

# Directory of Obesity Prevention Programs in Washtenaw County



## Background

In Washtenaw County, 59% of adults<sup>1</sup> and 26% of youth<sup>2</sup> are overweight or obese. While Washtenaw County residents on average have the lowest weight in Michigan<sup>3</sup>, within our county, place, race, and poverty combine to result in the following high risk groups:<sup>4</sup> Adults at higher risk include residents of Ypsilanti, African Americans, and low-income residents.<sup>5</sup> Youth at higher risk include children living in poverty (on Medicaid), African-American females, living in Milan, Whittaker and Willis.<sup>6</sup>

In 2013, the Health Improvement Plan of Washtenaw County developed a 2013-2018 Community Health Improvement Plan (CHIP) to address obesity. You may access the plan at:

<http://hip.ewashtenaw.org>

## About This Guide

The following information was collected and used in 2013 by the Health Improvement Plan of Washtenaw County (HIP) partners during the development of the 2013-2018 Community Health Improvement Plan (CHIP). The aim was to create a clearinghouse of obesity prevention programs to help facilitate collaboration, identify gaps, and assist with needs assessment and program planning. Programs presented in this directory include those: focused on obesity prevention (or impact a root cause of obesity), open to the public, and free or scholarships available.

The program indices on pages 3-9 are designed to make finding a program easy. You may search for a program by lead organization, age of population served, or geographic area served. Click on the title of the program to jump to that program within the guide.

## For More Information

Please visit <http://hip.ewashtenaw.org> for more information on the Health Improvement Plan (HIP) of Washtenaw County and the following:

- 2013-2018 Community Health Assessment and Community Health Improvement Plan
- County and sub-county data on adult and childhood overweight/obesity
- Presentations and reports
- Resources on evidence-based strategies

For additional information, please contact:

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<sup>1</sup> HIP 2010 Survey <http://hip.ewashtenaw.org>

<sup>2</sup> Childhood Obesity in Washtenaw County: Poverty, Place, and Race by Laura Bauman <http://hip.ewashtenaw.org>

<sup>3</sup> Citizen's Research Council of Michigan, Addressing Michigan's Obesity Problem, August 2014  
<http://www.crcmich.org/PUBLICAT/2010s/2014/rpt387.pdf>

<sup>4</sup> HIP 2010 Survey and Childhood Obesity in Washtenaw County: Poverty, Place, and Race by Laura Bauman  
<http://hip.ewashtenaw.org>

<sup>5</sup> HIP 2010 Survey <http://hip.ewashtenaw.org>

<sup>6</sup> Childhood Obesity in Washtenaw County: Poverty, Place, and Race by Laura Bauman <http://hip.ewashtenaw.org>

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# ***Ann Arbor Public Schools Community Recreation and Education Programs***

**Organization:** Ann Arbor Public Schools (AAPS) Community Education and Recreation

**Contact:** Jenna Bacolor, Executive Director Community Education and Recreation

**Contact Number:** (734) 994-2234

**Email:** bacolor@aaps.k12.mi.us

**Website:** <http://www.aareced.com>

## ***Description of Program:***

Community Education and Recreation, otherwise known as “Rec & Ed,” offers a wide variety of affordable, high quality programming to youth and adults in the Ann Arbor area. Rec & Ed’s School-Age Child Care Program, after school “Obstacle Dash” and instructional sports programs, and many summer camps include physical activity and nutrition education. Each year, thousands of local youth register for these opportunities. For adults, Rec & Ed offers a wide variety of low cost fitness classes, which do not require a membership. Adults also participate in year-round sports leagues for volleyball, basketball and baseball/softball.

## ***Population Served:***

All ages

## ***Geographic Area Served:***

Ann Arbor and surrounding areas

## ***Funding:***

Programs are funded by participant fees and sponsorships.

## ***Participant Cost:***

- Fee varies by class or program.
- Scholarships are available.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, dietary behavior, food environment

# 5 Healthy Towns

**Organization:** Chelsea-Area Wellness Foundation

**Contact:** Matt Pegouskie, Community Resource and Program Manager

**Contact Number:** (734) 433-4599

**Email:** matt@5healthytowns.org

**Website:** <http://www.5healthytowns.org>

## **Description of Program:**

The Wellness Coalitions are responsible for developing comprehensive wellness plans as part of the 5 Healthy Towns initiative (5H). These plans incorporate best practice interventions with new strategies to impact community wellness. Examples of Manchester's comprehensive wellness plan include Safe Routes to School, NFL Fuel Up to Play 60, the 5 A Day Toolkits, and 5H Community Reads. Examples of Chelsea's comprehensive wellness plan include Active Kids Summer Camp, Chelsea Farmers Market, Healthy Grocery Store promotions, SRSLY, and 5H Community Reads. Examples of Dexter's comprehensive wellness plan include Safe Routes to School, SRSLY, Farm to School programs, Outdoor Yoga, and 5H Community Reads.

## **Population Served:**

All ages

## **Geographic Area Served:**

Western Washtenaw County (Chelsea, Dexter, Grass Lake, Manchester, and Stockbridge)

## **Funding:**

Funding is received from the Chelsea-Area Wellness Foundation. Outside funding sources are also utilized for the various interventions.

## **Participant Cost:**

- Participation fee depends on the intervention.
- Scholarships depend on the intervention.
- There is no fee to participate in the coalitions.

## **Levels of Intervention:**

Strengthening individual knowledge and skill, promoting community education, educating providers, fostering coalitions and networks, changing organizational practices, influencing policy and legislation

## **Root Causes of Obesity Impacted by Program:**

Physical inactivity, community design and built environment, dietary behavior, food environment, psycho-social (e.g. self-esteem, depression, social problems, etc.)

# ArborBike

**Organization:** Clean Energy Coalition

**Contact:** Nick Helmholdt, ArborBike Operations Manager

**Contact Number:** 734-585-5720 x13

**Email:** [nick@cec-mi.org](mailto:nick@cec-mi.org)

**Website:** <http://www.arborbike.org>

## **Description of Program:**

ArborBike is a new bike share system launching in August 2014 in Ann Arbor. Stations will be located at key destinations throughout downtown Ann Arbor and across the University of Michigan. This network of 14 stations will allow you the freedom and fun of accessing downtown and campus quickly while leaving your own bike at home. You can run errands without fighting for parking spots or wondering if you'll have enough time to make that long walk across town. You can visit the Farmer's Market, make a quick trip to the post office, or visit the Museum of Art on your lunch break, all while adding fun and exercise to your day. Plus, your bike share membership keeps track of your progress: miles you travel, calories you burn, and greenhouse gases you keep out of the air.

## **Population Served:**

Ann Arbor residents, commuters, and visitors

## **Geographic Area Served:**

Ann Arbor

## **Funding:**

Clean Energy Coalition, in partnership with AAATA, secured \$600,000 in federal CMAQ funds for capital expenditures in fall 2013, and Ann Arbor City Council authorized \$150,000 for the required 20% local match. This funding will be used to procure bicycles and install 14 stations.

The University of Michigan has pledged to provide up to \$200,000 per year for three years to support program operations. The remaining operational funding will be collected from membership and sponsorship revenues.

## **Participant Cost:**

- Participants can purchase a 24 hour, 7 day, or 1 year pass which cost \$6, \$20, or \$65, respectively.
- Discounts are available through our employer sponsorship program for companies with at least 15 members.

## **Levels of Intervention:**

Strengthening individual knowledge and skill, promoting community education, changing organizational practices

## **Root Causes of Obesity Impacted by Program:**

Physical inactivity, community design and built environment

# ***The Corner Health Center Preconception Health Education Program***

**Organization:** The Corner Health Center

**Location:** The Corner Health Center, 47 N. Huron Street, Ypsilanti, Michigan 48197

**Contact:** Raina LaGrand, Health Coach

**Contact Number:** (734) 714-2257

**Email:** rlagrand@cornerhealth.org

**Website:** <http://www.cornerhealth.org>

## ***Description of Program:***

The Preconception Health Education program is run by a health coach who does one-on-one counseling targeting nutrition and physical activity for at risk youth who have high BMIs. The program uses tactics like Motivational Interviewing in order to help youth become involved in taking control of their own health by adopting realistic and individualized plans to eat healthy foods and stay active. Participants also have access to free programs at the clinic such as exercise and yoga classes, nutrition lessons and group farmer's market trips. Additionally, the health coach is able to counsel in the areas of substance abuse, stress management and sexual health. The ultimate goal is to improve the health of Washtenaw youth in order to improve their overall health by the time they reach a reproductive age which can help to improve birth outcomes for Ypsilanti. Patients receive \$20 worth of workout gear, cooking supplies or farmer's market tokens for each visit.

## ***Population Served:***

Youth and adolescents with high BMIs

## ***Geographic Area Served:***

Ann Arbor, Ypsilanti, and Willow Run

## ***Funding:***

This program is funded by a March of Dimes Community Chapter Grant.

## ***Participant Cost:***

There is no fee to participate in this program.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education, educating providers, fostering coalitions and networks, changing organizational practices

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, dietary behavior, psycho-social (e.g. self-esteem, depression, social problems, etc.)

# ***Double Up Food Bucks***

**Organization:** Fair Food Network

**Contact:** Rachel Chadderdon Bair, Program Director

**Contact Number:** (734) 213-3999 x203

**Email:** rbair@fairfoodnetwork.org; info@doubleupfoodbucks.org

**Website:** <http://www.doubleupfoodbucks.org>

## ***Description of Program:***

Double Up Food Bucks (DUF�) provides an incentive for recipients of federal food assistance benefits (SNAP) to spend their benefits on healthier foods. For every two dollars of SNAP benefits spent on qualified items at a participating retailer (in Washtenaw County, one of eight farmers markets), the customer receives \$2 in DUF� tokens, which can only be spent on fresh, Michigan-grown fruits and vegetables. The program aims to increase low-income families' access to fresh fruits and vegetables while also supporting farmers markets in low-access areas, and Michigan farmers.

## ***Population Served:***

SNAP recipients

## ***Geographic Area Served:***

Ann Arbor, Chelsea, and Ypsilanti

## ***Funding:***

Funding for the statewide, multi-year Double Up Food Bucks program has been provided by over 40 private, community, and corporate foundations, including the Ann Arbor Community Foundation, Chelsea Community Foundation, Community Foundation for Southeast Michigan, and the W.K. Kellogg Foundation. Complete list of funders available at [www.doubleupfoodbucks.org](http://www.doubleupfoodbucks.org).

