



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.

Healthy Dearborn
February 21, 2017
Minutes

Meeting attendees: Sanae Abbas, Zahra Abbas, Aroosa Ahmed, Ali Almaklani , Lila Amen, Dennis Archambault, Debby Arko, Mary Baker, Steven Barr, Maryanne Bartles, Toni Battle, Tracy Besek, Sophie Blaharski, Ahlam Bokari, Danene Charles, Xi Chen, Heather Dillaway, Paul Draus, Suzie Genyk, Phoebe Goldberg, Brian Goocher, Roger Harper, Tim Harrison, Mona Hijazi, Ben Huber, Amanda Jaczkowski, Lilah Khoja, Craig Kotajarvi, Stephanie Krajnik, Erica Lyght, Cynthia Mason, Dorothy McLeer, DeJuan McTaw, David Mustonen, David Norwood, Kate Pepin, Carmel Price, Samantha Raad, Glenn Savarese, Dominique Schroeder, Lois Sczomak, Gadah Sharif, Dominique Schroeder, Rick Simek, Christopher Smith, Sharon Stanek, Becca Tabor, Jim Thorpe, Linda Wasni, Lacea Zavala

Introductions were made. Documents included in the meeting packet were reviewed:

- Beaumont conducted its 2016 Community Health Needs Assessment in its tri-county service area. Michigan ranks 35th in the nation for health and Wayne County ranks last among Michigan counties. Beaumont's health priorities remain the same as in 2013: cardiovascular disease, obesity and diabetes. The implementation strategy for Dearborn highlights the role of Healthy Dearborn in strategically impacting obesity through its initiatives.
- Along with the Beaumont Hospital-Dearborn Implementation Strategy, copies of Wayne County health care resources were distributed to coalition members. Members are asked to review both documents. More information on the CHNA is available on the Beaumont website: www.beaumont.org/chna.

- Details of the Kosch donation were provided. Donors Don and Mary Kosch earmarked half of their generous donation to improvements at Oakwood Common. The other half is earmarked for Healthy Dearborn initiatives. The strength of the coalition gave the donor confidence that their donation would be used effectively. Coalition members were recognized for their work and significant role played in securing this donation.
- The next two documents reviewed were descriptions of student projects: summary of student project achievements last fall correlated with strategic plan goals and objectives, and; description of proposed student projects for the next few months.
- There are four new student teams working with Healthy Dearborn action teams over the next two or three months. It is up to action team members to determine how to best utilize the students' energies and skills.
- There is a student team from UM-Ann Arbor School of Social Work that is working to develop a social media communications plan for the coalition. Their work is taking place "behind the scenes" right now as they research best practices. They will present their findings to the coalition at the next meeting on March 21.
- A new Healthy Dearborn community fitness program was announced – "Transformation Tuesdays" will take place every Tuesday evening in City Hall Park after work. Roger Harper, representative from First Responders 4 Fitness, was recognized; Healthy Dearborn is working with First Responders to implement this new fitness program. More details will be forthcoming.
- Wednesday Walk & Rolls will begin in May. Meet-up locations are listed in the City of Dearborn calendar.
- Amanda Jaczkowski, Child Nutrition Navigator for United Way for Southeast Michigan, gave a presentation on their "Meet Up & Eat Up" program. They are currently looking for groups to become "sites" and "sponsors" to make summer meals available to children eligible for free and reduced school breakfasts and lunches. These summer feeding events can be held at block parties, one-day events, or over the summer. For more information, contact her at: Amanda.Jaczkowski@liveunitedsem.org or 586-484-6759.

After these announcements, action teams met with student teams to discuss their next projects. Summaries of action team discussions follow:

Healthy Foods:

- Two student teams will be working with action team members to: 1) continue the assessment of the Dearborn food landscape, using the survey tools developed and used by last semester's students, and; 2) researching issues related to food

insecurity to determine extent and causes of food insecurity in Dearborn in order to develop solutions to address it.

- The team will explore partnerships – e.g., grocery stores – for the Double Up Food Bucks program.
- Steps toward developing a community garden at UM-EIC are being taken by action team members. Additionally, a proposal for a seed library in addition to demonstrations on gardening may be the basis for a grant request.
- The action team’s strategic plan was updated to reflect ongoing student and other projects.

Healthy Foods Action Team follow-up:

- Complete assessment of food venues including how much produce is sold in each store.
- Conduct literature search on issues of food insecurity; is there any existing data on poverty and food insecurity in Dearborn? Research definitions of food insecurity, “food rich”, etc., extent and causes of food insecurity in Dearborn by May, 2017.
- Identify partners for Double Up Food Bucks program, community gardens.
- Take steps toward developing a program for training community members on gardening, including identifying garden plot space and applying for a Gannett to start a seed library.
- Investigate what needs to be done to support the Dearborn Farmer’s Market.

