



## Grass Lake Community Wellness Initiative

Meeting January 18<sup>th</sup>, 2016

**Attendees:** Jim Stormont, Ben Dandrow, Ashley Tomasi, Joe DeBoe, Doug Moeckel, Steve Moyer, Matt Pegouskie, Dawn Cuddie, Sabrina Edgar, Joyce Sager, Rebecca Arnold, Veronica Zick, Bob Zick

### 1. Introductions

### 2. Intervention Review

- Farmers Market Year 3-Sabrina Edgar (*see presentation attached in email*)
  - Budget:
    1. \$55,000- 2<sup>nd</sup> Year of funding
  - Description:
    1. The market was held from May to October. The market coincided with Music in the Park on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month during the market season. The funds also will also go towards the construction of a 40' x 80' pavilion that will be able to house 30 vendors and can be used for other community events.
  - Goals:
    1. Construct a permanent downtown pavilion in the Community Events Park to house the Grass Lake Farmers Market and other community events.
      - 52% of funds have been raised to complete the structure.
    2. A sustainable resource for fresh fruits and vegetables, and other farm products that satisfies a need in the community, while bringing people together in downtown Grass Lake for a healthy activity every week.
      - Next season's market will be held every Wednesday from 4-7 p.m.
      - The Market is currently pursuing 501c3 status and food assistance programs.
  - Key Evaluation Data:
    1. Number and type of vendors- 19 vendors throughout the season
    2. Gross sales-\$14,186
    3. Customer counts- averaged 167 people per market

### 3. Review of 2015 HIP Data- Ashley Tomasi (*see presentation attached in email*)

- The HIP survey is conducted every 5 years. It is a local version of the CDC's Behavioral Risk Factor Surveillance Survey. The HIP is a phone survey that is used to collect data about residents regarding their health-related risk behaviors, chronic health conditions, and use of preventive services.
- Please email me if you would like to see the full HIP dataset.
  - Highlights
    1. Strengths
      - Reduction in respondents who considered committing suicide in the past 12 months

- 0% of respondents reported rarely or never getting the social or emotional support they needed
- Highest percentages for adults and children who engage in physical activity in the 5 Healthy Towns
- Greatest percentage of children who eat 5 or more servings of fruits and vegetables per day

2. Areas of Improvement

- 74% of respondents were overweight or obese
- Highest percentage of people who report 10 or more poor physical health days per month
- Increase in adults and children diagnosed with anxiety and depression

4. **Safe Routes to School Update**-Matt Pegouskie

- Another meeting with MSU will be scheduled in late February or early March.
- Potential routes include:
  - Mt. Hope Road
  - Grass Lake Road to the Lockwood Subdivision
  - Northside of Old US 12
- An estimated \$375,000 to go towards infrastructure improvement in Grass Lake

5. **CAC/5H Update-get input on community events to include in the brochure. Next meeting March 7 at 6 p.m. 5HF-** Matt Pegouskie

- The CAC will be creating a brochure that will feature interventions, data, and events going on in each of the 5 Healthy Towns. Brochures will be mailed out to the community.
- Email Matt any events that will be happening in the next 3-4 months that you would like to be included in the brochure. Deadline is February 25<sup>th</sup>.

6. **Diabetes Prevention Program Planning**-Matt Pegouskie

- Elaine has been meeting with Leigh Vogel song from the National Kidney Foundation to work out the details of the upcoming Diabetes Prevention Program. Looking to run the program in either August or September. Coordinators are hoping to secure a morning slot for the class from 9-10 a.m. Classes may be held in the Community Room at the Township.

7. **Discuss possible program to fight malnutrition, diabetes, and obesity-** David Atiyeh

- Tabled for next meeting

8. **Other items/Announcements**

- Starting in February there will be a board game night every Wednesday from 6-8 p.m. at the Township. These are free events open to all community members.
- Matter of Balance classes will be offered at the Senior Center from 2-4 p.m. on Wednesdays in February. Call the Senior Center for more information
- Community Walks are held the 1<sup>st</sup> and 3<sup>rd</sup> Saturdays of the month. The next walks will be held on January 23<sup>rd</sup>. Meet at the ticket booth on the west side of Stoker Field, walk begins at 9:30 a.m.

**9. Reminders:**

- *Next grant submission deadline February 5<sup>th</sup>*

**Upcoming meetings**

February	Review Community Read, review and revise 5 Year Plan
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