## ***Participant Cost:***

There is no fee to participate in this program

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education, fostering coalitions and networks, influencing policy and legislation, eliminating individual barriers

## ***Root Causes of Obesity Impacted by Program:***

Dietary behavior, food environment

# ***Food Gatherers Go, Slow, and Whoa***

**Organization:** Food Gatherers

**Contact:** Markell Miller, Manager of Community Food Programs

**Contact Number:** (734) 761-2796

**Contact Email:** markell@foodgatherers.org

**Website:** <http://www.foodgatherers.org>

## ***Description of Program:***

Go, Slow, and Whoa is a simple way to recognize foods that are the smartest choices. Go foods should be eaten most often, slow foods should be eaten less often, and whoa foods should be eaten the least often. At Food Gatherers, Go, Slow, and Whoa is used in the food inventory system to highlight foods that fall into each category by color coding them. This labeling makes Food Gatherers aware of the nutritional quality of foods we make available to our partners, and helps partner programs, who order food from us, select healthier items for their clients. In addition, agencies have adopted this subtle nutrition education technique by labeling their pantry shelves with the color coded Go, Slow, and Whoa system.

## ***Population Served:***

Clients of 150 partner programs' food pantries, kitchens, shelters and food distributions. Clients are in need of food resources and are primarily low income individuals and families, many of whom are facing food insecurity.

## ***Geographic Area Served:***

Washtenaw County; including Ann Arbor, Ypsilanti, Dexter, Chelsea, Manchester, Saline, Milan, Whitmore Lake, and townships

## ***Funding:***

This program is generously funded through the financial support of individual and corporate donors.

## ***Participant Cost:***

There is no fee for partner programs to order food from the food bank, nor is there a fee for clients to receive free food resources from partner programs.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education, educating providers

## ***Root Causes of Obesity Impacted by Program:***

Dietary behavior, food environment

# ***Food System Economic Partnership (FSEP)***

**Contact:** Rodger Bowser, Board of Directors Chair

**Contact Number:** (734) 222-6859 (David Greene)

**Email:** rbowser@zingersmans.com

**Website:** <http://www.fsepmichigan.org>

## ***Description of Program:***

Working to create a sustainable and just food system that creates economic opportunities across southeastern Michigan.

## ***Population Served:***

Southeastern Michigan residents and visitors

## ***Geographic Area Served:***

Washtenaw, Wayne, Lenawee, Monroe, and Jackson Counties

## ***Funding:***

Past funding has been provided by United States Department of Agriculture (USDA), Washtenaw County, Jackson County, The Americana Foundation, and ConAgra.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education, fostering coalitions and networks, changing organizational practices, influencing policy and legislation

## ***Root Causes of Obesity Impacted by Program:***

Community design and built environment, food environment

# ***Girls on the Run***

**Contact:** Danielle Plunkett, Executive Director

**Contact Number:** (734) 712-5640

**Email:** [info@girlsontherunsemi.org](mailto:info@girlsontherunsemi.org)

**Website:** <http://www.girlsontherunsemi.org>

## ***Description of Program:***

Girls on the Run is a physical activity-based positive youth development program (PA-PYD) designed to develop and enhance girls' social, psychological, and physical competencies to successfully navigate life experiences. Meeting twice a week, in small teams of 8-20 girls, we teach life skills through dynamic lessons and running games. Their 24-lesson curriculum is taught by certified Girls on the Run coaches and includes three parts: understanding ourselves, valuing relationships and teamwork, and understanding how we connect with and shape the world at large. The program culminates in a non-competitive 5k event that gives the girls a tangible sense of achievement, as well as a framework for setting and achieving life goals. The result makes the seemingly impossible, possible and teaches girls to boldly pursue their dreams. The participation of coaches, families, friends, and supportive community members in the 5k event expands our effect, creating a broader community that believes in the empowerment of girls, healthy living, and family wellness.

## ***Population Served:***

Girls in third through eighth grade

## ***Geographic Area Served:***

All of Washtenaw County, Jackson County, Lenawee County, Livingston County, and Monroe County

## ***Funding:***

Approximately 37% of our participants request and receive scholarships each year. Program expansion and scholarships are made possible through fundraising events and the generous support of local foundations, businesses and individuals.

## ***Participant Cost:***

- This program has a fee for participation.
- Scholarships are available.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, dietary behavior, psycho-social (e.g. self-esteem, depression, social problems, etc.)

# ***Growing Hope Adult Nutrition Education Program***

**Organization:** Growing Hope

**Contact:** Margarita Solis Deal, Program Director

**Contact Number:** (734) 786-8401

**Email:** margarita@growinghope.net

## ***Description of Program:***

Growing Hope's Adult Nutrition Education program targets SNAP eligible individuals through monthly classes. Each class includes nutrition information, a healthy cooking demonstration, and a sampling around a featured topic and recipe. "Nutrition on a Budget: Root Vegetables" and "Preserving the Harvest" are a couple of the class offerings. Classes are offered at various locations, such as the Ypsilanti Senior Center, Chidester Place, and the Ann Arbor Center for Independent Living.

## ***Population Served:***

SNAP eligible adults

## ***Geographic Area Served:***

All of Washtenaw County

## ***Funding:***

Funding is received through SNAP

## ***Participant Cost:***

There is no fee to participate in this program

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education

## ***Root Causes of Obesity Impacted by Program:***

Dietary behavior

# ***Growing Hope Home Vegetable Garden Program***

**Organization:** Growing Hope

**Contact:** Margarita Solis Deal, Program Director

**Contact Number:** (734) 786-8401

**Email:** margarita@growinghope.net

**Website:** <http://www.growinghope.net/programs/gardening/raisedbeds>

## ***Description of Program:***

The Home Vegetable Garden Program provides qualifying low-income individuals and families with resources to get three 4x4 foot raised vegetable gardens growing. Participants also receive a one year membership in Growing Gardens, Growing Hope's garden resource program, two coupons to attend Growing Hope gardening and nutrition workshops for free, and additional support throughout the season.

Participants are asked to weigh and keep track of how much is grown in the garden space, attend an orientation session, complete a short survey in the spring and fall, assist in the installation of the garden at their household and engage in a mid-season site visit.

## ***Population Served:***

Individuals and families living with low or no income.

## ***Geographic Area Served:***

All of Washtenaw County

## ***Funding:***

Grants and individual contributions.

## ***Participant Cost:***

There is no fee to participate in this program.

## ***Levels of Intervention:***

Strengthening individual knowledge and skills, promoting community education, fostering coalitions and networks

## ***Root Causes of Obesity Impacted by Program:***

Poverty, dietary behavior, and limited access to healthy food

# ***Growing Hope Nutrition Education and Garden Clubs at Summer Camps***

**Organization:** Growing Hope

**Contact:** Margarita Solis Deal, Program Director

**Contact Number:** (734) 786-8401

**Email:** margarita@growinghope.net

**Website:** <http://www.growinghope.net/programs/youth/afterschool>

## ***Description of Program:***

Growing Hope runs a nutrition-based summer garden program for kids enrolled in summer camps at Parkridge and West Willow Community Centers, Ypsilanti Schools, Boys-n-Girls Club, the downtown Ypsilanti Library, and Paradise Manor neighborhood community.

## ***Population Served:***

Youth ages 5-15 attending summer camp at community centers, schools, libraries, social service organizations and public housing communities

## ***Geographic Area Served:***

Ypsilanti and Ypsilanti Township

## ***Funding:***

Michigan Nutrition Network

## ***Participant Cost:***

There are no fees for these programs.

## ***Levels of Intervention:***

Strengthening individual knowledge and skills.

## ***Root Causes of Obesity Impacted by Program:***

Poverty, limited access to healthy food, limited knowledge of consuming healthy food, and dietary behavior

# ***Growing Hope Youth Nutrition Education Program***

**Organization:** Growing Hope

**Contact:** Margarita Solis Deal, Program Director

**Contact Number:** (734) 786-8401

**Email:** margarita@growinghope.net

**Website:** <http://www.growinghope.net/programs/youth/afterschool>

## ***Description of Program:***

Growing Hope's Youth Nutrition Education program is a weekly hands-on nutrition education after-school program. Students learn the importance of healthy eating, how to grow and identify fresh food, and the joys cooking and gardening. The program is offered at Ypsilanti Middle Schools, Parkridge Community Center, the downtown Ypsilanti Library, and Washtenaw Intermediate School District Head Start.

## ***Population Served:***

Students and youth in schools, community centers, and the downtown Ypsilanti library.

## ***Geographic Area Served:***

Ypsilanti

## ***Funding:***

The program is partially supported through funds from the Michigan Nutrition Network (MNN).

## ***Participant Cost:***

There is no fee to participate in this program.

## ***Levels of Intervention:***

Strengthening individual knowledge and skills, promoting community education

## ***Root Causes of Obesity Impacted by Program:***

Poverty, dietary behavior, food environment, knowledge of healthy food and its benefits, limited to no access to healthy food

# Healthy Kids Healthy Michigan

**Contact:** Fran Talsma, Vice Chair

**Contact Number:** (734) 646-3412

**Email:** ftalsma@annarborymca.org

**Website:** <http://www.healthykidshealthymich.com>

## **Description of Program:**

Healthy Kids Healthy Michigan (HKHM) is coalition dedicated to reducing childhood obesity in Michigan through strategic policy initiatives while working with state government leaders. HKHM is comprised of executive-level decision makers from more than 120 organizations statewide dedicated to addressing childhood obesity and improving the health of Michigan's youngest residents. These organizations represent government, public and private sectors, school districts, health care and non-profit organizations.

## **Population Served:**

Michigan children

## **Geographic Area Served:**

All of Michigan

## **Funding:**

Funding is provided by annual dues and in-kind administrative support from Steering Committee member organizations.

