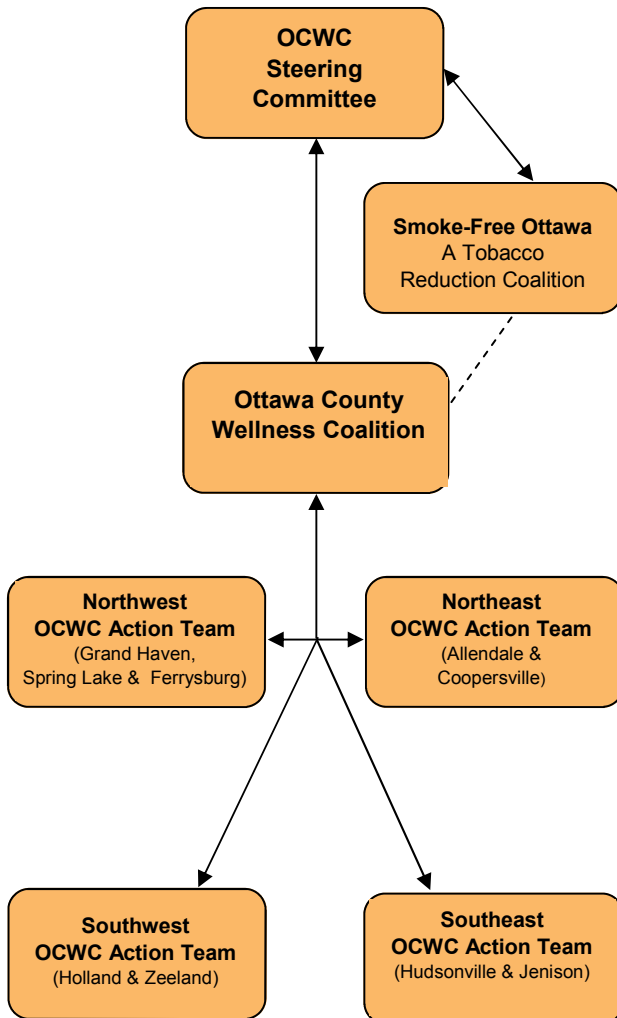


# Who We Are

The **Ottawa County Wellness Coalition** (OCWC) is a collaboration of local hospitals, government, businesses, schools, area residents and other organizations within the community working to address the issues of unhealthy lifestyles and overweight/obesity in Ottawa County.

## OCWC Structure



## Ottawa County Wellness Coalition Steering Committee

- American Cancer Society
- American Heart Association
- City of Holland Recreation Division
- Holland Hospital
- Inter-Care Community Health Network
- North Ottawa Community Hospital
- Ottawa Area Intermediate School District
- Ottawa County Health Department
- Ottawa County MSU Extension
- Pathways of Michigan
- Smoke-Free Ottawa (A Tobacco Reduction Coalition)
- Zeeland Community Hospital

For more information about the Ottawa County Wellness Coalition please call or email:

Lisa Uganski, Chairperson, (616) 393-5770  
lugansk@co.ottawa.mi.us

To join your local Action Team please contact:

- Northeast** - Kim Kooyers 616.393.5799  
kkooyers@co.ottawa.mi.us
- Northwest** - Mary Willey 616.847.5332  
mwilley@noch.org
- Southeast** - Lisa Uganski 616.393.5770  
lugansk@co.ottawa.mi.us
- Southwest** - Barb VerCande 616.394.3604  
bvercande@hollandhospital.org

**Ottawa County Wellness Coalition**  
1225 I James St., Suite 400  
Holland, MI 49424

Visit us at: [www.GetHealthyOttawa.org](http://www.GetHealthyOttawa.org)



**OTTAWA  
COUNTY  
WELLNESS  
COALITION**

## ANNUAL REPORT 2007



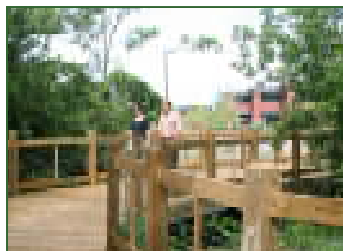
**Empowering  
Ottawa County residents  
to adopt healthy,  
sustainable lifestyles!**

## Physical Activity

The **Ottawa County Wellness Coalition** seeks to increase access to Physical Activity through the addition of walking trails, sidewalks, bike paths and recreational facilities.



**Apple Trail, Park, Brochure & Evaluation**  
Funding by Michigan Department of Community Health (MDCH) and Food Stamp Nutrition Education (FSNE) \$14,000



**Zeeland's NorthSide Pathway**  
Pathway, Marketing and Brochure  
Funding by MDCH/FSNE \$40,000



**Golden Shoe Campaign**  
A walking program which designated routes in Grand Haven, Holland, and Zeeland. Maps, prizes and education were included.  
Funding by local businesses and the Community Foundation of the Holland/ Zeeland Area. \$25,000



**Coopersville Community Trail, Brochure & Evaluation**  
Funding by MDCH/FSNE \$8,000 grant

## Healthy Eating

The **Ottawa County Wellness Coalition** seeks to increase access/education regarding Healthy Eating through Farmer's Market initiatives, educational information on trail brochures, and at kick-off events.



**Senior Project Fresh** provides low-income seniors with coupons that can be exchanged for eligible foods at farmers' markets, roadside stands, and community supported agriculture programs.  
Funding by MDCH/FSNE \$14,700 grant



**Get Fresh at the Farmer' Market**  
Funded by The US Department of Health and Human Services, Office of Disease Prevention and Health Promotion. \$3775

**Get Fresh at the Farmer's Market**  
Offered free educational tours at community Farmer's Markets which were lead by a registered dietitian. Taught participants how to select produce, offered tips for storage, provided nutritional information and healthy eating tips. The group was given healthy recipes, and was offered the produce to make a recipe at no cost from participating vendors.

## Smoke-Free Environments

The **Ottawa County Wellness Coalition** in conjunction with the Smoke-Free Ottawa Tobacco Reduction Coalition directed efforts toward reducing exposure to secondhand environmental smoke which results in improved health for all of us.



### Smoke-Free Restaurant Campaign:

Assisted in the development of smoke-free policies for Ottawa County restaurants resulting in 29 new smoke-free dining venues.

Awarded certificates of appreciation and provided promotional materials and Smoke-Free Policy Toolkits. Developed a Smoke-Free Dining Coupon Book featuring local restaurants. This was available at no cost.

Funding by: MDCH \$10,000  
The Community Foundation of the Holland-Zeeland Area \$6,700

### Smoke-Free Indoor Air Regulation January 1, 2008



**Purpose:** To protect the public health and welfare by regulating smoking in public places and worksites. Requirements: Provide a smoke-free worksite, post no-smoking signs, adopt a written policy, prohibit outdoor smoking and smoking receptacles from being within 25 feet of entrances, ventilation systems and operable windows. No smoking signs and a sample policy are made available from the health department website. (Restaurants and bars are exempt)

Visit: [www.SmokeFreeOttawa.org](http://www.SmokeFreeOttawa.org)