Healthy at Play:

- Sara explained to the team that Beaumont student intern DeJuan McTaw will continue to collect information on available recreation opportunities, picking up where students from last fall left off. Sara’s husband, a computer software engineer, is volunteering to construct the database for the action team. Action Team members will need to meet with him to provide parameters, ideas for functionalities, etc.
- Paul Draus will send to DeJuan the excel spreadsheet of programs compiled by last year’s students. Team members expressed strong support for a Healthy Dearborn website. There needs to be a place to house their database. DeJuan suggested, in addition, that Healthy Dearborn have a “like page”, an open organizational page.

Healthy at Play Action Team follow-up:

- Paul Draus will email to DeJuan the spreadsheet containing what information has been compiled to date.
- DeJuan will investigate the likelihood of having a “Like Page”.
- DeJuan will collect information to add to the spreadsheet.
- DeJuan and Action Team members will meet with the computer engineer to identify how the spreadsheet should be designed and work.
- Sara and action team members will investigate website possibilities. Healthy Trenton has a successful website; information on the platform they use will be gathered, reviewed and discussed.

Healthy Schools:

- Wayne State University students, led by Professor Heather Dillaway, will work with Action Team members and Henry Ford Elementary school staff on their project. The project aim is to determine levels of knowledge about Healthy Dearborn and nutrition.
- A brief, online survey will be developed by students and emailed to Danene Charles who will then contact Dan Patterson for approval.
- The student team and action team members will connect with Principal Moughni at Henry Ford school.
- With team members, students will research ways to engage students and gain their buy-in of Healthy Dearborn health goals. Some of these ways include positive messaging, competitive teams, assemblies with visuals about obesity and attach to SIP to establish a climate/culture for health.
- Beaumont student intern Autumn May is working with team members on developing a brain breaks curriculum. Team questions for Autumn are: 1) how many schools are implementing brain breaks? 2) what research articles are available on brain breaks? 3) how will we gain teachers’ input into how brain breaks are already used and could be used?

Healthy Schools Action Team follow-up:

- WSU student team will conduct research and develop a draft survey for Action Team review and School Administrators’ approvals.

- WSU students will develop recommendations for effective ways to engage students to increase knowledge of Healthy Dearborn and healthy lifestyles.
- Autumn May will provide requested information on research to team members. She will also set up meetings with teachers and staff to obtain input on how brain breaks should be implemented throughout the school district.

Healthy Transportation:

- Action team members met with student team from UM-Ann Arbor to discuss project parameters. Discussion focused on whether students should develop an action plan/logic model to guide non-motorized transit efforts or focus on developing a survey for assessing community attitudes and perceptions around non-motorized transit. By the end of the meeting, it was determined that students would develop the action plan.

Healthy Transportation Action Team follow-up:

- (This bulleted item is highlighted in red because this action occurred after the coalition meeting and is therefore technically does not reflect coalition meeting minutes): Following the coalition meeting, students contacted action team members with the following project proposal: they will research examples from other cities' successes in developing non-motorized transportation. They will analyze community surveys, looking for best practices. They will research how Ann Arbor achieved "Silver" level status as a bike friendly city. They will then present their findings to the action team. The action team will discuss with students how to use the information to develop surveys and move forward on its strategic plan.

Healthy at Work:

- 2017 is the implementation year!
- Action team is looking for more members.
- Would like to meet with MSU Extension Service to find out about its available worksite wellness resources.
- Would like to meet with NKF staff to discuss expectations, metrics, etc. NKF has healthy environments assessment, fit nosiness kit healthy lunch demos.
- Maybe create Healthy Dearborn Healthy at Work Action Team brochure and include NKF programs/services.
- Assess worksite wellness toolkits.
- Revised survey.

Healthy at Work Action Team follow-up:

- Meet with MSU Extension Services.
- Meet with NKF staff.

- Determine where and how to recruit action team members.
- Send out survey.

Announcements:

- Roger Harper from First Responders 4 Fitness announced the “Midwest Battle of the Badges” basketball tournament that is taking place on March 18-19 at Dearborn High School. Organizations/groups interested in having a table there should contact Sara Gleicher.

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

Future Meeting Dates:

- Tuesday, March 21st, 15500 Lundy Parkway, **Mackinaw Room**, Dearborn, 48126
- Tuesday, April 18th – location TBD
- Tuesday, May 16th – location TBD