



## Grass Lake Community Wellness Initiative

### Agenda for GLCWI Coalition Meeting

Mar. 17, 2014 at 6:00 pm at Grass Lake Township Hall. – **NOTE NEW TIME 6 pm not 6:30 pm**

#### 1. Welcome and introductions

2. **Presentation by David Atiyeh**, Chiropractor Neurologist will present information to the coalition about physical activity and nutrition. (15 minutes). David lives in Grass Lake.

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

- We looked at the 2010 MiPHY data last month along with other data surveys
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#### 4. Prioritize health data and community assessment gaps

A list of health data and community assessment gap was generated last meeting (see next page), we will add/change based on the 2012 MiPHY data and then prioritize the list (what are the top 3-5)

#### 5. Any other items, any community announcements



# Grass Lake Community Wellness Initiative

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