## **Levels of Intervention:**

Promoting community education, educating providers, fostering coalitions and networks, changing organizational practices, influencing policy and legislation

## **Root Causes of Obesity Impacted by Program:**

Physical inactivity, community design and built environment, food environment, breastfeeding

# **MSU Extension**

## **Supplemental Nutrition Assistance Program (SNAP) - Education**

**Organization:** Michigan State University (MSU) Extension

**Contact:** Mary Donaldson, Program Instructor

**Contact Number:** (734) 222-3956

**Email:** [morrism4@anr.msu.edu](mailto:morrism4@anr.msu.edu)

**Website:** <http://www.msue.msu.edu>

### **Description of Program:**

Washtenaw County MSU Extension provides SNAP-Ed, a nutrition education program, using an outcomes based curriculum to reduce hunger and food insecurity and promote healthy eating habits. The goal of the SNAP-Ed program is to increase the likelihood that those eligible for SNAP benefits will establish healthy eating habits and increase their time spent involved in physical activity, while staying within their limited food budget. SNAP-Ed curriculum include: Cooking Matters, Cooking Matters for Teens, Eat Healthy Be Active, Eat Smart Live Strong, Healthy Harvest, and Show Me Nutrition.

### **Population Served:**

Low income individuals; at least 50% of participants must be eligible for SNAP benefits

### **Geographic Area Served:**

All of Washtenaw County

### **Funding:**

This program is funded by the United States Department of Agriculture (USDA): SNAP-Ed.

### **Participant Cost:**

There is no fee to participate in this program.

### **Levels of Intervention:**

Strengthening individual knowledge and skill

### **Root Causes of Obesity Impacted by Program:**

Dietary behavior

# ***Healthy Families Start with YOU***

**Organization:** National Kidney Foundation of Michigan

**Contact:** Crystal D'Agostino, MSW

**Contact Number:** (734) 222-9800 X246

**Email:** cdagostino@nkfm.org

**Website:** <http://www.nkfm.org/kids>

## ***Description of Program:***

In *Healthy Families Start with YOU*, early childhood professionals are trained to conduct a series of two health chats with participating parents or guardians. The participants provide information about the dietary and physical activity practices within their households and are asked to set a health behavior change goal. Parents receive support and health-related incentives and literature. In addition, the National Kidney Foundation of Michigan offers educational classes about healthy eating and physical activity to assist parents in achieving their goals.

## ***Population Served:***

Low income parents or caregivers

## ***Geographic Area Served:***

All of Washtenaw County

## ***Funding:***

Michigan Nutrition Network at the Michigan Fitness Foundation

## ***Participant Cost:***

There is no fee for SNAP eligible populations.

## ***Levels of Intervention:***

Strengthening individual knowledge and skills

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, dietary behavior

# ***My Choice...My Health Diabetes Prevention Program***

**Organization:** National Kidney Foundation of Michigan

**Contact:** Leigh Vogelsong, Senior Program Coordinator

**Contact Number:** 734-222-9800

**Email:** lvogelsong@nkfm.org

**Website:** <http://www.nkfm.org/dpp>

## ***Description of Program:***

My Choice...My Health Diabetes Prevention Program is an evidence-based lifestyle change program for adults. Through 16 weekly sessions and 6-8 monthly sessions, participants learn to make lifestyle changes to reduce their risk for type 2 diabetes. The program is led by a trained lifestyle coach. The coach works with participants to achieve a weight loss of 5-7% of starting body weight; adopt healthy eating habits; be more physically active; learn to recognize and overcome barriers to healthy eating and physical activity; and improve chronic disease risk factors.

## ***Population Served:***

Adults over age 18 who are overweight or obese and at risk of developing diabetes or diagnosed with prediabetes.

## ***Geographic Area Served:***

All of Washtenaw County

## ***Funding:***

This program is funded through various organizations and a self-pay option is also available.

## ***Participant Cost:***

The cost varies. Scholarships are available.

## ***Levels of Intervention:***

Strengthening individual knowledge and skills, promoting community education, educating providers, fostering coalitions and networks, changing organizational practices, influencing policy and legislation.

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, dietary behavior, psycho-social, access to community-based disease prevention programs

# ***Nutrition Education and Physical Activity Professional Development Speakers Series for Daycare Providers***

**Organization:** National Kidney Foundation of Michigan

**Contact:** Crystal D'Agostino, MSW

**Contact Number:** (734) 222-9800 X246

**Email:** [cdagostino@nkfm.org](mailto:cdagostino@nkfm.org)

**Website:** <http://www.nkfm.org/kids>

## ***Description of Program:***

The National Kidney Foundation of Michigan (NKFM) has been providing community-based nutrition education to parents and providers in Michigan since 2006 at a wide variety of conferences. NKFM is applying this experience to a nutrition education professional development speaker series for daycare providers. Daycare providers participating in this program will receive training hours, and will learn creative and practical tips for teaching nutrition and physical activity in the classroom. In addition, the speaker series will be tailored to the needs and interests of the daycare center. A few of the topics providers can choose from include Picky Eaters, Healthy Eating on a Budget, Cooking with children, and more! Have another topic in mind? We are happy to make any arrangements to fit your needs.

## ***Population Served:***

Early childhood educators

## ***Geographic Area Served:***

All of Washtenaw County

## ***Funding:***

Funded by participant fees

## ***Participant Cost:***

Contact [cdagostino@nkfm.org](mailto:cdagostino@nkfm.org) for cost information.

## ***Levels of Intervention:***

Strengthening individual knowledge and skills, educating providers, changing organizational practices

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity and dietary behavior

# ***Nutrition and Physical Activity Self-Assessment in Child Care (NAP SACC)***

**Organization:** National Kidney Foundation of Michigan

**Contact:** Crystal D'Agostino, MSW

**Contact Number:** (734) 222-9800 X246

**Email:** [cdagostino@nkfm.org](mailto:cdagostino@nkfm.org)

**Website:** <http://www.nkfm.org/kids>

## ***Description of Program:***

*Nutrition and Physical Activity Self-Assessment in Child Care (NAP SACC)* is an intervention for early childhood educational settings that is aimed at improving nutrition and physical activity environments, policies and practices through self-assessment and targeted technical assistance. Site staff complete a self-assessment and, with the assistance of National Kidney Foundation of Michigan (NKFM) staff, complete goal setting and action planning. NKFM also provides workshops on pertinent nutrition and/or physical activity topics to foster confidence in early childcare staff.

## ***Population Served:***

Daycare providers in low income preschools

## ***Geographic Area Served:***

All of Washtenaw County

## ***Funding:***

Michigan Nutrition Network and Michigan Department of Community Health

## ***Participant Cost:***

There is no fee for SNAP eligible populations. Others interested that do not meet these guidelines please contact [cdagostino@nkfm.org](mailto:cdagostino@nkfm.org) for cost information.

## ***Levels of Intervention:***

Strengthening individual knowledge and skills, educating providers, changing organizational practices

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, dietary behavior, food environment, breastfeeding

# ***PE-Nut (Physical Education and Nutrition Education Working Together) Summer Programming***

**Organization:** National Kidney Foundation of Michigan (NKFM)

**Contact:** Caitlin McEvilly, Program Coordinator

**Contact Number:** (734) 222-9800

**Email:** cmcevilly@nkfm.org

**Website:** <http://www.nkfm.org/kids>

## ***Description of Program:***

PE-Nut, physical education and nutrition education working together, summer programming is a nutrition and physical education program that motivates children to be more physically active and eat healthier. PE-Nut is designed to improve health behaviors by presenting simple, consistent nutrition and physical activity messages via multiple approaches. NKFM's PE-Nut Nutrition Educators work with elementary school age children to encourage healthy habits. PE-Nut summer programming is presented as 1-hour nutrition and physical activity lessons focused on increasing fruit and vegetable consumption and physical activity. Lessons include nutrition education, a nutrition activity or game, physical activity and a healthy food tasting.

## ***Population Served:***

Children in grades K-5 at summer camps, summer schools, summer meal sites or other formal summer gathering places. Fifty percent or more of children served must be eligible for free or reduced school lunches or summer meal programs.

## ***Geographic Area Served:***

Available in all of Washtenaw county and surrounding areas

## ***Funding:***

Funded by U.S. Department of Agriculture Supplemental Nutrition Assistance Program (SNAP) through the State of Michigan and the Michigan Fitness Foundation.

## ***Participant Cost:***

There is no fee to participate in this program.

## ***Levels of Intervention:***

Strengthening individual knowledge and skills

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, dietary behavior

# ***Regie's Rainbow Adventure®***

**Organization:** National Kidney Foundation of Michigan

**Contact:** Crystal D'Agostino, MSW

**Contact Number:** (734) 222-9800 X246

**Email:** [cdagostino@nkfm.org](mailto:cdagostino@nkfm.org)

**Website:** <http://www.nkfm.org/kids>

## ***Description of Program:***

*Regie's Rainbow Adventure®* is a nutrition and physical activity-focused curriculum for preschool and early elementary-aged children. The seven-week program chronicles the adventures of Regie, a superhero (who looks like a piece of broccoli), who travels to exotic lands that correspond with the colors of the rainbow. This free curriculum includes a set of books for the classroom, a healthy food sampling component, and supplemental handouts and lessons for teachers and parents.

## ***Population Served:***

Low income preschoolers

## ***Geographic Area Served:***

All of Washtenaw County

## ***Funding:***

Michigan Nutrition Network and Michigan Department of Community Health

## ***Participant Cost:***

There is no fee for SNAP eligible populations. Others interested that do not meet these guidelines please contact [cdagostino@nkfm.org](mailto:cdagostino@nkfm.org) for cost information.

## ***Levels of Intervention:***

Strengthening individual knowledge and skills and educating providers

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity and dietary behavior

# ***St. Joseph Mercy Breastfeeding Clinic***

**Organization:** St. Joseph Mercy Health System

**Contact:** Mary Kaunelis, RN-BSN, Patient Education Coordinator for Women and Children's Services

**Contact Number:** (734) 712-0343

**Email:** kaunelim@trinity-health.org

**Website:** <http://www.stjoeshealth.org/birthcenter>

## ***Description of Program:***

The Saint Joseph Mercy Breastfeeding Clinic is staffed by lactation consultants who are available, by appointment, to help breastfeeding mothers with any concerns about breastfeeding their babies. Because of the many benefits of breastfeeding for infants and mothers, we provide a comprehensive service including:

- Inpatient lactation consults
- Outpatient breastfeeding consultations
- Prenatal breastfeeding classes: two-hour breastfeeding class to be completed before the birth of your baby. This class is designed to offer you encouragement, information, and to help you prepare for the first few weeks of breastfeeding at home. This class is usually offered twice per month and partners are encouraged to attend.
- Breastfeeding Club: Free, drop-in, informal monthly meeting for pregnant or breastfeeding moms and their babies (older siblings welcome too!). Group is facilitated by a board-certified lactation consultant. No registration needed.

