



Grass Lake Community Wellness Initiative

Meeting Summary for May 19, 2014 Coalition meeting

Attendees: Rich Mead, Joe DeBoe, Matt Pegouskie, Joyce Sager, Doug Moeckel, Jessica Alopaeus, Ben Dandrow, Steve Moyer, Ruth VanBogelen

1. Welcome and introductions

2. Review and prioritization of final health indicators for coalition. The list of health indicators used in the Year 1 and 2 Plans were combined with the new data (MiPHY) to create 6 Health Indicators (see Table 2 Below). A matrix was developed with these 6 health indicators and the interventions from Year 1 and 2 – so that we can see how many interventions address each of the 6 indicators.

3. Develop 5 year plan for coalition. We developed a 5 year plan table which includes the past 2 years and the future 3 years. The table includes a projection of which interventions will be part of the plan in Year 3, 4 and 5 (2014-15, 2015-16, 2016-17. See Table 3 below. Ruth has offered to draft a 5 Year Plan document using these concepts which were discussed at the meeting:

- Take advantage of current space to hold wellness programs (schools, township hall, churches)
- People have to “like it” to do it – this applies to physical activity but other wellness things as well
- People need to know the principles the lead to wellness (e.g., walking once a month will not make you physically fit).
- Grass Lake is a small rural town with a great sense of community; therefore, many will join a promotional activity. If the coalition had one theme/focus and promoted this, likely most of the community would join in.
- Physical activity opportunities are needed that are weather independent
- Coalition needs to have more discussion about strategic direction of the coalition, this will take some time, but the goal will be that the strategic direction will be “solid” when the 2nd 5 year plan is being written in 2017.

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



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		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	

TABLE 2: Health Indicators for Year 3 Plan

Increase number of residents with normal BMIs	2010 HIP data 70% of adults are overweight or obese 2014 MiPHY data – 19.4% of 7 th graders and 28.3% of HS students are overweight or obese,
Increase physical activity in adults and youth	2010 HIP data 66% of adults participate in physical activity outside of work 2014 MiPHY 25% of 7 th and 31% of HS students were active 60 minutes or more in 5 of the last 7 days
Increase intake of fruits and vegetables	2010 HIP data - 8% of adults 2014 MiPHY data - 25% of HS students eat 5 F/V per day
Decrease availability of alcohol, marijuana, cigarettes, cocaine, heroin, non-Rx prescription drugs	2014 MiPHY data: 51% of HS students say it is easy to get marijuana 21.5% of students have been offered , sold or given illegal drugs
Provide strategies and alternatives to substance abuse and support to stop using.	2014 MiPHY data: HS students 17.7% have smoked cigarettes 40.8 % have used alcohol
Provide strategies and support for dealing with stress, self-perceptions, depression	2014 MiPHY data: 27% of students feel sad or hopeless every day for 2 weeks or more 18.5% have considered suicide



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Table 3: Matrix of interventions and health indicators

Element	Intervention	Increase number of residents with normal BMIs	Increase physical activity in adults an youth	Increase intake of fruits and vegetables	Decrease availability of unhealthy substances	Provide strategies & alternatives to substance abuse	Provide strategies and support for stress, self-perception and depression
AUS	Most Teens Don't Campaign						
AUS	Red Barrel						
AUS	Project Safe Gradulation						
CWO	Event Sponsorship						
CWO	Community Read						
CWO	Coalition Marketing						
CWO	Momentum Youth Support Group						
CWO	Food for Friends						
EB	Farmers Market						
EB	Cooking Classes						
EB	Eating Disorders						
EB	Healthy Food Prep						
EB	Long Elementary						
MM	Sports/Trails/Parks Improvements						
MM	School Fitness Coordinator						
MM	Walking Program						
MM	Fit Families						
MM	Wellness Center Business Plan						
MM	HS Fitness Room						
MM	Recreation Park Path Maintenance						
MM	Community Parks Concept Drawings						



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Table 4. 5 year plan projected interventions over 5 year period

Element	Intervention	Year 1	Year 2	Year 3	Year 4	Year 5	
AUS	Most Teens Don't Campaign	\$ 6,575	\$ 7,395				
AUS	Red Barrel		\$ 2,915				May need a little funding in Year 4
AUS	Project Safe Graduation		\$ 1,000				
CWO	Event Sponsorship		\$ 4,000				
CWO	Community Read		\$ 3,000				
CWO	Coalition Marketing		\$ 3,000				
CWO	Momentum Youth Support Group		\$ 1,500				Needs a leader
CWO	Food for Friends	\$ 2,340					
EB	Farmers Market		\$ 4,840				
EB	Cooking Classes	\$ 3,600	\$ 3,600				
EB	Eating Disorders		\$ 3,000				Needs a leader
EB	Healthy Food Prep	\$ 5,825					
EB	Long Elementary	\$ 2,600					
MM	Sports/Trails/Parks Improvements		\$ 38,905				
MM	School Fitness Coordinator	\$ 11,000	\$ 23,846				Ensure inactive students are involved, enjoying what they are doing
MM	Walking Program	\$ 2,000	\$ 2,000				Continue without funding
MM	Fit Families		\$ 1,000				
MM	Wellness Center Business Plan	\$ 25,000					
MM	HS Fitness Room	\$ 11,000					
MM	Recreation Park Path Maintenance	\$ 8,000					Move into Sports, trails, parks, improvement
MM	Community Parks Concept Drawings	\$ 5,000					Done, next steps TBD like in Sports, trains, parks improvements
EB	Community Garden				X		
CWO	Senior wellness program				X		Could a pilot be done at the Township hall when not in use for township business. Already have once a month lunches
MM	Library Fitbit club						Sue - need more information
MM	Boys on the Run						Already have Girls on the Run, need boys on the run year 4 or 5
MM	Safe Routes to school				X		Year 5 or later
	MyNutratek						On hold watch the market for these.
	Promotion and awareness programs - so community is more involved						Once a strategy is developed
MM	Swimming Lessons in the lake						NO
MM	Sidewalk on Mt. Hope to Prospect						NO
MM	Playground equipment preschool						No
MM	Wellness Center						