

Directory of Obesity Prevention Programs in Washtenaw County



Originally Published September 2014
Revised October 2015

Background

In Washtenaw County, 59% of adults¹ and 26% of youth² are overweight or obese. While Washtenaw County residents on average have the lowest weight in Michigan³, within our county, place, race, and poverty combine to result in the following high risk groups:⁴ Adults at higher risk include residents of Ypsilanti, African Americans, and low-income residents.⁵ Youth at higher risk include children living in poverty (on Medicaid), African-American females, living in Milan, Whittaker and Willis.⁶

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:

Lily Guzmán, MPH, MSW

Senior Management Analyst

Health Improvement Plan Coordinator

Washtenaw County Public Health

guzmanL@ewashtenaw.org

734-544-2983

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

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

³ Citizen's Research Council of Michigan, Addressing Michigan's Obesity Problem, August 2014

<http://www.crcmich.org/PUBLICATION/2010s/2014/rpt387.pdf>

⁴ HIP 2010 Survey and Childhood Obesity in Washtenaw County: Poverty, Place, and Race by Laura Bauman

<http://hip.ewashtenaw.org>

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

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

Program Index by Organization

| | |
|--|----|
| Ann Arbor Public Schools (AAPS) | |
| Community Recreation and Education Programs | 10 |
| Ann Arbor YMCA | |
| Diabetes Prevention Program | 11 |
| Ypsilanti Summer Day Camp | 12 |
| Ypsilanti Youth Recreation Program | 13 |
| Chelsea-Area Wellness Foundation | |
| 5 Healthy Towns | 14 |
| Clean Energy Coalition | |
| ArborBike | 15 |
| The Corner Health Center | |
| Health Education Program | 16 |
| Fair Food Network | |
| Double Up Food Bucks | 17 |
| Food Gatherers | |
| Go, Slow, and Whoa | 18 |
| Food System Economic Partnership (FSEP) | |
| | 19 |
| Girls on the Run | |
| | 20 |
| Growing Hope | |
| Adult Nutrition Education Program | 21 |
| Home Vegetable Garden Program | 22 |
| Nutrition Education for Teen Mentors | 23 |
| Youth Nutrition Education Program | 24 |
| Healthy Kids Healthy Michigan | |
| | 25 |
| Michigan State University (MSU) Extension | |
| Supplemental Nutrition Assistance Program (SNAP) - Education | 26 |
| National Kidney Foundation of Michigan | |
| Healthy Families Start with YOU | 27 |
| My Choice...My Health Diabetes Prevention Program | 28 |
| Nutrition and Physical Activity Self-Assessment in Child Care (NAP SACC) | 29 |
| Nutrition Education and Physical Activity Professional Development Speakers Series for Daycare Providers | 30 |
| Regie's Rainbow Adventure® | 31 |
| St. Joseph Mercy Health System | |
| Breastfeeding Clinic | 32 |
| Center for Diabetes | 33 |
| Family Fun with Food and Fitness | 34 |
| Health Exploration Station | 35 |

| | |
|---|----|
| Health Management Resource (HMR) Program | 36 |
| Healthy Communities Walking Program | 37 |
| Nutrition Counseling and Education | 38 |
| ShapeDown | 39 |
| St. Louis Center | |
| Fitness for Life | 40 |
| University of Michigan Health System (UMHS) | |
| Adult Diabetes Education Program | 41 |
| Breastfeeding Moms Support Group | 42 |
| Healthy Food Hospitals Program | 43 |
| Metabolic Fitness Program | 44 |
| MHealthy Healthy Cooking Classes | 45 |
| Michigan Pediatric Outpatient Weight Evaluation and Reduction (MPOWER) Junior Program | 46 |
| Michigan Pediatric Outpatient Weight Evaluation and Reduction (MPOWER) Program | 47 |
| Nutrition Services at UMHS Primary Care Centers | 48 |
| Pediatric Diabetes Education Program | 49 |
| Prenatal Breastfeeding Class | 50 |
| Project Healthy Schools | 51 |
| Regional Alliance for Healthy Schools | 52 |
| The Hunger Within Workshop | 53 |
| Washtenaw Area Transportation Study (WATS) | 54 |
| Washtenaw County Board of Commissioners | |
| Washtenaw Food Policy Council | 55 |
| Washtenaw County Breastfeeding Coalition | 56 |
| Washtenaw County Parks and Recreation | |
| Border to Border (B2B) Trail | 57 |
| Washtenaw County Public Health | |
| Prescription for Health | 58 |
| Safe Routes to School | 59 |
| Senior Project FRESH/Market FRESH | 60 |
| Women, Infants, and Children (WIC) Nutrition Education | 61 |
| Washtenaw Intermediate School District (WISD) & Livingston Educational Service Agency (LESA) | |
| Coordinated School Health Network | 62 |
| Michigan Model for Health | 63 |
| PE-Nut (Physical Education and Nutrition Education Working Together) | 64 |
| Ypsilanti Community Schools (YCS) | |
| Coordinated School Health Team | 65 |