Registered Nurse staff and lactation consultants provide support and education while respecting and meeting the needs of each individual family. Our lactation consultants are certified by the International Board of Lactation Consultant Examiners (IBLCE), and are available seven days a week (except holidays).

## ***Population Served:***

Women who are pregnant or breastfeeding and their infants & partners

## ***Geographic Area Served:***

All of Washtenaw County. Participants also come from Wayne, Livingston, and Oakland counties.

## ***Funding:***

Funded by participant fees, insurance reimbursement, and St. Joseph Mercy Health System

## ***Participant Cost:***

- Breastfeeding club is free; there is a fee for all other services.
- Cost may be covered by insurance; however, coverage varies between insurance companies.
- Scholarships are available.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill

## ***Root Causes of Obesity Impacted by Program:***

Breastfeeding

# ***St. Joseph Mercy Center for Diabetes***

**Organization:** St. Joseph Mercy Health System

**Contact:** Karen Karolle-Caton, Program Coordinator

**Contact Number:** (734) 712-2431

**Email:** karollek@trinity-health.org

**Website:** <http://www.stjoesannarbor.org/diabetes>

## ***Description of Program:***

The St. Joseph Mercy Center for Diabetes offers in-depth diabetes education. We help people with diabetes learn how to take care of themselves and reduce their risk of developing complications. We are approved by the American Association of Diabetes Educators and the Michigan Department of Community Health. Our Registered Dietitians and Registered Nurses are Certified Diabetes Educators who specialize in diabetes education. We provide group and one-on-one instruction. Our staff works with each individual and their physician to develop a self-care plan that meets their needs. Family members and other support people are encouraged to attend, to help you maintain healthy diabetes self-care practices.

## ***Population Served:***

Individuals with type 1, type 2, gestational diabetes or pre-diabetes

## ***Geographic Area Served:***

All of Washtenaw County and greater St. Joseph Mercy service area

## ***Participant Cost:***

- This program has a fee for participation.
- Participation fee is often covered by insurance, especially with physician referral.
- Scholarships are available.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, strengthening family knowledge and skills, providing social support

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, dietary behavior, psycho-social (e.g. self-esteem, depression, social problems, etc.)

# ***St. Joseph Mercy Family Fun with Food and Fitness***

**Organization:** St. Joseph Mercy Health System

**Contact:** Beth Darnell, Program Coordinator

**Contact Number:** (734) 712-5694

**Email:** darnellb@trinity-health.org

**Website:** <http://www.stjoeshealth.org/shapedown>

## ***Description of Program:***

Families learn how to balance healthy eating, exercise and quality family time with each other in an interactive workshop. Program includes breakout sessions for parents to learn more about family dynamics, while kids enjoy physical activity. Healthy snacks are prepared by all in our interactive kitchen. This one time workshop can be provided at off-site locations and tailored to meet the needs of your group.

## ***Population Served:***

Children and teens (ages 5-18) & their parents

## ***Geographic Area Served:***

All of Washtenaw County and greater St. Joseph Mercy service area in Southeastern Michigan and Livingston County.

## ***Participant Cost:***

- This program has a fee for participation.
- Scholarships are available.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, community design and built environment, dietary behavior, food environment, family dynamics

# ***St. Joseph Mercy Health Exploration Station***

**Organization:** St. Joseph Mercy Health System

**Location:** St. Joseph Mercy Canton Health Center, 1600 South Canton Center Road, Canton, MI 48188

**Contact:** Any staff member

**Contact Number:** (734) 398-7518

**Email:** [healthed@trinity-health.org](mailto:healthed@trinity-health.org)

**Website:** <http://www.healthexplorationstation.com>

## ***Description of Program:***

The St. Joseph Mercy Health Exploration Station is a field trip destination located in Canton. Programs are done in-house and through outreach efforts to school groups and scout troops throughout SE Michigan. Programs are not obesity specific, but are focused on overall health and healthy decision making. Over 20 programs are offered at all levels preschool through high school.

## ***Population Served:***

Preschool through high school students

## ***Geographic Area Served:***

All of Washtenaw County and greater Southeastern Michigan region

## ***Funding:***

Funding is received from Trinity Health and St. Joseph Mercy Health System.

## ***Participant Cost:***

- There is a participation fee of \$4.00 per person.
- Scholarships are not available.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, dietary behavior

# **St. Joseph Mercy Health Management Resource (HMR) Program**

**Organization:** St. Joseph Mercy Health System

**Location:** St. Joseph Mercy Hospital, Ann Arbor

**Contact:** Lori Wolters, Clinical Coordinator

**Contact Number:** (734) 712-5540

**Email:** WolterLJ@trinity-health.org

**Website:** <http://www.stjoeshealth.org/hmr>

## **Description of Program:**

The Health Management Resource (HMR) Program provides intensive lifestyle education, personalized attention and follow-up, and an emphasis on long-term weight and health management. Our goal is to provide state-of-the-art, research-based care to help participants lose weight most effectively and keep it off long term. HMR offers a variety of diet options appropriate for anyone wanting to lose 10-200+. These options range from those that can be done at home to those that require weekly lifestyle classes and/or medical supervision. All HMR diets use meal replacements (weight-loss shakes, entrees, soup, multigrain cereal, and nutrition bars) to maximize weight loss and provide optimal nutrition.

## **Population Served:**

Overweight or obese adults

## **Geographic Area Served:**

All of Washtenaw County. The in-clinic program reaches individuals who live within driving distance of St Joe's. The at-home program is available for participants from any location within the United States.

## **Funding:**

This program is funded by participant fees. Outside funding is not provided.

## **Participant Cost:**

- This program has a fee for participation.
- Scholarships are not available; however, as suitable, arrangements (covering program costs and participant needs) can be made.

## **Levels of Intervention:**

Strengthening individual knowledge and skill

## **Root Causes of Obesity Impacted by Program:**

Physical inactivity, dietary behavior

# **St. Joseph Mercy Healthy Communities Walking Program**

**Organization:** St. Joseph Mercy Chelsea

**Contact:** Kelli Saunders, Community Point Person

**Contact Number:** (734) 593-6271

**Email:** Kelli.Saunders@trinity-health.org

**Website:** <http://www.stjoeschelsea.org/healthycommunities>

## **Description of Program:**

The Healthy Communities Walking Program was formed in 2002 with volunteer representatives from Chelsea, Dexter and Manchester, the Chelsea Wellness Center, public health, and the hospital. In response to local survey data showing that many adults in western Washtenaw County are overweight or obese as a result of being sedentary, they created a free walking program for people who live and work in the hospital's service area. Participants provide basic health information at enrollment, then track their walking over 12 months, receiving incentives and encouragement along the way from the program's Community Point Person. When the program was started in 2003, the steering committee also implemented environmental strategies to promote walkability. They installed bike racks in town, and created walking maps that are available to the community at kiosks, and painted on a mural in Chelsea.

## **Population Served:**

Sedentary or moderately active residents or employees in the St. Joseph Mercy Chelsea service area

## **Geographic Area Served:**

Western Washtenaw County (Chelsea, Dexter, Manchester, Grass Lake, and Stockbridge)

## **Funding:**

St. Joseph Mercy Chelsea is the primary funding source for this program. Short-term grants from the Chelsea-Area Wellness Foundation (CWF) will support program growth in those communities that allocated resources from their comprehensive wellness plans, as part of the CWF 5 Healthy Towns initiative.

## **Participant Cost:**

There is no fee to participate in this program.

## **Levels of Intervention:**

Strengthening individual knowledge and skill, fostering coalitions and networks

## **Root Causes of Obesity Impacted by Program:**

Physical inactivity, community design and built environment

# **St. Joseph Mercy Nutrition Counseling and Education**

**Organization:** St. Joseph Mercy Health System

**Contact:** Beth Darnell, Program Coordinator

**Contact Number:** (734) 712-5694

**Email:** darnellb@trinity-health.org

**Website:** <http://www.stjoesannarbor.org/weightloss>

## **Description of Program:**

Develop healthier eating habits to lower your blood pressure or cholesterol, control your diabetes, lose weight, or manage a health condition affected by nutrition. Meet one-on-one with a registered dietitian to:

- Learn how the foods you eat affect your health
- Learn how to make healthy food choices in a variety of settings
- Change habits gradually for long-term success
- Learn how to eat for special diets, such as gluten-free

Our registered dietitians have expertise in: weight management, heart disease, high cholesterol, high blood pressure, diabetes, gastrointestinal disease, and cancer.

## **Population Served:**

Adults who are overweight, obese, or have a chronic disease

## **Geographic Area Served:**

All of Washtenaw County and greater St. Joseph Mercy service area

## **Participant Cost:**

- This program has a fee for participation.
- Participation fee may be covered by insurance, especially with physician referral.
- Scholarships are available

## **Levels of Intervention:**

Strengthening individual knowledge and skill

## **Root Causes of Obesity Impacted by Program:**

Physical inactivity, dietary behavior, food environment, psycho-social (e.g. self-esteem, depression, social problems, etc.)

# ***St. Joseph Mercy ShapeDown***

**Organization:** St. Joseph Mercy Health System

**Contact:** Beth Darnell, Program Coordinator

**Contact Number:** (734) 712-5694

**Email:** darnellb@trinity-health.org

**Website:** <http://www.stjoeshealth.org/shapedown>

## ***Description of Program:***

Parents and children work together as a team with a social worker, registered dietitian and exercise specialist to learn how healthy eating, an active lifestyle and effective communication promote weight loss and family unity. The ShapeDown program includes a free orientation, 2 individual family consultations, and 8 week two-hour long classes. Families have the option to continue the learning experience with Advanced ShapeDown classes.

## ***Population Served:***

Children and teens (ages 6-18) & their parents

## ***Geographic Area Served:***

Families attend from multiple counties in Southeastern Michigan

## ***Funding:***

Funded by corporate philanthropy, insurance reimbursement, and St. Joseph Mercy Health System community benefit program/charity care.

