

What we do

- OCWC encourages local communities to assess their health environments.
- OCWC helps these communities secure funding to make healthy policy and environmental changes.
- To date, OCWC has received over \$150,000 in grant funding.



Initiatives of OCWC

- **Holland Wellness Trail** (signage shown above), an initiative of OCWC and other local agencies, was completed in 2006.
- **Zeeland Northside Pathway**, a 1.5 mile non-motorized pathway, runs from State St./96th Ave. to Fairview Ave.
- **Holland Apple Trail**, located at 712 Apple Ave., is a 1/2 mile trail and also includes outdoor basketball and volleyball courts.
- **Coopersville Community Trails**, beginning near Campus Dr., walk from the pond through the school's campus, to neighborhoods and historic downtown.

Ottawa County Wellness Coalition Steering Committee

- American Cancer Society
- American Heart Association
- City of Holland Recreation Division
- Holland Hospital
- InterCare Community Health Network
- North Ottawa Community Hospital
- Ottawa Area Intermediate School District
- Ottawa County Health Department
- 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:

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Or call 1-800-764-4111 ext. 5772

or visit

www.gethealthyottawa.org

Ottawa County Wellness Coalition

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OCWC BROCHURE 9/26/07 PUB RH

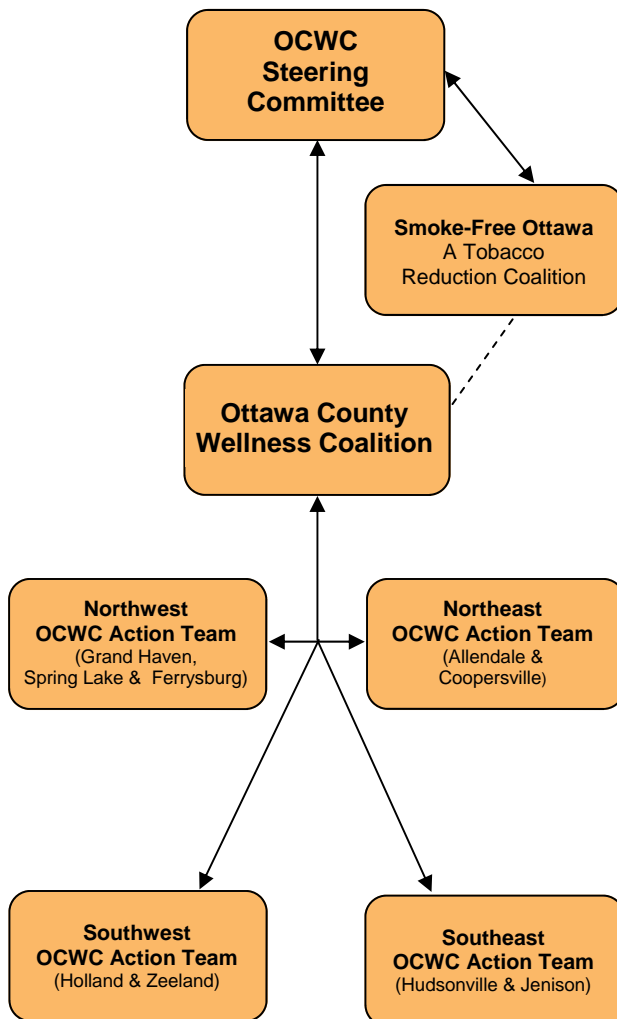


**Empowering
Ottawa County residents
to adopt healthy,
sustainable lifestyles!**

Who We Are

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

OCWC Structure



Get Involved



Action Teams are the groups who carry out the strategies of OCWC. They consist of individuals who take on tasks and work to accomplish them.

Action Teams:

- Meet monthly.
- Develop action plans based on local data to improve the health environment of their local community.
- Evaluate the effectiveness of their initiatives.

To join your local Action Team please contact:

Northeast - Kim Kooyers 616.393.5799
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Southeast - Lisa Uganski 616.393.5770
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Southwest - Christine Powers
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Make Changes Happen

To make a difference we need:

♦ Action Team Members from:

- Agriculture
- City Planning
- Healthcare
- Local government
- Parks and Recreation
- Schools
- Segments of the food and business communities
- Transportation

♦ Policy and Environmental Change:

- People are influenced and make lifestyle choices based on their environment or community. It is important to create environments that make it easier to engage in physical activity and to make healthy food choices in smoke free conditions.

♦ Community Education regarding healthy lifestyles.

