



Active Michigan Communities

October 2006

Welcome

As we close out the month of October and turn our calendars to welcome November, I would like to give kudos to Michigan residents and communities for so many efforts to become an active living state. Hundreds of schools held Walk to School Day events in October, highlighting the importance of physical activity and the need for safe ways to walk and bike to school. More than 80 schools are now registered for Safe Routes to School (for more information, visit www.saferoutemichigan.org) and many physical activity events occurred throughout the month including walks, runs and other active recreation opportunities. Finally, 17 communities completed an extensive self-assessment and earned a Promoting Active Communities Award. What a great month for Michigan.

I encourage you all to embrace active living habits personally and to continue working to make such healthy options available to all Michigan residents through improved environments, policies and programs. Let us know how we can help you in your quest. We have many partners who are also ready to assist and we would all love to hear your success stories as well.

Stay warm, dry and active!

Risa Wilkerson

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Community Spotlight: Novi

Novi is located in south-central Oakland County. The City of Novi has a long history of interest in the development of greenways and pathways. With input from members of the community, City Council, Planning Commission, Parks, Recreation and Forestry Commission and City Staff, the Greenways/Pathways Study is underway and due to be completed by the end of the year. It will present an inventory of current facilities and a strategy to internally and externally link the City of Novi's neighborhoods and activity centers.

The Greenways/Pathways Study is a planning tool that recognizes the importance of providing bicycle path and sidewalk connectivity to various destination nodes including schools, public facilities, commercial centers, and natural areas. It acknowledges the fact that sidewalks and bike routes improve the quality of life for the citizens of Novi by providing additional transportation and recreation opportunities. Using the Master Plan as a basis, the Study builds a foundation for future pathway, sidewalk and bikeway construction, design standards, funding possibilities and maintenance responsibilities.

The Study evaluates pathway and sidewalk safety, construction costs, and connection of population centers with various destination nodes to prioritize resources used for non-motorized transportation. The Study focuses on pedestrian, skating and bicycle facilities and not other forms of special recreation trails such as cross country skiing, horseback riding, or motor sports trails

Novi's Providence Hospital is a leader in promoting health and a partnership with the City was created. For example, on September 27 the hospital sponsored the American Heart Association START program, created to promote health and active lifestyles. The event will target the Hospital associates with future plans to promote city wide walks. For more information contact Mary Watson at 248/465-4110 or e-mail:

mary.watson@stjohn.org

Walk to School Day



During the month of October, approximately 260 of Michigan's schools participated in International Walk to School Day. This program is designed to raise awareness about physical activity and safe routes to school in Michigan communities. Many school children used to walk or bike to school, but today less than one-third of those who live within one mile from school walk or bike there. The children that walk or bike to

school are not only setting an example of how physical activity can be incorporated into daily routines, but are also learning healthy habits to last a lifetime.

Walk to School Day:

- Encourages physical fitness
- Raises awareness of traffic/walking safety
- Creates environmental awareness of air quality around schools
- Provides a quality experience for families



For more information about Walk to School Day or Safe Routes to School, please contact the Governor's Council on Physical Fitness at (800) 434-8642 or visit www.michiganfitness.org.

Designing Healthy Livable Communities Conference

On November 13, the third Designing Healthy Livable Communities Conference, convened by the Michigan Department of Community Health, will be held at the Kellogg Center in East Lansing. This conference is designed for professionals and citizens interested in making their communities a healthier place to live. National experts and Michigan leaders will talk about best practices for creating and maintaining a healthy community through promoting good nutrition, active living, and no smoking.

The keynote speaker will be Fred Kent, the founder and president of Project for Public Spaces. This nonprofit organization is dedicated to creating and sustaining public spaces that build communities. There will also be a session dedicated to the story of Detroit and how the city is taking steps to enhance the quality of life for residents. Conference attendees will have an opportunity to participate in a variety of workshops that range from designing the built environment to smoke-free community strategies to approaches for charrette public workshops.

The closing session will highlight the presentation of the Promoting Active Community Awards to recognize communities who are taking steps to promote active living. Each community that participated in the online assessment will receive one of five different award levels, depending on their assessment score. Please join us to congratulate Michigan communities striving to increase the quality of life for their residents! The conference concludes with a culinary demonstration of seasonal food selection and preparation by Nick Seccia of The Henry Ford.

Register before October 31 to ensure the early registration rate or to take advantage of team registration; teams of four or more will receive a discount on registration! For more information, contact Diane Drago at DMSdiane@concentric.net or (517) 663-5147 or visit:

<http://www.michiganfitness.org/documents/2006DHLCSAVETHEDATE.pdf>.