Program Index by Age

All Ages

| | |
|--|----|
| 5 Healthy Towns | 14 |
| Ann Arbor Public Schools (AAPS) Community Recreation and Education Program | 10 |
| ArborBike | 15 |
| Border to Border (B2B) Trail | 57 |
| Double Up Food Bucks | 17 |
| Food Gatherers Go, Slow, and Whoa | 18 |
| Food System Economic Partnership (FSEP) | 19 |
| Growing Hope Home Vegetable Garden Program | 22 |
| MHealthy Healthy Cooking Classes | 45 |
| Michigan State University (MSU) Extension Supplemental Nutrition Assistance (SNAP) – Education | 26 |
| Nutrition Services at University of Michigan Health System (UMHS) Primary Care Centers | 48 |
| Prescription for Health | 58 |
| St. Joseph Mercy Center for Diabetes | 33 |
| St. Joseph Mercy Healthy Communities Walking Program | 37 |
| St. Louis Center Fitness for Life | 40 |
| University of Michigan Health System (UMHS) Healthy Food Hospitals Program | 43 |
| University of Michigan Health System (UMHS) Metabolic Fitness Program | 44 |
| Washtenaw Area Transportation Study (WATS) | 54 |
| Washtenaw Food Policy Council | 55 |

Infants

| | |
|--|----|
| St. Joseph Mercy Breastfeeding Clinic | 32 |
| Washtenaw County Breastfeeding Coalition | 56 |
| Women, Infants, and Children (WIC) Nutrition Education | 61 |

Children

| | |
|---|----|
| Ann Arbor YMCA Ypsilanti Summer Day Camp | 12 |
| Ann Arbor YMCA Ypsilanti Youth Recreation Program | 13 |
| The Corner Health Center Health Education Program | 16 |
| Girls on the Run | 20 |
| Growing Hope Nutrition Education for Teen Mentors | 23 |
| Growing Hope Youth Nutrition Education Program | 24 |
| Healthy Kids Healthy Michigan | 25 |
| Michigan Model for Health | 63 |
| Michigan Pediatric Outpatient Weight Evaluation and Reduction (MPOWER) Junior Program | 46 |
| Michigan Pediatric Outpatient Weight Evaluation and Reduction (MPOWER) Program | 47 |
| PE-Nut (Physical Education and Nutrition Education Working Together) | 64 |
| Project Healthy Schools | 51 |

| | |
|--|----|
| Regie's Rainbow Adventure® | 31 |
| Regional Alliance for Healthy Schools (RAHS) | 52 |
| Safe Routes to School | 59 |
| St. Joseph Mercy Family Fun with Food and Fitness | 34 |
| St. Joseph Mercy Health Exploration Station | 35 |
| St. Joseph Mercy ShapeDown | 39 |
| University of Michigan Health System (UMHS) Pediatric Diabetes Education Program | 49 |
| Washtenaw Intermediate School District (WISD) & Livingston Educational Service Agency (LESA) Coordinated School Health Network | 62 |
| Women, Infants, and Children (WIC) Nutrition Education | 61 |
| Ypsilanti Community Schools (YCS) Coordinated School Health Team | 65 |

