



## Healthy Dearborn

January 17, 2017

### Minutes

**Meeting attendees:** Sanae Abbas, Zahra Abbas, Ali Almaklani , Dennis Archambault, Debby Arko, Steven Barr, Maryanne Bartles, Toni Battle, Patrick Beauchesne, Tracy Besek, Bethany Burge, Sarah Cheaito, Paul Draus, Phoebe Goldberg, Tim Harrison, Mona Hijazi, Lilah Khoja, Craig Kotajarvi, Erica Lyght, Chris Mayer, Dorothy McLeer, DeJuan McTaw, David Mustonen, David Norwood, Carmel Price, Betty Priskorn, Glenn Savarese, Dominique Schroeder, Lois Sczomak, Gadah Sharif, Nancy Short, Rick Simek, Sharon Stanek, Jim Thorpe, Shannon Vartanian, Claudia Walters

- The New Year was rung in with horns! Introductions were made.
- A group discussion was held on the Healthy Dearborn survey results. The results indicate an overall level of satisfaction with coalition activities and progress. No survey items scored lower than a 3.5. Using a score of 4 (satisfied) as a benchmark, coalition members reviewed items that scored lower than a 4, noting that to ensure ongoing effectiveness, we want to consider areas in need of, and ways for, improvement. The lower ranked items were grouped into three categories: 1) Communications; 2) Clarity of Roles, and; 3) Follow Through. Comments and suggestions for improvement were:

#### ***Communications:***

- Change the location of meetings to showcase different coalition members' places of work
- Exchange complete contact information, including phone numbers, first and last names, email addresses
- Utilize social media to communicate between members; be active in "sharing" Healthy Dearborn social media posts, especially posts related to events; consider utilizing Facebook Live for various events
- Utilize text messaging/group messaging for coalition announcements and meeting reminders
- Establish a contact person with the action team, similar to a "point" person; this person would be able to summarize to coalition members/Sara what Action Team is working on
- Cross-team collaboration should be occurring to identify need, project overlap or opportunities to serve as catalyst for other groups' projects
- Social media is a vibrant tool

- Coalition seems to be doing well with sending emails or announcements across various members' networks
- Coalition members report back to their organizations they represent to inform others about Healthy Dearborn initiatives
- The Dearborn City website showcases Healthy Dearborn with various news pieces on the coalition's work; members are encouraged to reference various news articles to stay abreast with coalition work
- Distinguish between active and "standing" coalition members
- Have meeting minutes include what each Action Team has worked on at the coalition member and send out to entire group

***Clarity of Roles:***

- Establish action team leads and scribes for each Action Team meeting
- Have designated "leads" facilitate cross-team communications, or rely on a thorough note-taker to report out to entire coalition; caution was expressed about having too many responsibilities for one action team member, when everyone in coalition has other full-time responsibilities. Consensus was that team members should be accountable to one another, regularly volunteering to assume various roles, perhaps switching off at each meeting who will be scribe, chair, etc.
- Have action plan with clear tasks for action teams to accomplish

***Follow-Through:***

- The coalition is beginning to see progress in implementing action plan tasks/goals
  - Members are encouraged by the evolving coalition work but "ten year plan" is intimidating because outcomes are unknown
  - "Year 2017" should be "year of implementation"
  - All tasks accomplished should be listed and published for community to see
- After survey results were reviewed and discussed, each action team presented information on what Professor Paul Draus' Health Policy students accomplished and how the students' work will be continued in each action team:

***Healthy at Play:***

Student achievements:

- Students defined "physical", "emotional" and "social" categories of recreation
- Students identified amazing resources in Dearborn and provided specific information on recreation activities that are available for seniors and families
- Value of their work lies in identifying numerous resources and creating a spreadsheet to locate resources in one easy-to-use format so that the general public can access this information

#### Healthy at Play Action Team follow-up:

- Action team will now use this information/spreadsheet to add even more resources. The Action Team also needs to identify where possible gaps exist. Claudia Walters recommended using UM-Dearborn resources for GPS mapping of activities in order to identify gaps and needs.
- Action team will determine how to publish and promote information to public