*When you
focus
on place,
you do
everything
differently*

-Fred Kent

PAC Awards Designated

On November 13, 17 communities will be recognized for their commitment to promote and encourage active, healthy lifestyles. The 2006 Promoting Active Communities Awards will be presented in East Lansing at the Designing Healthy Livable Communities Conference.

The Promoting Active Communities Award is like no other in the country. To be eligible for the award, a team of community members evaluate their community's environments and policies related to promoting and supporting physical activity. Points are earned in three categories: Current Environments, Policies & Planning, and Programs & Promotion. This unique online self-assessment tool was created in partnership with the Michigan Department of Community Health, the Governor's Council on Physical Fitness, Michigan State University, and the Prevention Center of Michigan to recognize innovative Michigan communities who are making it easier for their residents to lead an active lifestyle.

The Promoting Active Communities Award winners are awarded a level of achievement based on their assessment score. Ten of the 17 communities in 2006 were first time participants. The following is the breakdown of the award level each community received.

Copper: Communities have made a commitment to becoming a healthier place to live and have begun to take steps toward removing barriers to physical activity.

Communities: Quincy

Bronze: Communities have taken important steps toward making it easy for people to be active.

Communities: Chelsea, Howell, Lansing, Manistee, Montague, and Wyoming

Silver: Communities have achieved significant progress toward making it easy for people to be active.

Communities: Canton Township, Detroit-Chene, Eaton Rapids, Jackson, Middleville Village, Muskegon, Novi, St. Clair, and Ypsilanti

Gold: Communities can document outstanding achievements in making it easy for people to be active.

Communities: Ann Arbor

Platinum: Communities are models of commitment to healthy, active living.

Communities: None

The Governor's Council on Physical Fitness is coordinating the Promoting Active Communities Award because it encourages Michigan communities to take steps to ensure that residents can integrate physical activity into their daily routines. For more information on the Promoting Active Communities Award call (800) 434-8642 or visit www.michiganfitness.org.



Boardwalk in Montague, MI



Views of Muskegon, MI

Healthy Communities Toolkit

The Cardiovascular Health, Nutrition and Physical Activity Section (CHNPA) of the Michigan Department of Community Health (MDCH) developed the Healthy Communities Tool Kit to assist public health agencies and partnering organizations in creating policy and environmental changes in communities. The Section continues to support communities to increase opportunities for physical activity, access to fruits and vegetables and tobacco-free environments. Here's a brief overview of the Tool Kit.

Chapter 1: A Primer on Influence Policy Decisions

Chapter 2: Community Design and Public Health

Chapter 3: Who's Who and What's What (county government, metropolitan planning organizations, rural task forces and more)

Chapter 4: Windows of Opportunity

Chapter 5: Working with the Community

Chapter 6: Working with the Media

Chapter 7: Tools you can use

Chapter 8: What to Read and Whom to Know



The Healthy Communities Tool Kit can be found at the CHNPA website (http://www.michigan.gov/documents/HealthyCommunitiesToolKit_Web_168570_7.pdf) and soon can be found at www.MIhealthtools.org and the Michigan Steps Up Community website (http://www.michigan.gov/surgeongeneral/0,1607,7-216-33088_39447---,00.html)

Labor Day Run

Another great run! The Governor and a group of 300 selected runners crossed the Mighty Mac ahead of the traditional Mackinac Bridge Labor Day Walk.

This year, the Governor's Council on Physical Fitness, Health and Sports/ Michigan Fitness Foundation (MFF) adopted a new program called **Mentoring: A Running Start**. This program coincides with the annual Labor Day Run.



Each year the mentoring programs in Michigan support the academic and social success of thousands of youth. A wellness component was added to the mentoring partnership by providing an opportunity for 20 mentor teams to spend the summer training together to run the Mackinac Bridge on Labor Day which took place on September 4, 2006. Not only is running on the Mackinac Bridge a unique and special experience, but training together provides important lessons in team-work, goal setting, accomplishment and developing healthy habits that will last a lifetime!

In conjunction with the Mackinac Bridge Labor Day Run, the Governor's Council on Physical Fitness invited communities to participate in the statewide Labor Day Walk by hosting their own "virtual bridge walk." This links not only the two peninsulas via the Mackinac Bridge walk, but the entire state as communities share in this continued tradition. This year, more than 40 communities participated in the event!

