways.</p>  |
| <p><b>6. Who (specifically) will be responsible for what aspects of intervention implementation?</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>   | <p>Reiley Curran is the point person on this project, with support from other hospital staff/departments:</p> <ul style="list-style-type: none"> <li>• Autumn Orta, Community Health Office Coordinator</li> <li>• Tom Tocco, Regional Facilities Director</li> <li>• Dan Cobb, Plant Operations Director</li> <li>• Nancy Graebner, CEO</li> <li>• Barb Fielder, CFO</li> <li>• Russ Billau, Director of Volunteer Services</li> <li>• Kathy Schell, Director of Mission Integration</li> <li>• Paula Rode, SJMC Board Chair</li> </ul>   |

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| <b>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention?</b>   | Yes – Permission to remove and replace the walking map mural will need to be secured before implementation can begin by the building owner and City of Chelsea. This will be completed once the grant has been approved. The hospital has approved the walkability master plan proposal. |
| <b>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability).</b> | City of Chelsea, Chelsea DDA, Chelsea Wellness Center, UM Family Practice, St. Paul's Church, Silver Maples, Faith in Action, IHA Internal Medicine, Smokehouse 52   |
| <b>9. If this is a continuing intervention:</b>   | NA - new intervention  |
| <b>10. Does your intervention have a sustainability plan?</b>   | No, but a sustainability plan for walkability will be developed as part of the master planning process.  |
| <b>11. Provide citation(s) of similar programs used as a model in developing this intervention.</b>   | <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2921187/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2921187/</a>  |

| <b>Expense</b>                       | <b>Cost</b>     | <b>Source of Funding</b>           |
|--------------------------------------|-----------------|------------------------------------|
| Removal of Existing Mural            | \$750           | 5H grant                           |
| Graphic Design of Mural              | \$1,750         | SJMC In-Kind                       |
| Production and Installation of Mural | \$2,500         | 5H grant                           |
| Walkability Master Plan              | \$5,000         | SJMC (\$3,250), 5H grant (\$1,750) |
| <i>TOTAL 5H GRANT</i>                | <i>\$5,000</i>  | 5H grant                           |
| <b>TOTAL PROGRAM COST</b>            | <b>\$10,000</b> |                                    |

| <b>Budget Summary</b>                                 | <b>Amount</b>  | <b>Percentage</b> |
|---|----------------|-------------------|
| Amount of funds from Coalition                        | <b>\$5,000</b> | <b>50%</b>        |
| Total funds from other sources                        | <b>\$5,000</b> | <b>50%</b>        |
| Marketing/Advertising                                 | <b>\$0</b>     | <b>0%</b>         |
| Compensation – to one or more people                  | <b>\$7,500</b> | <b>75%</b>        |
| Infrastructure (structure that lasts 5 years or more) | <b>\$2,500</b> | <b>25%</b>        |
| Other expenses  | <b>\$0</b>     | <b>0%</b>         |