

HIP Happenings

Washtenaw County Health Improvement Plan

Spring 2004

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Manchester Assesses School Health

In fall 2003, the Manchester School District was awarded a state grant in the amount of \$1500 from the Michigan Department of Community Health (MDCH) to implement the School Health Index. The School Health Index is a self assessment and planning guide that focuses on promoting healthier lifestyles for students and staff through long term environmental and policy changes. The School Health Index tool assesses a school's physical activity and healthy environment and programs in eight different modules, including health education, health services, and nutrition services.

A team of concerned and dedicated individuals joined forces to implement this process in Manchester. The team consisted of Washtenaw County Public Health staff, a variety of teachers, an administrator, a parent, a food services representative, the athletic director, and students. "It is really important that students have a voice on this committee and I am glad to be one of those



Gay Thatcher, Middle School Science and Fitness Teacher hopes that changes can be made in the school's policies and environment to help in the fight against obesity.

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Healthy Eating, Active Living Workshop Promotes Best Practices at the Local Level

The upcoming "Healthy Eating, Active Living: Taking Action Against Obesity" workshop has a special mission: promote best practices for increasing physical activity and healthy eating using local programs as examples. The event, scheduled for May 7 at the Washtenaw Intermediate School District, features a wide variety of programs from local and regional organizations.

"Information about what works to promote healthy eating and active living comes from many sources," says Sharon Sheldon, Health Promotion/Disease Prevention Manager at Washtenaw County Public Health. "The Community Prevention Guide has been a primary source for information about what works to increase physical activity." The Community Prevention Guide (CPG) independently re

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views studies on health issues and makes recommendations about interventions (see box).

The breakout session titled “Take the Stairs and Stop the Pop: Effective Messages for Healthy Decision-Making” is based on the CPG’s finding that “point of decision prompts” are effective in increasing physical activity. This session will feature Washtenaw County’s Take a Flight for Fitness program, which has used motivational signs on stairwells to increase employee use of stairs.



Information about successful interventions in a clinical setting will be highlighted in the session called “Tools for Obesity Prevention and Intervention in a Clinical Setting.”

This session, designed for healthcare workers and

clinicians who encounter overweight individuals in their daily practice, drew best practice information the American Medical Association and other clinical sources.

Several presenters at the workshop will talk about environmental and policy changes that may promote healthy eating and physical activity. Recent research has linked the built environment with rates of cardiovascular risk factors and overweight. However, the exact connections between the environment and promotion of healthy eating and physical activity are still being researched. “In looking at environmental and policy changes, as well as individual behavior change, we are attempting to address many layers of a person’s life that affect decisions about healthy eating and active living,” says Sheldon. “The workshop’s offerings reflect this desire to look at individual health behavior and how the surrounding environment may influence that person’s health.”

The American Heart Association, Whole Foods, and Advance Print and Graphics are sponsoring

the workshop along with Washtenaw County Public Health. The workshop is free and open to the public, but with only 100 spots, those interested are encouraged to register early.

For more information about the workshop visit <http://publichealth.ewashtenaw.org> or contact Will Story at 734-544-3083 or storyw@ewashtenaw.org).

What is the Community Guide?

The Community Guide summarizes what is known about the effectiveness, economic efficiency, and feasibility of interventions to promote community health and prevent disease. The Task Force on Community Preventive Services makes recommendations for the use of various interventions based on the evidence gathered in the rigorous and systematic scientific reviews of published studies conducted by the review teams of the Community Guide.

What has been published?

To date, the Task force has produced 90 findings across 9 topics:

- vaccine-preventable diseases
- tobacco use prevention and control
- reducing motor vehicle occupant injury
- diabetes
- physical activity
- oral health
- sociocultural environment
- prevention of injuries due to violence
- cancer

For more information, or to see the findings from the reviews made available on this Internet website, visit: www.thecommunityguide.org.

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voices,” said Sarah Henderson, Manchester High School Senior.

The process of creating final recommendations has included several meetings as well as e-mail correspondence and out of meeting assignments. Donna Clark, the High School Family Sciences teacher, said that for her the most difficult aspect of this process was “Finding time to complete the out of meeting assignments.” These assignments required critical thinking and evaluation about current programs and services under each of the eight modules. After the initial assessment of programs and services was completed, the entire group brainstormed recommendations for each module. These recommendations were compiled into one list and the pros and cons of each were discussed. Committee members then chose their top seven recommendations that they wished to implement by June. After more group discussion,

a final list of recommendations was made (see box).

Many of the committee members have high hopes about the type of impact this process and their recommendations could make. Gay Thatcher, Middle School Science and Fitness Teacher remarked, “I

“I have been concerned with child obesity and decreased physical education time for the past four or five years. I have gone before the school board before concerning these issues, but there were only one or two people involved. With the School Health Index Committee we have more power...more voices to push us in the right direction.”