## ***Participant Cost:***

- This program has a fee for participation.
- Program may be covered in part by certain insurances.
- Scholarships are available.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education, educating providers

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, community design and built environment, dietary behavior, food environment, psycho-social (e.g. self-esteem, depression, social problems, etc.), family connections, parenting issues

# UMHS Breastfeeding Moms Support Group

**Organization:** University of Michigan Health System (UMHS)

**Location:** Briarwood Center for Women, Children and Young Adults  
400 E. Eisenhower Parkway, Building 2, Suite B, Ann Arbor, MI 48108

**Contact Number:** (734) 232-2600

**Website:** <http://www.uofmhealth.org/medical-services/classes-and-support>

## **Description of Program:**

Breastfeeding Moms: Meet Other Breastfeeding Moms and Babies

- Are you craving adult conversation?
- Are you new to the area and want to meet other moms?
- Do you have questions about breastfeeding?
- Are you an expectant mom planning to breastfeed?
- Are you having a great breastfeeding experience and want to support other moms?

Research shows that peer support increases breastfeeding rates and duration.

Come join us in a relaxed and comfortable conversation about breastfeeding facilitated by lactation specialists from U-M Von Voigtlander Women's Hospital!

## **Population Served:**

Women who are pregnant or breastfeeding

## **Geographic Area Served:**

All of Washtenaw County

## **Funding:**

This program is funded by University of Michigan Health System (UMHS).

## **Participant Cost:**

There is no fee to participate in this program.

## **Levels of Intervention:**

Strengthening individual knowledge and skill, promoting community education

## **Root Causes of Obesity Impacted by Program:**

Breastfeeding, psycho-social (e.g. self-esteem, depression, social problems, etc.)

# ***UMHS Diabetes Education Program***

**Organization:** University of Michigan Health System (UMHS)

**Contact:** Metabolism, Endocrinology & Diabetes Clinic at Domino's Farms

**Contact Number:** 734-647-5871

**Website:** <http://www.uofmhealth.org/medical-services/diabetes-classes>

## ***Description of Program:***

The Diabetes Education Program is recognized by the American Diabetes Association, and has been certified by the Michigan Department of Community Health since June 2001. The recognition and certification process is based on National Standards for Diabetes Self-Management Education, the American Diabetes Association and MDCH requirements. Support groups and classes are led by our Diabetes Education Program staff. The team consists of certified diabetes educator nurses and dietitians. The team has expertise in diabetes devices, with certification in training, prep and self-management for insulin pumps and continuous glucose monitors (CGM). Dietitians hold certificates of training in adult weight management by the Commission on Dietetic Registration.

The program is open to pediatric & adult patients from inside or outside of the U-M Health System. Individual counseling sessions and/or group classes are available. Adult diabetes education classes include: type 1 diabetes classes - "intensive management," type 2 diabetes classes – "living with diabetes," gestational diabetes classes, pre-pregnancy planning for women with diabetes. Support groups for adults with diabetes include: type 1 diabetes adult support group, type 2 diabetes adult support group, & diabetes support group for seniors 60+. There are a wide range of pediatric diabetes education classes available.

## ***Population Served:***

Children, adults, & seniors living with type 1, type 2, or gestational diabetes. Family members and other support people are also encouraged to attend.

## ***Geographic Area Served:***

All of Washtenaw County

## ***Funding:***

This program is funded by participant fees and University of Michigan Health System (UMHS).

## ***Participant Cost:***

- This program has a fee for participation.
- This program takes insurance, including Medicare, most Medicaid programs, and private insurances. However, insurance coverage varies from person to person; call your insurance provider to ask if diabetes education is a covered benefit.
- Scholarships are not available.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, strengthening family knowledge and skills, providing social support

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, dietary behavior, psycho-social (e.g. self-esteem, depression, social problems, etc.)

# **UMHS Healthy Food Hospitals Program**

**Organization:** University of Michigan Health System (UMHS) and the Michigan Health & Hospital Association (MHA)

**Contact:** Craig Luck, Support Services/Hospital Operations

**Contact Number:** (734) 763-9458

**Email:** lluck@med.umich.edu

**Website:** <http://www.uofmhealth.org/drink>  
<http://www.healthyfoodhospitals.org/>

## **Description of Program:**

In 2010, the Michigan Health & Hospital Association (MHA) adopted a resolution encouraging all community hospitals to lead by example by implementing a multi-faceted healthy eating and healthy beverage experience for hospital patients, employees and visitors. The Healthy Food Hospitals campaign gives Michigan hospitals the opportunity to model exemplary food and beverage service choices and nutritional selections to support the health of all those who walk through their doors. This initiative paves the way for additional efforts to improve health in local communities by teaching businesses and others in public venues to create healthy food and beverage environment policies.

The University of Michigan Health System including C.S. Mott Children's Hospital, Von Voigtlander Women's Hospital, and University of Michigan Hospital and Health Centers has pledged to adopt this community health improvement initiative and has already met the following criteria: pediatric patient menus meet American Heart Association guidelines and healthy offerings through cafeteria menu labeling.

## **Population Served:**

Patients, staff, and visitors on University of Michigan Health System campus

## **Geographic Area Served:**

All of Washtenaw County

## **Funding:**

This program is funded by University of Michigan Health System (UMHS).

## **Levels of Intervention:**

Changing organizational practices, influencing policy and legislation

## **Root Causes of Obesity Impacted by Program:**

Food and beverage environment

# **UMHS Metabolic Fitness Program**

**Organization:** Frankel Cardiovascular Center at the University of Michigan Health System (UMHS)

**Location:** Cardiovascular Medicine at Domino's Farms, 4008 Ave Maria Dr., Lobby A, Suite 300, Ann Arbor, MI 48105

**Contact Number:** 734-998-5679

**Website:** <http://www.umcvc.org/metabolic-fitness-program>

## **Description of Program:**

At the Metabolic Fitness Program a multidisciplinary team of cardiovascular experts is focused on helping you reverse your metabolic syndrome through support, education and comprehensive care. The program combines exercise, nutrition, stress management and strategies for behavior change in a supportive group atmosphere to facilitate positive lifestyle changes, which in turn reduces risk. The 24-week program includes one day a week at the Metabolic Fitness Program for mini lectures, group discussions and exercise, and then an exercise program for you to do on your own. A 12-week option is also available. All of our patients in the Program are granted full access to our cutting-edge Fitness Center, which is supervised by our exercise physiologists. A physician referral is required to enroll in the Metabolic Fitness Program so we can develop a partnership with you and your primary care physician.

## **Population Served:**

Anyone with a diagnosis of Metabolic Syndrome

## **Geographic Area Served:**

All of Washtenaw County

## **Funding:**

This program is funded by participant fees and University of Michigan Health System (UMHS).

## **Participant Cost:**

- There is a program fee of \$350 per 12 week session, an out-of-pocket expense that insurance providers do not typically cover.
- If your insurance provider participates with UMHS, the clinic visits are most often covered. We can provide the necessary information required for you to confirm your coverage and recommend that you do so prior to enrolling.
- Scholarships are not available.

## **Levels of Intervention:**

Strengthening individual knowledge and skill

## **Root Causes of Obesity Impacted by Program:**

Physical inactivity, dietary behavior, psycho-social (e.g. self-esteem, depression, social problems, etc.)

# ***MHealthy Healthy Cooking Classes***

**Organization:** University of Michigan Health System (UMHS), MHealthy

**Location:** East Ann Arbor Health & Geriatrics Center, 4260 Plymouth Road, Ann Arbor, MI 48109

**Contact Number:** (734) 647-7888

**Email:** mhealthy@umich.edu

**Website:** <http://hr.umich.edu/mhealthy/programs/nutrition/cooking/>

## ***Description of Program:***

Classes focus on teaching easy and delicious meals and snacks based on vegetables, fruits, whole grains, beans, nuts, fish, low-fat dairy, lean meat and beneficial fats. We'll share tips for saving time, cutting costs and having fun making tasty, healthy food that you and your family will love! All classes are taught by the MHealthy Culinary Team, unless otherwise indicated. Delicious and generous sampling offered at every class. Confirmed pre-registration and payment is required for all classes.

## ***Population Served:***

Anyone who would like to learn healthier cooking skills

## ***Geographic Area Served:***

All of Washtenaw County

## ***Funding:***

Classes are funded by participant fees and University of Michigan Health System (UMHS).

## ***Participant Cost:***

There is a \$25 participation fee per class unless otherwise noted.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education

## ***Root Causes of Obesity Impacted by Program:***

Dietary behavior

# **Michigan Pediatric Outpatient Weight Evaluation and Reduction (MPOWER) Junior Program**

**Organization:** University of Michigan Health System (UMHS) Pediatric Comprehensive Weight Management Program

**Location:** C.S. Mott Children's Hospital, 1540 E Hospital Dr, Ann Arbor, MI 48109  
Ann Arbor YMCA, 400 W Washington St, Ann Arbor, MI 48103

**Contact:** Clinic Administrative Assistant

**Contact Number:** (734) 615-3829

**Email:** peds-mpower@med.umich.edu

**Website:** <http://www.med.umich.edu/mpower/clinical/treatment>

## **Description of Program:**

The MPOWER Junior program is a 6-month intensive, clinical, multidisciplinary weight loss program geared towards children ages 7-11. Patients must be referred by their primary care provider and have a BMI at or above the 95th percentile for age and sex. The MPOWER Junior program is delivered over 24 weeks by a multidisciplinary team including a pediatrician, psychologist, dietitian, exercise physiologist and social worker. The program is family-focused and includes medical evaluation and monitoring, nutrition and exercise education, behavioral strategies and social support. The MPOWER Junior program aims to increase intrinsic motivation using the self-determination theory of behavior change. All group sessions take place at the Ann Arbor YMCA. Families are provided a 6 month family membership at the YMCA where they are encouraged to engage in other YMCA programs and opportunities in addition to their once a week MPOWER Jr class.

## **Population Served:**

Youth 7-11 years old with a BMI at or above the 95<sup>th</sup> percentile for age and sex and their families

## **Geographic Area Served:**

Mostly Southeastern Michigan; however, families from all over the state have participated.

## **Funding:**

This program does not receive outside funding.