Adults

| | |
|--|----|
| Ann Arbor YMCA Diabetes Prevention Program | 11 |
| Ann Arbor YMCA Ypsilanti Youth Recreation Program | 13 |
| Growing Hope Adult Nutrition Education Program | 21 |
| Healthy Families Start with YOU | 27 |
| My Choice... My Health Diabetes Prevention Program | 28 |
| Nutrition and Physical Activity Self-Assessment in Child Care (NAP SACC) | 29 |
| Nutrition Education and Physical Activity Professional Development Speakers Series for Daycare Providers | 30 |
| Senior Project FRESH/Market FRESH | 60 |
| St. Joseph Mercy Breastfeeding Clinic | 32 |
| St. Joseph Mercy Health Management Resource (HMR) Program | 36 |
| St. Joseph Mercy Nutrition Counseling and Education | 38 |
| The Hunger Within Workshop | 53 |
| University of Michigan Health System (UMHS) Adult Diabetes Education Program | 41 |
| University of Michigan Health System (UMHS) Breastfeeding Moms Support Group | 42 |
| University of Michigan Health System (UMHS) Prenatal Breastfeeding Class | 50 |
| Washtenaw County Breastfeeding Coalition | 56 |
| Women, Infants, and Children (WIC) Nutrition Education | 61 |

Program Index by Geographic Area

Countywide Programs

| | |
|---|----|
| <u>Food Gatherers Go, Slow, and Whoa</u> | 18 |
| <u>Food System Economic Partnership (FSEP)</u> | 19 |
| <u>Girls on the Run</u> | 20 |
| <u>Growing Hope Adult Nutrition Education Program</u> | 21 |
| <u>Growing Hope Home Vegetable Garden Program</u> | 22 |
| <u>Healthy Families Start with YOU</u> | 27 |
| <u>Healthy Kids Healthy Michigan</u> | 25 |
| <u>MHealthy Healthy Cooking Classes</u> | 45 |
| <u>Michigan Model for Health</u> | 63 |
| <u>Michigan Pediatric Outpatient Weight Evaluation and Reduction (MPOWER) Junior Program</u> | 46 |
| <u>Michigan Pediatric Outpatient Weight Evaluation and Reduction (MPOWER) Program</u> | 47 |
| <u>Michigan State University (MSU) Extension Supplemental Nutrition Assistance (SNAP) – Education</u> | 26 |
| <u>My Choice...My Health Diabetes Prevention Program</u> | 28 |
| <u>Nutrition and Physical Activity Self-Assessment in Child Care (NAP SACC)</u> | 29 |
| <u>Nutrition Education and Physical Activity Professional Development Speakers Series for Daycare Providers</u> | 30 |
| <u>Nutrition Services at University of Michigan Health System (UMHS) Primary Care Centers</u> | 48 |
| <u>PE-Nut (Physical Education and Nutrition Education Working Together)</u> | 64 |
| <u>Regie’s Rainbow Adventure®</u> | 31 |
| <u>Safe Routes to School</u> | 59 |
| <u>Senior Project FRESH/Market FRESH</u> | 60 |
| <u>St. Joseph Mercy Breastfeeding Clinic</u> | 32 |
| <u>St. Joseph Mercy Center for Diabetes</u> | 33 |
| <u>St. Joseph Mercy Family Fun with Food and Fitness</u> | 34 |
| <u>St. Joseph Mercy Health Exploration Station</u> | 35 |
| <u>St. Joseph Mercy Health Management Resource (HMR) Program</u> | 36 |
| <u>St. Joseph Mercy Nutrition Counseling and Education</u> | 38 |
| <u>St. Joseph Mercy ShapeDown</u> | 39 |
| <u>St. Louis Center Fitness for Life</u> | 40 |
| <u>The Hunger Within Workshop</u> | 53 |
| <u>University of Michigan Health System (UMHS) Adult Diabetes Education Program</u> | 41 |
| <u>University of Michigan Health System (UMHS) Breastfeeding Moms Support Group</u> | 42 |
| <u>University of Michigan Health System (UMHS) Healthy Food Hospitals Program</u> | 43 |
| <u>University of Michigan Health System (UMHS) Metabolic Fitness Program</u> | 44 |
| <u>University of Michigan Health System (UMHS) Pediatric Diabetes Education Program</u> | 49 |
| <u>University of Michigan Health System (UMHS) Prenatal Breastfeeding Class</u> | 50 |
| <u>Washtenaw Area Transportation Study (WATS)</u> | 54 |

| | |
|--|----|
| Washtenaw County Breastfeeding Coalition | 56 |
| Washtenaw Food Policy Council | 55 |
| Washtenaw Intermediate School District (WISD) & Livingston Educational Service Agency (LESA) Coordinated School Health Network | 62 |
| Women, Infants, and Children (WIC) Nutrition Education | 61 |