— Gay Thatcher, Middle School Science and Fitness Teacher

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Manchester High School Principal John Eisley is planning to apply for more grant money through MDCH in hopes of a continued partnership with the state. We look forward to updates on the progress of Manchester Schools Health Committee in their endeavor to create a healthier environment and healthier students!

This spring, the Michigan Department of Education and the Michigan Department of Community Health transitioned to a new school assessment tool: the Healthy School Action Tool. The HSAT was adapted from the School Health Index and the Changing the Scene Healthy School Nutrition tool. For further information on this new state tool contact Lisa Grost at grostl@michigan.gov or (517) 335-9781. (See page 4 for information about grant funding for implementing the HSAT.)

Washtenaw County Public Health staff are available to assist local schools in the implementation of the HSAT. For more information contact Vicki Nighswander at nighswav@ewashtenaw.org or (734) 544-6863.

Final Recommendations of the Manchester School Health Index Committee

1. Form a District-Wide Health Committee
2. Communicate to parents about health education via after school programs, newsletters, etc.
3. Survey students on healthier choices that they would like to see in the cafeteria and ensure that the food is available to all students at all lunch periods.
4. Present the following regarding physical activity to the school board: daily physical activity opportunities need to be increased, revise physical education curriculum so that it is required to be taken for a longer period of time, and physical education teachers should have a degree with a major or minor in physical education.

Grant Opportunities

Competitive Mini-Grants for Completing the Healthy School Action Tool

The Michigan Departments of Education and Community Health have announced the availability of funds for schools to address childhood overweight in Michigan by promoting a healthy school environment through nutrition, physical activity, and tobacco-free policies and programs. The overall goal of this grant is to form Coordinated School Health Teams/Council and implement the Healthy School Action tool (HSAT), formerly known as the School Health Index.

Recipients of the grant will be able to accomplish the following objectives:

1. Create a coordinated school health team or council;
2. Use the HSAT to assess the school's nutrition, physical activity;
3. Implement at least one action item listed on their 3-year plan.

Funding period: 2004-2005 school year. Grant Awards \$500-\$1,000 per grant recipient. Application deadline: May 3, 2004.

For a grant application, visit:
<http://www.michigan.gov>



Safe Routes to School (SR2S) Grants

The Governor's Council on Physical Fitness, Health and Sports will be inviting elementary schools around the state to apply for \$3,000 in grant monies to become a demonstration project site for Safe Routes to Schools. This project is a partnership between the Governor's Council and the Michigan Departments of Community Health and Transportation and the Michigan Nutrition Network at MSU Extension. The overall goal of the initiative is to encourage walking and biking to school and to make the environments safer for doing so.

Schools who apply are required to identify six core leaders for a local Safe Routes to School Team prior to submitting the application, as well as other requirements that will be outlined in the request for applications.

If you are interested in receiving a "Request for application" please contact the following person by the end of March:

C. Lee Kokinakis, Ph.D.

Michigan Fitness Foundation
 (517)347-7891 or 800-434-8642
ckokinakis@michiganfitness.org
www.michiganfitness.org

The **Ypsilanti-Area Beyer Memorial Health Foundation** is accepting proposals for grants related to the health of Ypsilanti-area residents in 4 health areas: chronic disease prevention; substance abuse prevention; access to care; and reducing the number of low birth weight babies born to Ypsilanti residents. The grant funding process is competitive. The foundation will award grants for projects that take place in the Ypsilanti area and benefit Ypsilanti area residents; are compatible with one or more of the above named health issues; have clearly identified goals, target audience, implementers and outcomes; and coordinate with relevant community organizations where appropriate. Approximately 5 awards of \$500-\$3,000 will be made during this grant cycle.

Applications are available at the office of Barr, Anhut, & Gilbreath, at 105 Pearl Street, Ypsilanti 48197. A short information form must be completed in order to obtain an application packet, including name of the organization, a contact address, and phone number. Applications may be requested by contacting Jane Silder at the law office (734) 481-1234 or jaslider@barrlawfirm.com. Applications are due by 5:00 pm on May 7, 2004. For more information, contact Jenna Bacolor (734) 544-2969 or Yvonne Abdo (734) 936-3681.

CHC Subcommittees Reorganize

HIP's two long-running subcommittees, Network and Assessment, recently merged into a new HIP Implementation Team. "We noticed over the years that the two committees' goals overlapped somewhat, and we decided that we would be more effective by joining forces," says Laura Bauman, a co-chair of the Implementation Team.

The Implementation Team's workplan for 2004—5 reflects the missions of the former Network and Assessment Teams. The Team's goals are the following:

1. Assess and promote the HIP Focus areas;
2. Plan for the HIP Survey and objectives revision in 2005;
3. Analyze data related to HIP objectives and focus areas;

4. Connect with the community around HIP.

Members of the Implementation Team come from many community agencies, including the Ann Arbor Center for Independent Living, the Michigan Visiting Nurses Association, Washtenaw County Community Support and Treatment Services, M-Fit, and Chelsea Community Hospital.