## **Participant Cost:**

- This program accepts insurance. However, insurance coverage varies from person to person.
- Scholarships are not available.

## **Levels of Intervention:**

Strengthening individual knowledge, skill and fostering coalitions and networks, developing evidence based practices

## **Root Causes of Obesity Impacted by Program:**

Physical inactivity, dietary behavior, food environment, psycho-social (e.g. self-esteem, depression, social problems, etc.), medical

# ***Michigan Pediatric Outpatient Weight Evaluation and Reduction (MPOWER) Program***

**Organization:** University of Michigan Health System (UMHS) Pediatric Comprehensive Weight Management Program

**Location:** C.S. Mott Children's Hospital, 1540 E Hospital Dr, Ann Arbor, MI 48109

**Contact:** Clinic Administrative Assistant

**Contact Number:** (734) 615-3829

**Email:** peds-mpower@med.umich.edu

**Website:** <http://www.med.umich.edu/mpower/clinical/treatment>

## ***Description of Program:***

The MPOWER program is a 6-month intensive, clinical, multidisciplinary weight loss program geared towards adolescents ages 12-18. Patients must be referred by their primary care provider and have a BMI at or above the 95th percentile for age and sex. The MPOWER program is delivered over 24 weeks by a multidisciplinary team including a pediatrician, psychologist, dietitian, exercise physiologist and social worker. The program is family-focused and includes medical evaluation and monitoring, nutrition and exercise education, behavioral strategies and social support. The MPOWER program aims to increase intrinsic motivation using the self-determination theory of behavior change. Strategies such as motivational interviewing, goal setting and self-monitoring are used to assist in bringing about behavior change.

## ***Population Served:***

Adolescents 12-18 years old with a BMI at or above the 95<sup>th</sup> percentile for age and sex

## ***Geographic Area Served:***

Mostly Southeastern Michigan; however, families from all over the state have participated

## ***Funding:***

This program does not receive outside funding.

## ***Participant Cost:***

- This program accepts insurance. However, insurance coverage varies from person to person.
- Scholarships are not available.

## ***Levels of Intervention:***

- Strengthening individual knowledge and skill, fostering coalitions and networks
- Staged approach which includes low calorie diets, liquid diets and bariatric surgery for those with severe obesity who require interventions of greater intensity.

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, dietary behavior, food environment, psycho-social (e.g. self-esteem, depression, social problems, etc.), medical

# ***Nutrition Services at UMHS Primary Care Centers***

**Organization:** University of Michigan Health System (UMHS)

**Contact:** Ruth Blackburn, MPH, RD- UMHS Ambulatory Care Nutrition Services Manager

**Contact Number:** (734) 615-0444

**Email:** ranblack@med.umich.edu

**Website:** <http://www.uofmhealth.org/medical-services/nutrition>

## ***Description of Program:***

Nutrition Services at UMHS Primary Care Centers are designed for non-hospitalized patients and are provided by Registered Dietitians with expertise in adult, pediatric, prenatal and geriatric nutrition. We address a variety of nutrition-related conditions, including poor weight gain, failure to thrive, diabetes, increased blood lipid levels (cholesterol and triglycerides), hypertension, kidney disease before dialysis, polycystic ovarian syndrome, hypoglycemia, food allergies, gluten intolerance (celiac disease), irritable bowel syndrome, gastro esophageal reflux disease and obesity. We offer medical nutrition therapy by appointment only, with same-day openings available on occasion.

## ***Population Served:***

Patients referred by a UM primary care physician

## ***Geographic Area Served:***

All of Washtenaw County

## ***Funding:***

Funding is received from University of Michigan Health System, Blue Cross Blue Shield (BCBS), & Centers for Medicare and Medicaid Services (CMS).

## ***Participant Cost:***

- This program takes insurance, including Medicare, Medicaid programs, and private insurances. A referral may be required by your insurance for coverage.
- There is no fee for patients referred by a UM primary care physician.
- Patients with outside referrals or who self-refer may incur charges.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, educating providers, changing organizational practices

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, dietary behavior

# ***UMHS Prenatal Breastfeeding Class***

**Organization:** University of Michigan Health System (UMHS)

**Location:** Briarwood Center for Women, Children and Young Adults  
400 E. Eisenhower Parkway, Building 2, Suite B, Ann Arbor, MI 48108

**Contact Number:** 734-232-2600

**Website:** <http://www.uofmhealth.org/medical-services/classes-and-support>

## ***Description of Program:***

The Prenatal Breastfeeding Class is a 2-hour class is led by a lactation consultant and will help families:

- Learn the 14 steps to better breastfeeding.
- Learn hands on techniques for good positioning and holding infant.
- Become familiar with the various breastfeeding pumps and supplies.

## ***Population Served:***

Women who are pregnant or breastfeeding

## ***Geographic Area Served:***

All of Washtenaw County

## ***Funding:***

This program is funded by participant fees and University of Michigan Health System (UMHS).

## ***Participant Cost:***

- There is a \$20 participation fee for this program.
- Scholarships are available.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill

## ***Root Causes of Obesity Impacted by Program:***

Breastfeeding

# ***Project Healthy Schools***

**Organization:** University of Michigan Health System (UMHS), MHealthy

**Contact:** Jean DuRussel-Weston, RN, MPH, Program Manager

**Contact Number:** (734) 764-0246

**Email:** [projecthealthyschools@umich.edu](mailto:projecthealthyschools@umich.edu)

**Website:** <http://www.projecthealthyschools.org>

## ***Description of Program:***

Project Healthy Schools (PHS), in collaboration with community partners, strives to improve the present and future health of middle school students through school-based education and environmental initiatives. Over 13,600 sixth graders from 27 schools in Michigan have participated in the program. The program includes ten hands-on activities offered over five months that provide learning experiences and tips on how students can put the 5 PHS key areas or goals into practice in their daily lives. Each school also forms a “wellness team” to assess environmental change opportunities. Goals of the program are: to eat more fruits and vegetables, make better beverage choices, be active, eat less fast and fatty foods, and spend less time in front of a screen.

## ***Population Served:***

Mostly underserved middle school students

## ***Geographic Area Served:***

Ann Arbor, Ypsilanti, and other Michigan schools outside of Washtenaw County

## ***Funding:***

Project Healthy Schools has received funding through grants and donations from a number of individual donors as well as many sponsors, including the D. Dan and Betty Kahn Foundation, The Wetsman Foundation, Memorial Health Care Foundation, The American Heart Association, The Bob and Ellen Thompson Foundation, The DeRoy Testamentary Foundation, and the Marvin and Betty Danto Family Foundation.

## ***Participant Cost:***

There is no fee to participate in this program.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, changing organizational practices, influencing policy and legislation

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, dietary behavior, food environment

# ***Regional Alliance for Healthy Schools (RAHS)***

**Organization:** University of Michigan Health System (UMHS)

**Locations:** A2 Tech High School, Lincoln High School, Ypsilanti Community High School, Lincoln Middle School, Scarlett Middle School, Ypsilanti Community Middle School

**Contact:** Allison Shannon, Lead Registered Dietitian

**Contact Number:** (734) 714-9600

**Email:** jallison@med.umich.edu

**Website:** <http://www.umhs-rahs.org>

## ***Description of Program:***

The Regional Alliance for Healthy Schools (RAHS) nutrition and physical activity program is designed to effect behavior change and increase awareness and knowledge of health issues on an individual and community basis. The nutrition and physical activity program targets students who are identified as at risk, overweight or obese according to their BMI-for-age. Activities focus on the following eight goals identified in literature to be effective for youth weight management:

- Eat 5 servings of fruits/vegetables a day
- Eat less junk food
- Drink no more than 1 juice/pop each day
- Get physical activity at least 5 times a week
- No more than 2 hours of TV, computer or video games each day
- Eat fewer meals outside your home
- Practice portion control
- Eat breakfast most days of the week

RAHS registered dietitians are responsible for individual counseling, delivery of general nutrition and physical activity education in a club/group setting, staffing health fairs and other community or promotional events where nutrition education messages are delivered, development and distribution of nutrition education materials, documentation of educational and other encounters, preparation of quarterly reports, maintaining reporting and tracking systems.

## ***Population Served:***

Middle school and high school students

## ***Geographic Area Served:***

Ann Arbor and Ypsilanti

## ***Funding:***

Funding is received from University of Michigan Health System and federal and foundation grants.

## ***Participant Cost:***

There is no fee to participate in this program.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, educating providers

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, dietary behavior, food environment, psycho-social (e.g. self-esteem, depression, social problems, etc.)

# ***The Hunger Within Workshop***

**Organization:** University of Michigan Health System (UMHS)

**Location:** UMHS Neuropsychology Clinic, 2101 Commonwealth Drive, Suite C, Ann Arbor, MI 48105

**Contact:** Marilyn Migliore, MS, RD, ACSW, BCD

**Contact Number:** (734) 763-9259

**Website:** <http://www.thehungerwithin.com/>

## ***Description of Program:***

For those having real trouble making dietary changes, The Hunger Within Workshop is a 12 week treatment program that can provide real hope for lifelong weight management. This course of treatment takes the focus off of food and guides participants through an intensive program unlocking the psychological barriers to permanent weight loss. This concrete, step-by-step workshop explores the core reasons for overeating, identifies the triggers that precipitate a binge and helps break the vicious cycle of emotional eating.

## ***Population Served:***

Adults seeking help with weight management

## ***Geographic Area Served:***

All of Washtenaw County

## ***Funding:***

This program is funded by participant fees. Outside funding is not provided.

## ***Participant Cost:***

- This program has a fee for participation.
- This program takes insurance, including Medicare, most Medicaid programs, and private insurances. However, insurance coverage varies from person to person.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, strengthening family knowledge and skills

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, dietary behavior, psycho-social (e.g. self-esteem, depression, social problems, etc.), social support

# ***Washtenaw Area Transportation Study (WATS)***

**Contact:** Ryan Buck, Director

**Contact Number:** (734) 994-3127

**Email:** buckr@miwats.org

**Website:** <http://www.miwats.org>

## ***Description of Program:***

WATS has a policy to target 10% of Surface Transportation Program funding allocated to Washtenaw County towards non-motorized investments and improvements, and 10% towards investments and improvements that directly benefit transit. Additionally WATS provides support to local communities for additional non-motorized and transit grant opportunities. WATS works with local communities and the public to educate on the importance of active transportation.

