

QUARTERLY NEWSLETTER

REDUCING RISK OF CHRONIC DISEASE THROUGH GARDENING

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The WISEWOMAN Entrepreneurial Gardening Program is a lifestyle change program for women ages 40-64. It provides participants with skills and resources to increase healthy behaviors and to earn additional income through gardening. It also acts as a great social support network for the women. The program is designed to help participants grow fruits and vegetables for their families and to grow extra produce to sell at farmer's markets or a roadside stand. The gardeners receive nutrition education classes as well as hands on experience from local farmers and gardeners. They are also invited to participate in the annual WISEWOMAN Gardening Conference, held each spring. The program is currently offered in 20 counties throughout the State of Michigan and has close to 100 participants.



AUGUST 2018

WELCOME

For coalition updates and information please visit:

www.livewell4health.org

 @livewell4health

Send newsletter submissions to:
ebarrett@dhd10.org





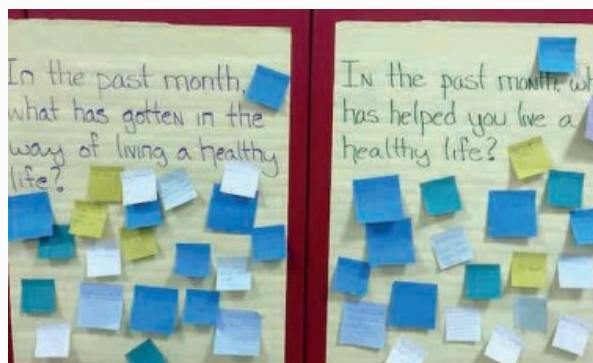
NEW DATA SOURCES LEAD TO MORE COMMUNITY CONTROL

BY EMILY LLORE, MPH AND MELANIE PERRY, MPH, CHES

We, as part of the Northern Michigan Community Health Innovation Region, have engaged in many new types of data collection throughout the past year using new technologies, powerful social media platforms, and “direct touch points.” A direct touch point is any place in the community where residents go in their day-to-day lives. Meeting residents at these convenient touch points, we can easily gather their input on various issues. We’ve used traditional pen and paper surveys, focus groups, and large, colorful Community Input Boards. In collaboration with our community partners, we have asked questions at these direct touch points:

- » Food Pantries
- » Shelters
- » Community Breakfasts
- » School Events
- » Neighborhood Centers
- » Healthcare Centers

This approach gives residents the opportunity to provide us with rapid feedback, because we can meet them where they already are and receive real-time comments. Authentic voices from our residents better inform us of the complex factors affecting their health within our communities. Armed with a deeper understanding of the context in which we work and the desires of those we serve, we can adapt our programs to better ensure residents are benefiting from our efforts. This approach also enables us to quickly analyze and widely disseminate data collected. These efforts have enhanced diverse collaborative partnerships within our communities, assisted in decision-making, and encouraged resident and neighborhood led efforts. We have enjoyed cultivating authentic relationships with the communities and residents we serve.



Save the Date

 Northwest Michigan
Chronic Disease Prevention Coalition

SEPTEMBER 21, 2018 | 8:30 AM to 3:30 PM | FERRIS STATE UNIVERSITY

Power of Collaboration
Chronic Disease Prevention Summit

Join us to learn how to create communities where it's easy to make healthy choices!

Questions? Contact Sally Mellema: smellema@dhd10.org or 231-355-7529