



# Get Healthy Ottawa

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## Community Garden

Come join in on the activities which will include nutrition education, cooking demonstrations, food sampling, fitness, planting and harvesting.



Group events/activities and gardening FUN will be held at the garden on Tuesday and Thursday evenings from June

10 - September 4, from 6:30 - 8 PM.

Family friendly. . . families are encouraged to come work and play together In a joint effort with the City of Holland Recreation Division, Ottawa County Wellness Coalition and the Ottawa County Health Department.

Join us in the garden for planned and spontaneous gardening FUN This is a family friendly environment.

There is no cost for this pro-



gram; however, you only reap what you sow! Come dressed to get dirty. In the event of rain, no group program will be held.

The community garden is located on the corner of State St. and East 20th St. in Holland.



## Walk one of the new trails

The Ottawa County Wellness Coalition has been quite busy the past 2 years seeking to increase access to physical activity through the addition of walking trails, sidewalks, bike paths and recreational facilities. Listed are 4 new trails in Ottawa County developed with the assistance of community efforts and funding from the Michigan Department of Community Health and the Food Stamp Nutrition Education Program.

- Apple Trail & Park located just west off US 31 at 712 Apple Avenue, Holland, MI 49423 (Between 24th and

32nd St.) Parking available at Trinity Reformed Church

- Coopersville Community Trails are located on Coopersville Area Public School's campus and connects to quaint neighborhoods and historic downtown. Parking on Campus Dr. off 48th, Coopersville, MI 49404.
- Holland Wellness Trail, located between 18th St. and 31st St. Walk one of the four walking loops or connect them for a real hike. The trail includes different workout stations all low-impact and safe. Holland, MI 49423

- Northside Pathway runs from State Street/96th Avenue to Fairview Avenue. This trail is located in Zeeland, MI 49464. Parking is available in the following area west end of ODL property and the cul-de-sac on Case Karsten Dr.

Visit [www.gethealthyottawa.org](http://www.gethealthyottawa.org) for more information and maps of these walking trails.



## It's Farmers Market Time



Discover the many  
benefits of fresh  
produce

People are discovering the many benefits of buying locally grown food. It is fresh, tasty and more nutritious. In addition, buying from area farmers is good for our local economy,

Discover the many benefits of Fresh produce

- Tastier and more nutritious
- Sustain your local economy
- Buy direct
- Eco-friendly
- Know your food supplier
- Invigorate your town and build a sense of community
- Meet your neighbors
- Support your local farm families

Local area Farmers Markets:

- Allendale (June - Oct.) Tuesday's & Friday's, 11 - 4 pm. Heritage Town Square Plaza 6101 Lake Michigan Dr., Allendale, MI 49401
- Coopersville (May - Oct.) Wednesday's 8 am - 1 pm DDA Pavilion north of Main St., Coopersville, MI 49404
- Grand Haven (June - Oct.) Wed. & Sat. 8 am - Noon Chinook Pier, Harbor Dr. & 1st St., GH, MI 49417
- Grand Valley State University (May - Aug.) Wednesday's 10 am - 2 pm I Campus Dr., Lot F, Allendale, MI 49401
- Holland (May - Oct.) Wed. & Sat. 8 am - 5 pm Holland Civic Center, 8th & Pine St. Holland, MI 49423
- Hudsonville (May - Oct.) Wednesday's 8 am - 2 pm 3302 Prospect St., Hudsonville, MI 49426
- Zeeland (May - Sept.) Friday's mid morning - 5 pm Corner of Elm & Main St., Zeeland, MI 49464



## Smoke-Free Ottawa



*"It is the Smoke-Free Ottawa Coalition's goal for Ottawa County to go completely smoke-free," said Amy Oosterink, coordinator of the coalition. "We are hopeful that the state-wide Smoke-Free Air Bill will pass"*

Smoke-Free Ottawa started its campaign in late 2006 to increase the number of restaurants that offer smoke-free dining. Ottawa County Health Department educators have explained during the campaign the benefits of eliminating secondhand smoke. "It is the Smoke-Free Ottawa Coalition's goal for Ottawa County to go completely smoke-free," said Amy Oosterink, coordinator of the coalition. "We are hopeful that the state-wide Smoke-Free Air Bill will pass".

