

Live Well Manistee County Coalition

2015 Update



New Name!



Vision

Manistee – the Healthiest Place to Be

Mission

**Promote a Culture of
Health and Wellness
for All**

Purpose

- Lead and convene
- Educate and inform
- Support and develop systems for easy access and reinforce priorities

Live Well Manistee County Coalition Members

Centra Wellness Network

District Health Department #10

Human Services Collaborative Body

Manistee Area Public Schools

Manistee County Recreation Association

Salvation Army

West Shore Medical Center

Northwest Michigan Health Services

City of Manistee

Great Start Collaborative

Little River Band of Ottawa Indians

Manistee County

MSU Extension

United Way

Council on Aging

Manistee Area Chamber of Commerce

Community Health Needs Assessment (CHNA)

Completed in December 2012

by the Healthy Manistee County Coalition

Coalition Priorities

- **Physical activity** (CHNA, 1.1)
- **Healthy eating** (CHNA, 1.2)
- **Reduce tobacco use** (CHNA, 3.1)
- **Reduce drug and alcohol abuse** (CHNA, 3.2, 3.3)

County Health Rankings	Manistee Ranking, out of 82 counties
Health Outcomes: How healthy the county is, based on length of life and quality of life	61
Health Factors: What influences health, including health behaviors, clinical care, social and economic factors, and environmental factors	54

Efforts to Update and Align the CHNA and CHIP

Goal: Increase opportunities for physical activity

Objective	2011	2014	2015
By July, 2014, reduce the number of adults who report no leisure time physical activity by 10% (goal: 29.6%)	32.9%	18.9%	24.1%

Goal: Increase opportunities for healthy eating

Objective	2011	2013
Reduce the number of adults who report inadequate fruit and vegetable consumption by 5% (goal: 76.4%)	80.4%	n/a
Increase the number of 7 th grade students who report eating five or more servings per day of fruits and vegetables during the past 7 days by 10%	36.6%	n/a

Goal: Reduce overweight and obesity

Objective	2011	2014	2015
Reduce the number of adults who report being either overweight or obese by 5% (goal: 67.9%)	71.5%	66.2%	66.9%
Reduce the number of 7 th grade students who report being either overweight or obese by 5%	35.1%	n/a	n/a

Goal: Reduce tobacco use

Objective	2011	2014	2015
Reduce the percent of adult smokers to 31.1%	32.7%	21.0%	22.8%
Reduce the percent of pregnant women who smoke to 37.9%	39.9%	38.2%	32.2%
Reduce the percent of 11 th grade students who smoked cigarettes on one or more of the past 30 days to 16.3%	17.2%	n/a	n/a

Next Steps

Priorities Identified by Advocacy Team:

- Promotion of tobacco-free outdoor recreation areas
- Prevention related to the prescription drug and opioid use epidemic
- Completion of MiPHY by all Manistee County schools in 2016
- Promotion of healthy fundraisers at schools; include in school's wellness policy

Accomplishments



Manistee County Health and Wellness Summit

August, 2015

Summit Objectives

- Update community leaders on the obesity epidemic and current prevention strategies in Manistee County.
- Community think tank and call to action focused on collaboration and policy making for a healthier county that supports individual lifestyle improvement.



Manistee County hosts Health & Wellness Summit

By DYLAN SAVELA

STAFF WRITER

MANISTEE — Dr. Dean Sienko is devoted to public health, and his message Thursday morning was it takes every piece of the public to become healthier as a whole.

"Communities can make a difference," he said after delivering the keynote speech during the Manistee County Health & Wellness Summit at Stronach Township Hall. "While (obesity and unhealthy eating) are national problems, or global problems for that matter, the solutions are local."

See **WELLNESS SUMMIT** Page 8A



What are the health needs you feel should be addressed right away?

