



# OBESITY INITIATIVE NEWSLETTER | WINTER 2014

## **Advisory Council**

We are excited to share that we have a great line up of people dedicated to lead this effort as part of an Advisory Council! The Council will begin meeting soon and includes representation from each of our sectors below in addition to other community leaders who are passionate about this endeavor.

## **Businesses**

The Worksite Wellness Sub-Committee has been working with four area businesses by providing consulting to assist them in establishing a worksite wellness program. All four businesses completed an assessment regarding worksite wellness. The results of the assessment were used to provide next steps for the businesses to take to make small, incremental changes. Each business, with support from our consultants, has made some positive changes. Whether it be engaging their employees to start a worksite wellness committee, offering services that weren't offered before or working toward offering healthier options at work, these dedicated employers are making strides! More to come from these employers!

## **Providers**

Recently, we conducted a survey of physicians asking about their use of motivational interviewing and stages of change in addition to asking what resources they needed to better assist their patients struggling with weight issues. Our responses showed that physicians would be open to more training on motivational interviewing and would also like print materials and a website for physical activity and healthy eating. In response, Kevin DeBruyn, LMSW, provided a continuing education session at Munson Medical Center on Motivational Interviewing. In the next few months we will be compiling some local resources to give to providers to better assist them.

## **Schools**

There have been a lot of fantastic things happening at Traverse City Area Public Schools (TCAPS)!

- A page on the TCAPS Food and Nutrition website has been created with two offerings:
  - Classroom catering - healthy classroom snacks and parties catered by TCAPS Food and Nutrition department
  - A healthy snack list for parents to use as a guide. [Click here](#) to see it.
- Nutrition information is available for all menus this year – including the secondary schools. This is posted online as well.
- TCAPS local food program/partnerships continue to grow. In addition to buying produce from Cherry Capital Foods, TCAPS has partnered with Goodwill Industries on the "Farm to Freezer Program" – where local food is procured and frozen, then distributed to the schools for year round use, and "Food Rescue" – donating food. They also have Foodcorps, the PeNut Grant, and the Fresh Fruit and Vegetable Program Grant in some of their qualifying elementary schools.
- The Food and Nutrition Department is proctoring Dietetic Interns from CMU this winter, and will possibly have NMC culinary students doing internships with them.

## **Community Awareness**

The Community Awareness Steering Committee has been formed and has met several times. This group is discussing possible metrics to demonstrate success, which will be shared with the Advisory Council. In addition, they will make some recommendations on the new name of the Obesity Initiative.

## **NEW YMCA nears completion!**

Fourteen years ago, the Grand Traverse Bay YMCA board identified a need for recreational and competitive swimming facilities in the Grand Traverse area. Now the 101,664 square foot building on Silver Lake Road is only months away from completion. As a private, non-profit organization, the YMCA charges membership fees. These fees and more information on programming is available at [www.gtbayymca.org](http://www.gtbayymca.org). To learn more about all the new YMCA has to offer, visit their website!

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