Community Specific Programs

Ann Arbor

| | |
|--|----|
| Ann Arbor Public Schools (AAPS) Community Recreation and Education Program | 10 |
| Ann Arbor YMCA Diabetes Prevention Program | 11 |
| Ann Arbor YMCA Ypsilanti Youth Recreation Program | 13 |
| ArborBike | 15 |
| Border to Border (B2B) Trail | 57 |
| The Corner Health Center Preconception Health Education Program | 16 |
| Double Up Food Bucks | 17 |
| Project Healthy Schools | 51 |
| Regional Alliance for Healthy Schools (RAHS) | 52 |

Chelsea

| | |
|---|----|
| Double Up Food Bucks | 17 |
| Prescription for Health | 58 |

Dexter

| | |
|--|----|
| Border to Border (B2B) Trail | 57 |
|--|----|

Western Washtenaw County

| | |
|--|----|
| 5 Healthy Towns | 14 |
| St. Joseph Mercy Healthy Communities Walking Program | 37 |

Willow Run

| | |
|---|----|
| Ann Arbor YMCA Diabetes Prevention Program | 11 |
| Ann Arbor YMCA Ypsilanti Summer Day Camp | 12 |
| Ann Arbor YMCA Ypsilanti Youth Recreation Program | 13 |
| The Corner Health Center Health Education Program | 16 |

Ypsilanti

| | |
|---|----|
| Ann Arbor YMCA Diabetes Prevention Program | 11 |
| Ann Arbor YMCA Ypsilanti Summer Day Camp | 12 |
| Ann Arbor YMCA Ypsilanti Youth Recreation Program | 13 |

| | |
|---|----|
| <u>Border to Border (B2B) Trail</u> | 57 |
| <u>The Corner Health Center Health Education Program</u> | 16 |
| <u>Double Up Food Bucks</u> | 17 |
| <u>Growing Hope Nutrition Education for Teen Mentors</u> | 23 |
| <u>Growing Hope Youth Nutrition Education Program</u> | 24 |
| <u>Prescription for Health</u> | 58 |
| <u>Project Healthy Schools</u> | 51 |
| <u>Regional Alliance for Healthy Schools (RAHS)</u> | 52 |
| <u>Ypsilanti Community Schools (YCS) Coordinated School Health Team</u> | 65 |

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 instructional sports programs, recreational sports leagues, and many summer camps. Each year, around 18,000 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, pickleball, 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

Ann Arbor 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

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 classroom-based lifestyle-change year long program consisting of 19 sessions in the first 6 months and six sessions in the second six months.

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. This program is a covered benefit by some employers.

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

Ann Arbor 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

Ann Arbor 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

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

Description of Program:

The Y provides afterschool and/or weekend youth recreational programming for many of the elementary schools in Ypsilanti. The Y also provides adult exercise classes at some Ypsilanti Schools during the afterschool hours.

Population Served:

Kindergarten through 8th grade youth and adults

Geographic Area Served:

Ann Arbor, Ypsilanti, and Willow Run

Funding:

This program currently receives some funding from the Michigan Health Endowment Fund through the Michigan State Alliance of YMCAs and the Michigan Department of Health and Human Services.

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

5 Healthy Towns

Organization: Chelsea-Area Wellness Foundation

Contact: Matt Pegouskie, Community Investment 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: Heather Croteau, ArborBike Operations Manager

Contact Number: 734-585-5720 x38

Email: heatherc@cec-mi.org

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

Description of Program:

ArborBike is a new bike share system that launched in September 2014 in Ann Arbor. Stations are located at key destinations throughout downtown Ann Arbor and across the University of Michigan. This network of 14 stations allows 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 was 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, 1 month, or 1 year pass which cost \$6, \$10, 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 Health Education Program

Organization: The Corner Health Center

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

Contact: Adriana Diaz, Health Coach

Contact Number: (734) 714-2242

Email: adiazmar@cornerhealth.org

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

Description of Program:

The Health Education program is run by a health coach who does one-on-one counseling targeting nutrition, physical activity, smoking cessation, and stress management for at risk youth. 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 physically active, quit smoking, or manage their stress. Participants also have access to free programs at the clinic such as exercise classes, nutrition lessons, and group farmers market trips. Additionally, the health coach is able to counsel in the areas of substance abuse and sexual health. The ultimate goal is to improve the health of Washtenaw youth.