For information about the annual Mackinac Bridge Labor Day Run, contact the Governor's Council on Physical Fitness at (800) 434-8642 or visit www.michiganfitness.org.

New Staff for Active Communities

Greetings! I am Sarah Panken, the new Active Communities Coordinator for the Michigan Governor's Council on Physical Fitness. I come to the team with a background in ecology and land use planning research and policy that will enable me to offer a unique perspective on how to approach active community issues. I also lead an active lifestyle by running, biking, and hiking. I welcome the opportunity to be a part of the vision to engage Michigan residents in active living and I am excited about the prospect of working to promote active communities in Michigan. It is so important that Michigan residents are able to incorporate physical activity into their daily routines and understand how to design the built environment to encourage fun and safe physical activity. I encourage all communities to become involved in making their hometowns a more active place to live, work, and play. If you would like to nominate a spotlight community or share an active community success story, please do not hesitate to contact me.

Sincerely,

Sarah Panken

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Fitness
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Upcoming Events

November 9: The Human Dimension of Urban Planning and Design

A lecture presented by Jan Gehl on Thursday, November 9 at 7:30pm at the Calvin College Chapel in Grand Rapids. No Cost!

- Mr. Gehl is Principle of Gehl Architects, Copenhagen, Denmark; Head of the Department of Urban Design at the School of Architecture in the Royal Academy of Fine Arts in Copenhagen; Director of the Center for Public Space Research at the Royal Academy; Author of "Life Between Buildings" and "New City Life" (among other books on public space).

November 13: Designing Healthy Livable Communities Conference

A one day conference convened by the Michigan Department of Community Planning to provide professionals and citizens with strategies to make their communities healthy places to live, work, and play. The conference will take place at the Kellogg Center in East Lansing. For more information contact Diane Drago at DMSdiane@concentric.net or (517) 663-5147 or visit:

<http://www.michiganfitness.org/documents/2006DHLCSAVETHEDATE.pdf>.

Michigan Transportation Plan Round Three Stakeholder Workshops are scheduled throughout November

Gaylord - Nov. 28, 2006

9:00am – Noon
University Center
80 Livingston Blvd
Gaylord, MI 49735

Lansing - Nov. 30, 2006

9:00am – Noon
Michigan Department of Transportation
Construction & Technology Division
Conference Room 1
8885 Ricks Road
Lansing, MI 48917

Escanaba - Nov. 29, 2006

9:00am - Noon
Bay de Noc Community College
2001 North Lincoln Road
Escanaba, MI 49829

Warren - Dec. 1, 2006

9:00am – Noon
Macomb Community College
John Lewis Building, Room K351-51
14500 East 12 Mile Road
Warren, MI 48088



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About Us

The Governor's Council on Physical Fitness, Health and Sports was established in 1992 to improve the health of, and increase physical activity among, Michigan residents. The Michigan Fitness Foundation was created in 1994 as a 501(c)3 nonprofit public charity foundation to expedite Governor's Council policies and programs and provide a broader funding base to pursue its mission of Getting Michigan Moving. The foundation is licensed by the Michigan Attorney General to solicit and receive charitable gifts and grants (MICS 11523).

Our Mission

The Governor's Council on Physical Fitness, Health and Sports envisions a physically educated population with the knowledge and skills to enjoy a healthy, vigorous lifestyle in communities designed to support physical activity.

Resources

Michigan Land Use Institute focuses on an approach to economic development that strengthens communities, enhances opportunity, and protects the state's unmatched natural resources. The mission from the beginning has been to help Michigan avoid the patterns of suburban sprawl and over-development that cause traffic congestion, pollution, loss of community, rising costs to individuals and governments, and a deteriorating quality of life. They have a great archive of articles and more at: www.mlui.org

Sierra Club: www.sierraclub.org/sprawl

Sprawl Clearinghouse: www.sprawlwatch.org

The Pedestrian and Information Clearinghouse (PBIC) has information about health and safety, engineering, advocacy, education, enforcement and access and mobility. The PBIC serves anyone interested in pedestrian and bicycle issues, including planners, engineers, private citizens, advocates, educators, police enforcement and the health community. Two of their websites include:

Walkability Checklist: www.walkinginfo.org/walkingchecklist.htm

Bikability Checklist: www.bicyclinginfo.org/

Centers for Disease Control and Prevention's Active Community Environment site: <http://www.cdc.gov/nccdphp/dnpa/aces.htm>

Fitness Council of Jackson, Michigan: www.fitnesscouncil.org