-As of June 30, 2008, the Michigan House and Senate are struggling to reach a compromise over a proposed statewide indoor-smoking ban.

- Smoke-Free Ottawa was involved in the passing of a smoke-free air regulation which prohibits smoking inside all worksites and public buildings and within a 25 foot distance from doorways. This regulation passed with a 7-3 vote at the Ottawa County Board of Commissioners on August 28, 2007 making Ottawa County the 19th county in Michigan to offer protection

from secondhand smoke. This regulation went into effect January 1, 2008.

- Area smoke-free restaurants are participating in a FREE Smoke-Free Dining Coupon Booklet. 15,000 Smoke-free Ottawa coupon booklets have been distributed throughout Ottawa County offering discounts at several local smoke-free eateries. Restaurants and bars who wish to go smoke-free receive free consultation services, media promotion and promotional items to distribute to customers on their first smoke-free day. Ottawa County has over 275 places where you can both eat well and breathe easy.

- The No Cigs for Our Kids Campaign is a multi-county partnership with Allegan, Berrien, Muskegon and Ottawa to reduce youth access to tobacco at area retailers. Components of the campaign include regular law enforcement tobacco compliance checks along with vendor education to retailers who want to avoid selling tobacco products to minors.

- 2008 Smoke-Free Ottawa Video Competition: Local high schools were offered the chance to participate in the competition by creating videos with the theme, "They Put WHAT in a Cigarette?!" 16 videos were judged, and the votes are in.

1st Place: School - West Ottawa High School Team Members - Lena Wileczek Video - "Do You Really Know What you're Putting in Your Body?"

2nd Place: School - West Ottawa High School Team Members - Andrea Frazier, Brandon Gainforth, Andrew Guzman, Julia Knoll, Kirstin Newberry Video - "Grapes of Wrath"

3rd Place: School - Black River Public School Team Members - Cait Fritz, Megan Fritz, Lyndon Grooters Video - "What's Inside that Cigarette?"

For more information of what Smoke-Free Ottawa is doing visit their website:

[www.smokefreeottawa.org](http://www.smokefreeottawa.org)



# Ottawa County Wellness Coalition - Action Teams

The Ottawa County Wellness Coalition (OCWC) was formed in 2005. OCWC is working to improve the health of Ottawa County communities. This is done by using policy and environmental changes to increase residents' access to healthy food choices, physical activity and tobacco-free living. (some examples include Farmer's Markets, creation of non-motorized pathways, and smoke-free environments).

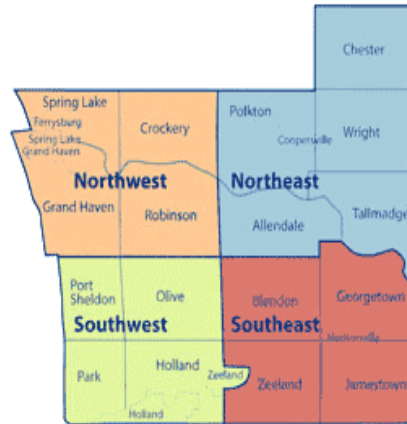
### Our Mission

To empower Ottawa County residents to adopt healthy, sustainable lifestyles.

### Our Vision

Implement policy and environmental changes in the areas of physical activity, healthy eating, and tobacco-free living in Ottawa County.

With the development of the coalition came strategic goals and objectives, and



in order to reach those goals the coalition decided that we needed to focus more on each quadrant of the county. With that in mind local Action Teams were developed to carry out the strategies of OCWC.

The Action Teams consist of individuals who assess their communities and work to design a plan and accomplish the plan.

### 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 an Action Team in your area please contact:

- Northeast:  
Kim Kooyers 616.393.5799
- Northwest:  
Mary Willey 616.847.5332
- Southeast:  
Lisa Uganski 616.393.5770
- Southwest:  
Barb VerCande 616.394.3604

For more information about the Ottawa County Wellness Coalition please visit our website at

[www.getthehealthyottawa.org](http://www.getthehealthyottawa.org)



# Coaches Needed for Total Trek Quest

Total Trek Quest (TTQ), the boys after-school running program in Ottawa County, kicks off the fall semester on September 13, 2008, with an open house featuring Paul McMullen, local athlete and 1996 Olympic Runner. Paul will encourage the boys as they begin the 10 week after school running program.