Population Served:

Youth and adolescents

Geographic Area Served:

Ann Arbor, Ypsilanti, and Willow Run

Funding:

This program is funded by a MDCH Health Innovation 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 Number: (866) 586-2796

Email: info@doubleupfoodbucks.org

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

Description of Program:

Fair Food Network's Double Up Food Bucks (DUF) program doubles the value of federal nutrition assistance spent at participating markets and grocery stores, helping people bring home more locally grown fruits and vegetables. The wins are three-fold: low-income consumers eat more healthy food, local farmers gain new customers and make more money, and more food dollars stay in the local economy.

Population Served:

Supplemental Nutrition Assistance Program (SNAP) recipients

Geographic Area Served:

Participating farmers markets and grocery stores across the state of Michigan. See the website and/or call for locations.

Funding:

Fair Food Network is the recipient of a four-year Food Insecurity Nutrition Incentive (FINI) grant from the United States Department of Agriculture (USDA) to expand the Double Up Food Bucks program in Michigan. Fair Food Network received the second largest grant in the United States in this first round (\$5.1 million), and with matching funds from many Michigan foundation supporters, will be able to expand and innovate the Double Up Food Bucks program over the coming 4 years in Michigan. Complete list of funders available at www.doubleupfoodbucks.org.

Participant Cost:

There is no fee to participate in this program

Levels of Intervention:

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

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, some 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 be members of the Food Bank. Partner programs receive some food at no cost, and can order many products at wholesale price. There is no 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)

*not updated for 2015

Contact: Rodger Bowser, Board of Directors Chair

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

Email: rbowser@zingermans.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

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: Erica Bloom, Program Director

Contact Number: (734) 786-8401

Email: erica@growinghope.net

Description of Program:

Growing Hope's Adult Nutrition Education program targets SNAP eligible individuals through workshops and at our sampling booth at our Ypsilanti Farmers Market and Mobile Farm Stand. The workshops include nutrition information, a healthy cooking demonstration, and sampling around a featured topic and recipe. Classes are offered at various locations, such as the Growing Hope Center, Chidester Place, and Towne Centre. The sampling booth features seasonal recipes that correspond to the produce sold at the market that day.

Population Served:

SNAP eligible adults

Geographic Area Served:

All of Washtenaw County

Funding:

Funding is received through the Michigan Nutrition Network

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: Erica Bloom, Program Director

Contact Number: (734) 786-8401

Email: erica@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 for Teen Mentors

Organization: Growing Hope

Contact: Erica Bloom, Program Director

Contact Number: (734) 786-8401

Email: erica@growinghope.net

Description of Program:

Growing Hope runs a teen mentor program every summer to train teens how to become nutrition educators. Teens participate in "Veggucation" sessions once a week to learn healthy eating and cooking concepts and how to facilitate Growing Hope's youth cooking and gardening summer camps. The teens also assist in sampling healthy seasonal recipes at Growing Hope's farmers markets and mobile farm stands.

Population Served:

Teens ages 14-18

Geographic Area Served:

Ypsilanti and Ypsilanti Township

Funding:

Michigan Nutrition Network and Ann Arbor Community Foundation

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

Growing Hope Youth Nutrition Education Program

Organization: Growing Hope

Contact: Erica Bloom, Program Director

Contact Number: (734) 786-8401

Email: erica@growinghope.net

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

Description of Program:

Growing Hope runs a nutrition-based cooking and gardening program during the school year and in summer camps. 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 Parkridge Community Center, Ypsilanti Community Schools, the downtown Ypsilanti Library, Washtenaw Intermediate School District Head Start, and Paradise Manor, a public housing complex.

Population Served:

Students and youth

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@michiganymca.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 200 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. More information can be found at healthykidshealthymichigan.com.

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

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 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

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 at the Michigan Fitness Foundation

Participant Cost:

There is no fee for SNAP eligible populations. Others interested that do not meet these guidelines please contact 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

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

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 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

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

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 at the Michigan Fitness Foundation

Participant Cost:

There is no fee for SNAP eligible populations. Others interested that do not meet these guidelines please contact 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: mary.kaunelis@stjoeshealth.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: Clisty Kinlin, Program Coordinator

Contact Number: (734) 712-2431

Email: clitsy.kinlin@stjoeshealth.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.