New members are always welcome at the monthly meetings, which are held the 4th Wednesday of every month from 8:00 – 10:00 a.m. at Zingerman's Next Door in Ann Arbor.

For more information about the group, contact Laura Bauman (baumanl@ewashtenaw.org), Adreanne Waller (waller@ewashtenaw.org) or Jenna Bacolor (bacolorj@ewashtenaw.org).

Upcoming Community Health Committee Meetings:

May 11

July 13

September 14

November 9

All meetings will be held from 12:00—1:30pm at the Library Learning Resource Center, Room A 4135 Washtenaw Ave, Ann Arbor (inside the County Service Center at the corner of Washtenaw and Hogback Rds.)

Reserve a healthy boxed lunch by emailing Jillian Thomas at thomasj@ewashtenaw.org.

New Report Explores the Link Between Childhood Obesity and the Media

Do major studies find a relationship between childhood obesity and the time children spend using media? Do experimental interventions that reduce children's media time result in weight loss? A new report from the Henry J. Kaiser Foundation explores answers to these and other questions about childhood obesity and the media. The report, published in February 2004, includes analyses of studies on the time children spend using media and the effect of food advertising on children.

The report is available on-line at <http://www.kff.org/entmedia/>.

From the report:

- The majority of ads targeted to children are for food: primarily candy (32% of all children's ads), cereal (31%) and fast food (9%).
- Only 1 in 5 children meet the USDA dietary guidelines that youth eat 3-5 servings of fruits and vegetables per day – and one-quarter of the vegetables consumed are french fries.

Washtenaw County HIP Data – 2000
Daily Fruit and Vegetable Intake in Adults

Survey Question: In total, about how many servings of fruits and vegetables do you have, on average, each day?

Risk Group	0-1 servings	2-4 servings	5 or more servings
Total County (1995) (n=1022)	25.3%	59.2%	15.5%
<ul style="list-style-type: none"> • Male 32.2% • Female 18.6% 		<ul style="list-style-type: none"> 57.8% 60.7% 	<ul style="list-style-type: none"> 10.0% 20.7%
Total County (2000) (n=1972)	27.2%	58.4%	14.3%
<ul style="list-style-type: none"> • Male 35.1% • Female 19.9% 		<ul style="list-style-type: none"> 57.9% 58.9% 	<ul style="list-style-type: none"> 7.0% 21.1%
Age group			
18-29 years	32.6%	56.3%	11.1%
<ul style="list-style-type: none"> • Male 38.9% • Female 26.6% 		<ul style="list-style-type: none"> 57.5% 55.3% 	<ul style="list-style-type: none"> 3.6% 18.1%
30-49 years	25.1%	62.5%	12.4%
<ul style="list-style-type: none"> • Male 33.8% • Female 16.1% 		<ul style="list-style-type: none"> 60.2% 65.2% 	<ul style="list-style-type: none"> 6.1% 18.7%
50+ years	22.4%	54.1%	23.5%
<ul style="list-style-type: none"> • Male 31.1% • Female 15.5% 		<ul style="list-style-type: none"> 53.9% 54.3% 	<ul style="list-style-type: none"> 15.0% 30.2%
Race			
White (n=1590)	25.7%	58.4%	15.9%
<ul style="list-style-type: none"> • Male 35.3% • Female 17.3% 		<ul style="list-style-type: none"> 57.3% 59.4% 	<ul style="list-style-type: none"> 7.5% 23.4%
Black (n=306)	38.2%	54.2%	7.5%
<ul style="list-style-type: none"> • Male 38.7% • Female 37.8% 		<ul style="list-style-type: none"> 58.5% 50.6% 	<ul style="list-style-type: none"> 2.8% 11.6%
Other (n=184)	30.4%	63.6%	6.0%
<ul style="list-style-type: none"> • Male 33.3% • Female 24.6% 		<ul style="list-style-type: none"> 60.2% 70.5% 	<ul style="list-style-type: none"> 6.5% 4.9%
Education level			
<ul style="list-style-type: none"> • Less than HS 38.2% • HS grad 34.1% • Some college 31.9% • College grad 20.9% 		<ul style="list-style-type: none"> 58.2% 54.2% 57.4% 60.8% 	<ul style="list-style-type: none"> 3.6% 11.6% 10.6% 18.3%
Area			
<ul style="list-style-type: none"> • Ann Arbor 21.7% • Ypsilanti 37.9% • CMD 24.3% • Out County 27.1% 		<ul style="list-style-type: none"> 61.3% 51.7% 63.0% 60.0% 	<ul style="list-style-type: none"> 17.0% 10.4% 12.7% 12.9%
Chronic Disease*			
<ul style="list-style-type: none"> • Diabetes 13.9% • High blood pressure 26.2% • High cholesterol 23.1% 		<ul style="list-style-type: none"> 64.8% 52.8% 57.9% 	<ul style="list-style-type: none"> 21.3% 21.0% 19.0%