#### ***Healthy at Work:***

##### Student achievements:

- Students' policy memo provided an executive summary of the value and importance of worksite wellness
- Healthy at Work coalition group faces challenges still due to lack of active action team members
- Students prepared a survey that is ready to roll-out

##### Healthy at Work Action Team follow-up:

- Strengthen Action Team with active members; it was noted that ACCESS and Beaumont each have new representatives who will be able to attend meetings consistently; in order to provide follow-up and consultation to worksites that want help with establishing wellness programs, more action team members are needed
- Recruit someone from Ford Motor Company

#### ***Healthy Foods:***

##### Student achievement:

- Students worked on a comprehensive food environment assessment. They spent time developing the methodology to use in order to survey locations/stores/venues where healthy foods are sold and made available.
- Students identified categories of healthy foods to survey. They provided information, for example, on halal foods including chicken, different types and brands of yogurts and breads to compare.
- Students' survey that was created includes assessment of availability, prices and quality of foods
- Students implemented their survey at three stores: Kroger, Greenland and Westborn. They found wide variances and differences among stores
- Students identified numerous food venues in several zip codes

##### Healthy Foods Action Team follow-up:

- Complete assessment of food venues
- Complete identification of food venues in all Dearborn zip codes

- Determine extent of food insecurity/needs among low income families and why this exists when Dearborn is not a food desert

### ***Healthy Transportation:***

- Students provided a fresh perspective on conditions of roads and sidewalks in NW quadrant of city; they conducted a bike and walking audit
- Students developed a list of 8 recommendations, some of which require city staff attention and resources for infrastructure improvements such as improved crosswalks, more paths, more visible markings
- Students also recommended implementing a Bike Share program and identified where bike racks with locks should be located

### **Healthy Transportation Action Team follow-up:**

- It was noted that the team has lots of work to do. First thing is to retain a Non-Motorized Transportation consultant and that work is proceeding.

### ***Healthy Schools:***

- Students created two surveys to find out what existing nutrition education and physical activity programs exist in 6 elementary schools and across the district
- Survey also targeted internal knowledge of the district's existing "wellness policy"
- Survey results showed need for more resources, overall, including education for students, families and staff
- Students recommended that education should be provided to teachers and staff so they can recognize when students are having difficulties
- More low-cost after school programs are needed

### **Healthy Schools Action Team follow-up:**

- Students' work served as catalyst to develop district team to develop a sound wellness policy that integrates nutrition education with physical activity
- The action team needs to continue to work on its existing goals and objectives, including implementing daily physical activity breaks within classrooms
- Examine cross-collaboration opportunities with Healthy at Play action team in identifying and publicizing available recreation resources for students and families

### **➤ Announcements:**

- Healthy Dearborn will enjoy the support of additional student teams this semester: 5 epidemiology/nutrition education students from University of Michigan-Ann Arbor; Professor Patrick Beauchesne's class that will work on the Healthy Foods action team; 8 students from Wayne State University sociology class, and; students from University of Michigan-Dearborn social work class. Aside from Professor Beauchesne's class, specific projects for student teams still need to be determined.

In addition to students from Professor Beauchesne's class, a minimum of 18 students will be available to continue launching action team plans.

- ACCESS is holding a community forum on substance abuse and recovery on January 24th, 5:30 – 6:30 p.m. at 6450 Maple Street, Dearborn 48126. Powerful stories from people in recovery from substance abuse, including Arab Americans, will be presented.

The meeting was adjourned at 10:00 a.m.

**Future Meeting Dates:**

- Tuesday, February 21st, 15500 Lundy Parkway, **Mackinaw Room**, Dearborn, 48126
- Tuesday, March 21<sup>st</sup>, 15500 Lundy Parkway, **Mackinaw Room**, Dearborn, 48126
- Tuesday, April 18<sup>th</sup> – location TBD

*Healthy Dearborn is a community united to promote a healthier tomorrow!*

*Our Vision: Dearborn, a thriving, diverse community, will fully embrace a unified culture of health where everyone enjoys whole health (mind, body, spirit), with equal access to healthy foods, health care, green space and opportunities for safe, active living.*

*Our Mission: We will create valuable opportunities for people in Dearborn to practice healthy lifestyles by enriching their minds, nurturing their bodies, and revitalizing their spirit.*