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: beth.darnell@stjoeshealth.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

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 with additional grant funding from the Ford Motor Company Fund.

Participant Cost:

- There is a participation fee of \$4.00 per person.
- Scholarships are 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: lori.wolters@stjoeshealth.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: Karla Bernath, Community Point Person

Contact Number: (734) 593-6271

Email: karla.bernath@stjoeshealth.org

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

Facebook: <https://www.facebook.com/walkingprogram>

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: beth.darnell@stjoeshealth.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: beth.darnell@stjoeshealth.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

Fitness for Life

Organization: St. Louis Center

Contact: Caitlin Blomquist, Fitness Specialist

Contact Number: (734) 475-8430

Email: wellness@stlouiscenter.org

Website: <http://stlouiscenter.org/FitnessforLife.html>

Description of Program:

Fitness for Life is a wellness program for children and adults with intellectual and developmental disabilities (I/DD) for St. Louis Center residents, as well as individuals who reside with their families or in group homes in Chelsea and surrounding communities. The purpose of Fitness for Life is to increase the physical and nutritional health of individuals with I/DD; promoting a culture of fitness and wellness. To this end, the Fitness for Life Fitness Specialist seeks out community fitness opportunities and develops new one for participants. Currently participants are enjoying group exercise classes, basketball, and yoga. There is something for everyone.

Population Served:

Children and adults with intellectual and/or developmental disabilities

Geographic Area Served:

All of Washtenaw County

Funding:

St. Louis Center's Fitness for Life program is funded by foundation grants, monetary donations, and in-kind donations. Fundraising plays an important role in being able to reach our program goals and expand the opportunities that participants have available to them. Any gift will be used towards educating the Chelsea community about the importance of joining together people of all abilities and reaching beyond their comfort zones to promote a culture of fitness, wellness, and compassion.

Participant Cost:

TBD. Call (734) 475-8430 for cost information.

Levels of Intervention:

Strengthening individual knowledge and skill

Root Causes of Obesity Impacted by Program:

Physical inactivity and dietary behavior

UMHS Adult 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 Health and Human Services (MDHHS) since June 2001. The recognition and certification process is based on National Standards for Diabetes Self-Management Education, the American Diabetes Association and MDHHS 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 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, and type 2 diabetes adult support group.

Population Served:

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 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.

This session is offered the first Wednesday of each month from 4:30-5:30 p.m. as part of the "Mindful Moms" mommy group.

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 Healthy Food Hospitals Program

*not updated for 2015

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

*not updated for 2015

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 95th 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

*not updated for 2015

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 95th 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: Emily Collins, MPH, RD- UMHS Ambulatory Care Nutrition Services Manager

Contact Number: (734) 615-0444

Email: emilyyag@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 Pediatric Diabetes Education Program

Organization: University of Michigan Health System (UMHS)

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

Contact Number: 734-764-5175

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 Health and Human Services (MDHHS) since June 2001. The recognition and certification process is based on National Standards for Diabetes Self-Management Education, the American Diabetes Association and MDHHS requirements. 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).

The program is open to pediatric patients from inside or outside of the U-M Health System. Individual counseling sessions and/or group classes are available. Pediatric diabetes education classes include: type 1 diabetes classes - "intensive management" and type 2 diabetes classes – "living with diabetes."

Population Served:

Children living with type 1 or type 2 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 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:

Families meet with a lactation consultant for a 1 ½ hour class. The consultant will discuss:

- Breastfeeding Basics
- Hands on techniques for good positioning and holding infant.
- Discuss various breastfeeding pumps and supplies.

Population Served:

Women who are pregnant or breastfeeding and their families

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

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

Description of Program:

Project Healthy Schools is a middle-school-based program designed to reduce childhood obesity and its long-term health risks. The program encourages healthy habits through education, environmental change and measurement. It is one of the only school-based programs that have demonstrated significant improvements in both health behavior and cardiovascular risk factors, such as reductions in total cholesterol, LDL cholesterol (bad cholesterol), triglycerides, and blood pressure.