## ***Population Served:***

Washtenaw County residents and visitors

## ***Geographic Area Served:***

All of Washtenaw County

## ***Funding:***

WATS is primarily funded by the federal government (approximately 80%). WATS also receives local funding in the form of dues, which provides the match for federal funding, and occasionally receives state funding.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education, influencing policy and legislation

## ***Root Causes of Obesity Impacted by Program:***

Community design and built environment

# Washtenaw Food Policy Council

**Organization:** Washtenaw County Board of Commissioners

**Contact:** Sharon P. Sheldon, Treasurer

**Contact Number:** (734) 544-6781

**Email:** sheldonsp@ewashtenaw.org

**Website:** <http://washtenawfoodpolicycouncil.wordpress.com>

## **Description of Program:**

Washtenaw Food Policy Council (WFPC) is a county-wide food policy council established to develop a healthy community and thriving local food system that provides access to healthy and culturally appropriate foods for all residents; values and preserves community land for food production; maximizes the use of local, regional and seasonal foods; meets the needs of the present generation without compromising the needs of future generations; promotes economic development and a local economy within and around the food system.

## **Population Served:**

Washtenaw County residents and visitors

## **Geographic Area Served:**

All of Washtenaw County

## **Funding:**

WFPC is a volunteer led organization with some in-kind staff support from Washtenaw County Public Health and applies for grants for project specific work.

## **Levels of Intervention:**

Strengthening individual knowledge and skill, promoting community education, fostering coalitions and networks, changing organizational practices, influencing policy and legislation

## **Root Causes of Obesity Impacted by Program:**

Community design and built environment, dietary behavior, food environment

# Washtenaw County Breastfeeding Coalition

**Contact:** Gayathri Akella, MS, RD, CLE, IBCLC, Coalition Co-Chair

**Contact Number:** (734) 545-3139

**Email:** akellag@ewashtenaw.org

**Website:** <http://www.washtenawbfcoalition.org>

## **Description of Program:**

The Washtenaw County Breastfeeding Coalition (WCBC) was created to develop and implement education, training, awareness and support of breastfeeding in order to increase initiation and duration rates in Washtenaw County.

## **Population Served:**

Women of childbearing age and their children & families

## **Geographic Area Served:**

All of Washtenaw County

## **Funding:**

No grants/income stream

## **Levels of Intervention:**

Strengthening individual knowledge and skill, promoting community education, educating providers, fostering coalitions and networks, changing organizational practices, influencing policy and legislation

## **Root Causes of Obesity Impacted by Program:**

Breastfeeding

# ***Border to Border (B2B) Trail***

**Organization:** Washtenaw County Parks and Recreation

**Contact:** Coy Vaughn, Deputy Director

**Contact Number:** (734) 971-6337

**Email:** vaughnc@ewashtenaw.org

**Website:** <http://b2b.ewashtenaw.org>

## ***Description of Program:***

The “Border to Border” trail is a multiagency, collaborative project to construct a multiuse trail traversing Washtenaw County, from Livingston to Wayne County, along the Huron River. Public benefits include: transportation, recreation, habitat protection, storm water control and access to the beauty of the river. When completed, the 35 mile trail will permit non-motorized travel through the linked open spaces encompassing Washtenaw County’s most distinctive natural feature - the Huron River Corridor. The trail will enhance the livability of the county’s main urbanized area where approximately 70% of its residents live in river-linked communities. The goal is to partner with local governments and other public/private entities to complete the trail system by the year 2020.

## ***Population Served:***

Washtenaw County residents, commuters, and visitors

## ***Geographic Area Served:***

Ann Arbor, Ypsilanti, and Dexter

## ***Funding:***

The B2B Trail is mostly funded by the Washtenaw County Parks and Recreation development millage. Other funding sources include: BRG Development, City of Ann Arbor, City of Ypsilanti, Community Development Block Grant, Community Foundation for Southeastern Michigan, Eastern Michigan University, Huron-Clinton Metropolitan Authority, Michigan Department of Natural Resources, Michigan Department of Transportation, Superior Township, Village of Dexter, Washtenaw County Road Commission, and Ypsilanti Township.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education, fostering coalitions and networks, influencing policy and legislation

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, community design and built environment, psycho-social (e.g. self-esteem, depression, social problems, etc.)

# ***Nutrition Education for Low Income Adults & Senior Project FRESH***

**Organization:** Washtenaw County Public Health (WCPH)

**Contact:** Amanda Ng, Health Educator

**Contact Number:** (734) 544-2973

**Email:** nga@ewashtenaw.org

## ***Description of Program:***

Washtenaw County Public Health (WCPH) provides nutrition education to low-income residents at local food pantries and senior housing/programming centers. The main goal is to increase fruit and vegetable consumption within the context of environmental supports (food pantries and the Senior Project FRESH program). Multiple different learning experiences are used to increase knowledge, skills, and decision making with participants. The Senior Project FRESH program provides qualified seniors nutrition education as well as coupons (money) to use on unprocessed, Michigan-grown products at local farmers markets.

## ***Population Served:***

Low income adults and low income seniors (60 years or older)

## ***Geographic Area Served:***

All of Washtenaw County

## ***Funding:***

The Senior Project FRESH program is supported by the Michigan Office of Services to the Aging. Funding for nutrition education from the Michigan Department of Community Health via the Michigan Nutrition Network/USDA (SNAP-Ed funding) runs on yearly grant cycles and may be utilized from year to year.

## ***Participant Cost:***

There is no fee to participate in this program.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education

## ***Root Causes of Obesity Impacted by Program:***

Dietary behavior, food environment

# ***Prescription for Health***

**Organization:** Washtenaw County Public Health (WCPH)

**Contact:** Ariane Reister, MPH, RD, Program Coordinator

**Contact Number:** (734) 544-2969

**Email:** reistera@ewashtenaw.org

**Website:** <http://www.ewashtenaw.org/prescriptionforhealth>

## ***Description of Program:***

The Prescription for Health (PFH) program connects the medical system and the food sector by creating a relationship between clinic staff, their patients, and the local farmers market. Clinic staff identify patients for the program based on food access difficulties, chronic disease risk, and interest. Health care providers write “prescriptions” for their patients to eat more fruits and vegetables and discuss nutrition-related goals. The patient participates in an enrollment session and receives a coupon book with coupons to buy fresh Michigan grown fruits and vegetables at the farmers market. The patient uses their coupons at select local farmers markets throughout the market season. Community Health Advocates, PFH staff & clinic staff provide ongoing nutrition education and support at the farmers markets, support sessions and phone calls.

## ***Population Served:***

Individuals with a chronic disease and food access issues

## ***Geographic Area Served:***

Ypsilanti and Chelsea

## ***Funding:***

The Prescription for Health program is currently funded for 2014-2015 by a grant from the Kresge Foundation.

## ***Participant Cost:***

There is no fee to participate in this program.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education, educating providers, fostering coalitions and networks, changing organizational practices

## ***Root Causes of Obesity Impacted by Program:***

Dietary behavior, food environment

# Safe Routes to School

**Organization:** Washtenaw County Public Health (WCPH)

**Contact:** Amanda Ng, Health Educator

**Contact Number:** (734) 544-2973

**Email:** nga@ewashtenaw.org

**Website:** <http://saferoutesmichigan.org>

## **Description of Program:**

Washtenaw County Public Health (WCPH) provides technical assistance to local schools in developing & building specific plans to increase the safety and number of students walking and biking to school. Currently 24 schools are registered with the Michigan Safe Routes to School (SRTS) program. Many more participate in some SRTS activities such as Walk or Bike to School Days. WCPH has worked with multiple schools to create plans and make changes to the built environment surrounding the school building.

## **Population Served:**

School children and their families

## **Geographic Area Served:**

All of Washtenaw County

## **Funding:**

WCPH staff may be available to assist schools and communities apply for state and federal Safe Routes to School funding. The Michigan Fitness Foundation (MFF) and Michigan Department of Transportation (MDOT) offer \$5,000 Active Transportation Mini-Grants to school buildings for the development of SRTS programs that promote organized initiatives. The federal department of transportation also funds larger projects that can help communities improve the safety of roads and sidewalks around schools.

## **Levels of Intervention:**

Strengthening individual knowledge and skill, promoting community education, educating providers, fostering coalitions and networks, changing organizational practices

## **Root Causes of Obesity Impacted by Program:**

Physical inactivity, community design, built environment

# ***Women, Infants, and Children (WIC) Nutrition Education***

**Organization:** Washtenaw County Public Health WIC (Women, Infants & Children) Supplemental Nutrition Program

**Locations:** 555 Towner, Ypsilanti; 3 West Eden Court, Ann Arbor; 1415 Miller Ave, Ann Arbor; 410 City Road, Manchester; 47 North Huron, Ypsilanti.

**Contact:** Gayathri Akella, MS, RD, CLE, IBCLC, WIC Service Coordinator

**Contact Number:** (734) 545-3139

**Email:** akellag@ewashtenaw.org

## ***Description of Program:***

WIC provides client-centered nutrition education that encourages participants to play an active role in their own learning and allows staff to act as a facilitator. This will allow clients to eat right in their own way every day.

WIC helps families by providing healthy supplemental foods, individual counseling, group nutrition and health education, breastfeeding support and referrals to healthcare and other community services. EBT cards are used to purchase specific nutritious foods as recommended by a scientific panel of the Institute of Medicine. During counseling sessions, Dietitians assess each participant's nutritional needs and determine which foods are appropriate.

## ***Population Served:***

The WIC target population is low income, nutritionally at risk:

- Pregnant women (through pregnancy and up to 6 weeks after birth or after pregnancy ends).
- Breastfeeding women (up to infant's 1st birthday)
- Non-breastfeeding postpartum women (up to 6 months after the birth of an infant or after pregnancy ends)
- Infants (up to 1st birthday).
- Children up to their 5th birthday.

## ***Geographic Area Served:***

All of Washtenaw County

## ***Funding:***

This program is funded by federal, state, and local governments. The program is tied in with WIC funding.

## ***Participant Cost:***

There is no fee to participate in this program.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education, educating providers, changing organizational practices

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, community design and built environment, dietary behavior, food environment, breastfeeding, psycho-social (e.g. self-esteem, depression, social problems, etc.)