The program is designed just for boys, where they learn the importance of being physically active, making healthy choices and developing positive relationships.

TTQ will be in 24 schools throughout Ottawa County this fall.

Needed: Coaches for TTQ

- Program for 4th and 5th grade boys.
- Develop individuality and strengths
- Physically challenging
- Develop healthy social skills
- HAVE FUN!

Location: Ottawa County Schools

- Teams consist of up to 15 participants each.
- Choose the school of your preference

When: Starts September 15 –16, 2008, depending on school.

- Final 5K Run for fall semester November 22, 2008.

- Teams meet twice a week for 90 minute sessions.
- 10 weeks of training for a 5K run!

For more information or to volunteer, please contact:  
Leigh Moerdyke at  
616.396.2301 ext.127 or  
email at

[lmoerdyke@pathwaysmi.org](mailto:lmoerdyke@pathwaysmi.org)



**Open House**  
featuring **Paul McMullen,**  
**local athlete**  
**and 1996**  
**Olympic**  
**Runner**



Ottawa County  
Wellness Coalition

Ottawa County Wellness Coalition  
12251 James Street  
Holland, MI 49424  
Phone: 616 393-5770

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.

Coming soon to [www.gethealthyottawa.org](http://www.gethealthyottawa.org), Physical Activity Database

## Summer Safety Tips

Whether you enjoy walking, hiking, biking, or swimming, Ottawa County has it. From the scenic lakeshore to the wooded trails there is a wide range of activities to enjoy. There are many parks, city, county, and a state park to choose from. They all have plenty to offer.

Safety tips:

- Summer means fun in the sun! But be safe — don't let a heat-related illness ruin your day. Always drink plenty of water and take frequent breaks when working or playing in the hot weather.
- Remember to limit sun exposure, wear protective clothing, and use sunscreen
- Most of us enjoy cooling down by going for a swim at the beach, public pool or even your own back yard pool. Children should always be supervised by an adult while around water. Use U.S. Coast Guard approved life vests, also known as personal flotation devices (PFDs), on boats, docks, and around deep or swift water.
- Bike helmets should be fitted as sizes vary for each individual. The helmet should be worn every time you ride your bike to protect your head from



injury.

- There are different types of shoes for various activities. Visit a shoe store and speak with a sales person, they will measure your feet and fit you with the correct footwear.
- Have a buddy for safety reasons and companionship. If listening to music through an MP3 player make sure you are still able to be aware of your surroundings and hear traffic.
- When out at night wear light clothing, a reflective jacket or a flashing type arm band so that motorists are able to see you.
- If you're spending time in tall grass or woody areas, use insect repellent with DEET to ward off mosquitoes and ticks. Insect repellent should not be used on babies, and repellent used on children should contain no more than 10 percent DEET.
- To prevent foodborne illnesses wash hands well and often with soap and water, especially after using the bathroom and before cooking or eating. Also wash surfaces when cooking, keep raw food separate from cooked food, marinate food in the refrigerator, cook

food thoroughly, and refrigerate or freeze food promptly. Never leave food out for more than one hour when the temperature is above 90°F. Any other time, don't leave food out for more than two hours. Keep hot food hot and cold food cold. Wash off fruits and vegetables with cool running water. Also, scrub fruits with rough surfaces like cantaloupe with a soft brush.

### Websites to visit:

[www.miottawa.org](http://www.miottawa.org)  
[www.fda.gov/fdac/features/2004/304\\_summer.html](http://www.fda.gov/fdac/features/2004/304_summer.html)  
[www.aap.org](http://www.aap.org)  
[www.redcross.org/services/hss/sumsafety/](http://www.redcross.org/services/hss/sumsafety/)  
[www.cpsc.gov/cpsc/pub/prereel/prhtml02/02182.html](http://www.cpsc.gov/cpsc/pub/prereel/prhtml02/02182.html)  
[http://pediatrics.about.com/cs/safetyfirstaid/a/summer\\_safety.htm](http://pediatrics.about.com/cs/safetyfirstaid/a/summer_safety.htm)  
<http://www.mcgruff.org/Advice/sun-safe.php>  
<http://www.michigansafekids.org/safety.shtml>