Population Served:

Michigan youth

Geographic Area Served:

Throughout Michigan, including the Upper Peninsula

Funding:

Project Healthy Schools' wellness efforts have been generously supported by a number of health systems, foundations, and individuals, including: the University of Michigan Health System, the Thompson Foundation, the Hewlett Foundation, the Mardigian Foundation, the Memorial Healthcare Foundation, the William Beaumont Health System Foundation, the Ann Arbor Area Community Foundation, the Allen Foundation, AstraZeneca Healthcare Foundation, the D. Dan and Betty Kahn Foundation, DeRoy Testamentary Foundation, Blue Cross Blue Shield of Michigan, several anonymous donors and the Michigan Department of Health and Human Services (MDHHS), formerly MDCH.

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: Pathways to Success Academic Campus, 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 734-714-9508

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 based organization with some in-kind staff support from Washtenaw County Public Health and applies for grants for project specific work (i.e. consulting for GIS mapping projects, training for WFPC members).

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 increase local efforts in improving infant health by making breastfeeding the societal norm in Washtenaw County.

Population Served:

WCBC supports breastfeeding through education, outreach, and advocacy in our community.

Geographic Area Served:

All of Washtenaw County

Funding:

WCBC is a non-profit organization with no grants or income stream.

Levels of Intervention:

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

Root Causes of Obesity Impacted by Program:

Low breastfeeding duration rates.

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.)

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 tokens to buy fresh fruits, fresh vegetables, and fruit/vegetable plants at the farmers market. The patient uses their tokens at select local farmers markets throughout the market season. Community Health Workers and PFH staff provide ongoing nutrition education and support both at the farmers markets and through phone calls.

Population Served:

Individuals with a chronic disease risk and food access issues

Geographic Area Served:

Ypsilanti and Chelsea

Funding:

The Prescription for Health program is currently funded by a grant from the Kresge Foundation with additional funding from St. Joseph Mercy Ann Arbor.

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 27 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

Senior Project FRESH/Market 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) delivers the Senior Project FRESH/Market FRESH program at local farmers markets. The program provides qualified (low income) seniors nutrition education as well as coupons (money) to use on unprocessed, Michigan-grown products at local farmers markets.

Population Served:

Low income seniors (60 years or older)

Geographic Area Served:

All of Washtenaw County

Funding:

The Senior Project FRESH/Market FRESH program is supported by the Aging & Adult Services Agency of the Michigan Department of Health and Human Services.

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

Women, Infants, and Children (WIC) Nutrition Education

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

Location: 555 Towner, Ypsilanti, MI 48198

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:

Michigan residents

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

Washtenaw Intermediate School District (WISD) and Livingston Educational Service Agency (LESA) Coordinated School Health Network

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

Contact: Mary Beno, Regional School Health Coordinator

Contact Number: (517) 540-6838

Email: marybeno@livingstonesesa.org

Description of Program:

The Regional Coordinated School Health Network, comprised of Livingston and Washtenaw County School District staff and Community Agencies, will be transitioning from the original Coordinated School Health (CSH) Model to the Whole School, Whole Community, and Whole Child Model. The traditional CSH model has moved from 8 components to 10:

1. Health Education
2. Physical Education and Physical Activity
3. Nutrition Environment and Services
4. Health Services
5. Counseling, Psychological, and Social Services
6. Social and Emotional Climate
7. Physical Environment
8. Employee Wellness
9. Family Engagement
10. Community Involvement

Whole School, Whole Community, Whole Child (WSCC) was developed by ASCD and the U.S. Centers for Disease Control and Prevention (CDC) to better align the policies, processes, and practices of education, public health, and school health, and in doing so, improve learning and health. The WSCC is based on the following five Whole Child Tenants:

- Each student enters school **healthy** and learns about and practices a healthy lifestyle.
- Each student learns in an environment that is physically and emotionally **safe** for students and adults.
- Each student is actively **engaged** in learning and is connected to the school and broader community.
- Each student has access to personalized learning and is **supported** by qualified, caring adults.
- Each student is **challenged** academically and prepared for success in college or further study and for employment and participation in a global environment.

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

Contact: Mary Beno, Regional School Health Coordinator and Health Education Consultant

Contact Number: (517) 540-6838

Email: marybeno@livingstonesesa.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: Washtenaw Intermediate School District (WISD) and Livingston Educational Service Agency (LESA)

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.)