# **Washtenaw Intermediate School District (WISD) Coordinated School Health Program**

**Organization:** Livingston Educational Service Agency (LESA) and Washtenaw Intermediate School District (WISD)

**Contact:** Mary Beno, Regional School Health Coordinator

**Contact Number:** (517) 540-6838

**Email:** marybeno@livingstonesa.org

## **Description of Program:**

The Michigan Department of Education and Michigan Department of Community Health provided the resources for Regional School Health Coordinators to initiate Regional Coordinated School Health Programs (CSHPs) in their respective regions. During the time of January 2011 through June 2011, LESA/WISD established a CSHP for the two county regions. A CSHP model consists of eight interactive components that address our schools' most serious health and social problems. The eight components consist of: 1. Health Education; 2. Physical Education; 3. Health Services; 4. Nutrition Services; 5. Counseling, Psychological, and Social Services; 6. Healthy School Environment; 7. Health Promotion for faculty and staff; 8. Parent/community involvement. The Regional CSHP advisory council has met on a limited basis due to the decrease in State funding. We continue to advocate for the implementation of CSHPs in all schools, however, resources are limited. In some communities, the support of local hospitals and community coalitions have sustained their efforts in promoting and advocating for healthy schools and communities.

## **Population Served:**

Children in grades K-12

## **Geographic Area Served:**

All of Washtenaw County and Livingston County

## **Levels of Intervention:**

Strengthening individual knowledge and skill, promoting community education, educating providers, fostering coalitions and networks, changing organizational practices, influencing policy and legislation

## **Root Causes of Obesity Impacted by Program:**

Physical inactivity, community design and built environment, dietary behavior, food environment, psycho-social (e.g. self-esteem, depression, social problems, etc.)

# ***Michigan Model for Health***

**Organization:** Livingston Educational Service Agency (LESA) and Washtenaw Intermediate School District (WISD)

**Contact:** Mary Beno, Regional School Health Coordinator and Health Evaluation Consultant

**Contact Number:** (517) 540-6838

**Email:** marybeno@livingstonesa.org

## ***Description of Program:***

The Michigan Model for Health is a K-12 comprehensive school health education curriculum. It addresses the six categories of behavior that cause the most adverse social and health outcomes as identified by CDC. The categories in which health knowledge, skills, and attitudes are covered include: Social and Emotional Health; Nutrition and Physical Activity; Safety; Alcohol, Tobacco and Other Drugs; and Personal Health and Wellness. This curriculum helps students adopt healthy behaviors and attitudes. This health education curriculum is designed to be taught by classroom teachers grades K-12 (general education classroom teacher K-5; middle school health and/or family and consumer science teacher 6-12). It has the potential to reach all grades K-12 youth in the two counties if the health education curriculum is taught. There is a strong emphasis for the Nutrition and Physical Activity Units to be taught, but it 'generally' has not been given adequate time during the instructional day to be implemented fully. School districts make their 'best effort' to provide this instruction.

## ***Population Served:***

Children in grades K-12

## ***Geographic Area Served:***

All of Washtenaw County and Livingston County

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education, educating providers, fostering coalitions and networks, changing organizational practices, influencing policy and legislation

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, dietary behavior, psycho-social (e.g. self-esteem, depression, social problems, etc.)

# ***PE-Nut***

## ***Physical Education and Nutrition Education Working Together***

**Organization:** Livingston Educational Service Agency (LESA) and Washtenaw Intermediate School District (WISD)

**Contact:** Mary Beno, PE-Nut Coordinator

**Contact Number:** (517) 540-6838

**Email:** marybeno@livingstonesa.org

### ***Description of Program:***

Physical education and nutrition education working together to reach students and parents in low-income schools. PE-Nut is a nutrition and physical education program that uses a whole-school approach to motivate students, parents and educators to be physically active and eat healthier. PE-Nut is designed to improve health behaviors in a school environment by presenting simple, consistent nutrition and physical activity messages via multiple approaches and locations. Academic achievement improves when students receive a healthful diet and when they can be physically active throughout the school day. In PE-Nut, physical educators, nutrition educators, classroom teachers and principal's work together to improve nutrition and physical activity in K-5 school settings.

### ***Population Served:***

Elementary school age children, teachers, and administrators

### ***Geographic Area Served:***

All of Washtenaw County and Livingston County

### ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education, educating providers, fostering coalitions and networks, changing organizational practices, influencing policy and legislation

### ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, community design and built environment, dietary behavior, food environment

# ***Ypsilanti Community Schools (YCS) Coordinated School Health Team***

**Organization:** Ypsilanti Community Schools (YCS)

**Contact:** Laura Frey-Greathouse, YCS Director of Academic Programs

**Contact Number:** (734) 221-1207

**Email:** lfreygreathouse3@ycschools.us

**Website:** <http://www.ycschools.us/for-parents/health-and-wellness/coordinated-school-health-team/>

## ***Description of Program:***

In accordance with the Michigan State Board of Education, the Ypsilanti Community Schools (YCS) administration believes that they, in partnership with families and the community, share a duty to help prevent unnecessary injury, disease and chronic health conditions that are costly burdens on families and the school district. Therefore, the YCS board passed a resolution to support the formation of a district Coordinated School Health (CSH) team. A district-wide CSH team consists of the following eight components: health education, physical education, health services, parent and community involvement, nutrition services, healthy school environment, health promotion for staff, & counseling, psychological and social services. The CSH team completed three modules of the Healthy Schools Action tool and currently is working to revise the YCS student wellness policy to promote a healthy school environment, nutrition, counseling, psychological and social services.

## ***Population Served:***

Ypsilanti Community School students

## ***Geographic Area Served:***

Ypsilanti

## ***Funding:***

No current funding source; searching for grant funds.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education, educating providers, fostering coalitions and networks, changing organizational practices, influencing policy and legislation

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, community design and built environment, dietary behavior, food environment, psycho-social (e.g. self-esteem, depression, social problems, etc.)

# ***YMCA Diabetes Prevention Program***

**Organization:** Ann Arbor YMCA

**Location:** Ann Arbor YMCA, 400 W. Washington St, Ann Arbor, MI 48103

**Contact:** Diane Carr, Vice President of Program and Community Development

**Contact Number:** (734) 661-8056

**Email:** [dcarr@annarborymca.org](mailto:dcarr@annarborymca.org)

**Website:** <http://www.annarborymca.org>

## ***Description of Program:***

The YMCA Diabetes Prevention Program is an evidence based program that helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles to reduce their chances of developing the disease. Based on research funded by the National Institutes of Health and the Centers for Disease Control, the program has been shown to reduce the risk of developing type II diabetes by 58%. This is a 12 month classroom-based program that meets once per week for the first 16 weeks and once monthly for the remainder of the year.

## ***Population Served:***

Adults who are overweight and at risk of developing diabetes or diagnosed with pre-diabetes

## ***Geographic Area Served:***

Ann Arbor, Ypsilanti, and Willow Run

## ***Funding:***

This program is funded by YMCA of the USA and the Centers for Disease Control and Prevention.

## ***Participant Cost:***

- This program has a fee for participation.
- Individuals should check with their employer about the availability of this program as a covered benefit, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1-800-237-4942.
- Scholarships are available.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education, educating providers, fostering coalitions and networks, changing organizational practices, influencing policy and legislation

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, dietary behavior, psycho-social (e.g. self-esteem, depression, social problems, etc.), access to community based chronic disease prevention programs

# YMCA Ypsilanti Summer Day Camp

**Organization:** Ann Arbor YMCA

**Location:** Estabrook Elementary, 1555 W. Cross St, Ypsilanti, MI 48178

**Contact:** Diane Carr, Vice President of Program and Community Development

**Contact Number:** (734) 661-8056

**Email:** dcarr@annarborymca.org

**Website:** <http://www.annarborymca.org>

## **Description of Program:**

The Ann Arbor YMCA provides ten weeks of full day summer camp at Estabrook Elementary in Ypsilanti.

## **Population Served:**

5-11 year olds

## **Geographic Area Served:**

Ypsilanti and Willow Run

## **Funding:**

This program is currently funded by the Ann Arbor YMCA and the Michigan Department of Community Health (MDCH). Funding from MDCH is dependent on grants which run on a yearly grant cycle.

## **Participant Cost:**

- This program has a fee for participation.
- Scholarships are available.

## **Levels of Intervention:**

Strengthening individual knowledge and skill, promoting community education, fostering coalitions and networks

## **Root Causes of Obesity Impacted by Program:**

Physical inactivity, community design and built environment, dietary behavior, food environment, psycho-social (e.g. self-esteem, depression, social problems etc.), access

# ***YMCA Ypsilanti Youth Recreation Program***

**Organization:** Ann Arbor YMCA

**Locations:** Adams STEM Academy, Erickson Elementary, Estabrook Elementary, Holmes Elementary, New Beginnings Academy, and East Arbor Charter Academy

**Contact:** Diane Carr, Vice President of Program and Community Development

**Contact Number:** (734) 661-8056

**Email:** [dcarr@annarborymca.org](mailto:dcarr@annarborymca.org)

**Website:** <http://www.annarborymca.org>

## ***Description of Program:***

The Y provides afterschool youth recreational programming in four Ypsilanti Community Schools and two charter schools in Ypsilanti. In addition, the Y provides weekend youth sports leagues open to youth in any of the Ypsilanti Community Schools in order to serve children whose schools do not yet have afterschool recreation programs. The Y also provides some adult exercise classes at Erikson Elementary School during the afterschool hours.

## ***Population Served:***

Kindergarten through 8<sup>th</sup> grade youth and adults

## ***Geographic Area Served:***

Ann Arbor, Ypsilanti, and Willow Run

## ***Funding:***

This program is currently funded by the Ann Arbor YMCA and the Michigan Department of Community Health (MDCH). Funding from MDCH is dependent on grants which run on a yearly grant cycle.

## ***Participant Cost:***

- This program has a fee for participation.
- Scholarships are available.

## ***Levels of Intervention:***

Strengthening individual knowledge and skill, promoting community education, fostering coalitions and networks

## ***Root Causes of Obesity Impacted by Program:***

Physical inactivity, community design and built environment, psycho-social (e.g. self-esteem, depression, social problems, etc.), access to safe places to play and exercise within the neighborhood