- Education and access
- Communication between agencies
- Safe access to physical activity all year long where people want to be physically active
- Create a culture of health that is held up and celebrated

Health Needs (continued)

- More eating local produce which improves health and gets more money into the local economy
- Cost of food is a barrier
- Eating healthy needs to start at home
- Council on Aging strategic plan – needs more access to healthy foods

Brainstorming

- Walkability-ordinance changes to have snow removal where people are requesting it in the out county
- Health in all policies
- Two to three generational approach when doing programming for healthier lifestyles
- Communicate central location for health information – what is going on in county

Brainstorming, continued

- Include elders in planning process and information
- Draw whole family in with small steps to change process
- Share successes and failures for health programming; communicate
- Social media
- Advocate for school programming and health assessments at schools

Brainstorming, continued

- Representation: city council, board of education, townships
- Flowchart that is based on vision: Manistee – Healthiest Place to Be
- Link talents (all healthy eating/physical activity) through workgroup
- News Advocate – regular wellness column or page for health questions and answers and information on local events

Accomplishments

- Sophia Street Community Garden (first growing season was 2010; still operating)
- Supported Manistee Community Kitchen and SEEDS initiatives: Jesse's Garden for food pantries; food rescue; expanded farmers markets; Cooking Matters pantry education; garden education; Cooking Matters school education

Accomplishments

- Hosted county-wide health summit on obesity prevention awareness – August 2015
- Implemented county-wide fitness challenge through LiveWell campaign
- Supported community gardens (MDCH grant)
- Promoted DNR's MI Big Green Gym (MDCH grant)
- Inspired MiPHY participation by Manistee County schools



Try Kettle Bell For
FREE
5th Avenue Beach



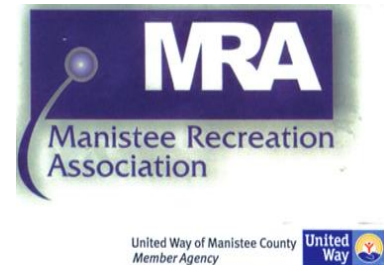
Playgroup at the Park
Stronach Park



Bring the kids and come play!



FREE TAI CHI
1st Street Beach House
5th Avenue Beach House



6th annual Richard Knechtges Jr.
Memorial Senior Walk & Roll this
afternoon



Live Well Campaign: physical activity strategies

LIVE WELL Golden Shoe Challenge

April 1st - June 30th

Cross off one sneaker for every 15 minutes of planned exercise that you complete! This includes walking, biking, yoga, weight lifting etc.



Each sneaker you cross off counts as one point towards your team total.

NAME: _____ PHONE NUMBER: _____

Turn completed trackers in to your worksite team captain. They will record your points and add them to the team total.



Walk to LIVE WELL



Start small! Don't set out to walk for an hour straight, instead focus on 10 minutes at a time!



Drink plenty of water before, during, and after!



Wear comfortable clothing and sturdy, supportive athletic shoes!



Find a walking buddy or join a walking group!

Live Well Campaign: Worksite Wellness

Department of Human Services
Intermediate School District
Jackpine
Little River
LOVE INC
MI Works
PCA
Filer Credit Union
Spectrum Health Services
Manistee Area Chamber of Commerce



Healthy Communities Checklist



Home/Login	Frequently Asked Questions	Resource Guide	Privacy
Register	About the Checklist	Preview the Checklist	Contact Us

Welcome to the Healthy Community Checklist

- What** is the Healthy Community Checklist?
 The Healthy Community Checklist is a 40-item online quick assessment of a community's health environment related to promoting and supporting physical activity, healthy eating/healthy weight, and tobacco-free lifestyles.
- Who** should complete the Checklist?
 Any Michigan community (city, village, township) that is interested creating a healthier community environment.
- Why** the Checklist?
 A community that promotes good health is a great place to live. By completing the Checklist, communities receive feedback about the extent to which they make it easy for people to be active, eat healthfully and adopt tobacco-free lifestyles. Completing the Checklist offers ideas about changes communities can make to promote healthier living. For more on the benefits, visit the [About the Checklist](#) section.
- Where** is the Checklist located?
 Right here on this website. [Register](#) to begin completing the Checklist for your community. You can also review a print copy of the Checklist by visiting the [Preview the Checklist](#) page.
- How** do communities get started?
[Register](#) to begin completing the Checklist for your community. Registration only takes a minute or two.



Healthy Community Checklist

If already registered, log in to continue the Healthy Community Checklist.

Email Address:

Password:

☐ Remember Me

[Register here](#) [Forgot your password?](#)

Healthy Communities ToolKit
 provides guidelines and ideas for implementing changes for a healthier community--including physical, policy and social changes.

[Click here to access a copy.](#)

Grants and funding coordinated by the Health Coalition

- TenCon - \$5,000
 - Based on results of Healthy Community Checklist (pending action)
- Michigan Health Endowment Fund - \$100,000
 - Kalkaska and Manistee Counties
 - \$25,000 sub-awards for each county
 - Access to healthy food, emphasis on youth and seniors (pending approval)



Thank you