

## Partner Highlights

### Downtown Diabetes Education

Northwest Michigan Chronic Disease Coalition members Spectrum Health & MSU Extension offered a free and interactive diabetes cooking class in Mecosta County. The class was part of a community outreach health and wellness initiative sponsored by the Red Fox Market of Big Rapids. Partners included Spectrum Health & Meijer. Chef Don Zimmer and MSU Extension held a Diabetes Education and Cooking Instruction class for Mecosta County residents.

At the end of the month long class, participants reported,

- \* 72.73% of the participants reported increased physical activity such as walking on a daily basis
- \* 84.62% stated they feel confident they can keep their diabetes under control, or help the person I care for keep their diabetes under control
- \* 92.86% of participants reported an increased knowledge surrounding the importance of fiber in diabetic meal planning.



### Eat Fit NW Michigan

The Ochsner Eat Fit program is truly where nutritious meets delicious. By working directly with local grocery stores, restaurants, gas stations and cafeterias, this healthy eating initiative promotes and encourages healthier food choices in the community. The program was created in 2013 for New Orleans with Eat Fit NO-LA. Eat Fit NW Michigan is the first extension of the program outside of Louisiana – and Lake County couldn't be more excited!

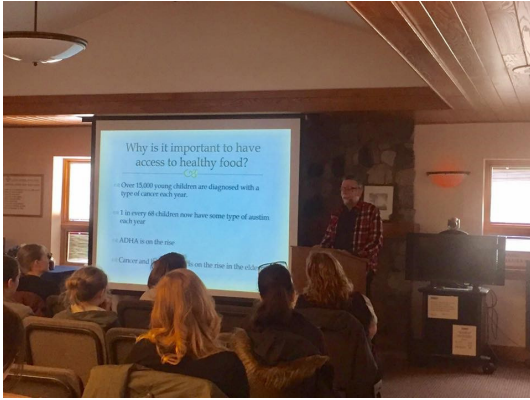


Twenty people attended this fun training, including registered dietitians, health educators, food council members, restaurant owners, food bank coordinators, and more. The people in the room were full of ideas in our brainstorming sessions. Possible community partners were identified, and ambassadors volunteered to contact the partners and initiate the program. Our first participating restaurants are Marquette Trails Golf Course's "The View" restaurant, and "No Place Special Log Bar & Grill" and we have already started reviewing menus and identifying Eat Fit choices.

For more information on the program, visit [www.EatFitNWMichigan.com](http://www.EatFitNWMichigan.com).

## The Importance of Local

The Kalkaska Food Summit: The Importance of Local, held on March 15, 2017, was a success. Nine local speakers presented and discussed their efforts to improve food access in Kalkaska County along with the importance of choosing to eat local foods.



Awardees from the Kalkaska Health Endowment Fund were some of the speakers at the summit. In October 2016, the Kalkaska Live Well Coalition and District Health Department #10 announced five grant awards totaling \$30,000 through the Live Well Kalkaska Healthy Eating Grant Program. DHD #10 received approximately \$30,000 in funding to award community agencies in Kalkaska. This funding was aimed at benefitting the health and wellness of Michigan's children and seniors. Funding recommendations were made by a grant review committee comprised of members of the Live Well Kalkaska Coalition which later reviewed and scored proposals according to eligibility and selection criteria.

Check out [www.livewell4health.org](http://www.livewell4health.org) for coalition updates and information.



@livewell4health

Please send newsletter submissions to:



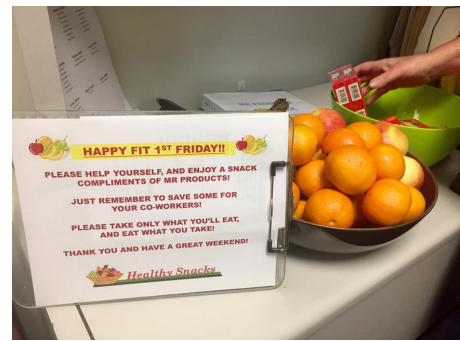
[ebarrett@dhd10.org](mailto:ebarrett@dhd10.org)

LIVE WELL

Northwest Michigan  
Chronic Disease Prevention Coalition

## Better Health Better Business

Nine businesses participated in the Better Health Better Business program. Businesses worked with a worksite wellness consultant to create a personalized work plan that focused on creating a healthy workplace environment. The Better Health Better Business worksite program, supported by the Supplemental Nutrition Assistance Program Education at the Michigan Fitness Foundation, used the Fit Business Toolkit to assist worksites with creating healthier work environments. Businesses also participated in the Learning Kitchen class series. These onsite classes provided hands on cooking demos and nutrition education.



For workplaces to be eligible for this program, they must have a minimum of 25 employees and employees must meet specific annual income requirements. Worksites implemented a minimum of two PSE changes, focused on nutrition and physical activity. Examples of implemented PSE (policy, systems, and environmental) strategies included: a breastfeeding room, improved vending, indoor and outdoor walking paths, local foods in worksite cafeteria, a water bottle filling station and more.



← Before

After →

