



# Get Healthy Ottawa

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## The North East Action Team Kicks Off

### Families Eat Farm Fresh

There is excitement in the air at the Grand Valley State University (GVSU) Farmers’ Market! Family Housing residents are cashing in vouchers for free produce including fresh fruit and vegetables.

Families are being provided with 3 vouchers of \$10 each to be used over the summer. Our desire is that repeated visits to the market will encourage a behavior shift and help participants to modify their eating habits.

To encourage additional healthy behaviors, all families were given fresh apples and an apple slicer. Their children received Frisbees, coloring books, crayons and bookmarks which all featured healthy eating.

A survey was developed and will be administered to

participants prior to the project and at the end to measure a change in healthy behaviors. Voucher redemption will be used to indicate participation.

One benefit to the program is that all participants will have easy access to the market.

August 12th is Kid’s Day at the Market for the Children’s Enrichment Center on the GVSU Campus.

A field trip will be taken to the market and the children will receive a \$5 voucher to spend on fresh produce.

This will increase awareness and provide a positive experience with choosing healthy fruits and vegetables. Depending on the funds available, an

additional voucher will be provided for the children to bring their families back to the GVSU Farmers’ Market. Families Eat Farm Fresh aims to benefit 17 families from GVSU Housing, 60 children from the Enrichment Center and 11 farmers. NEAT members plan to help with the Kid’s Day at the Market.

This program was funded by the Ottawa County Health Department.

The project was designed by key members of the North East Action Team.

A special thank you goes to GVSU Human Resources for staffing the Farmers’ Market, marketing and providing Voucher administration.



### “F” as in Fat 2009

Michigan has the 9th highest rate of adult obesity in the nation, at 28.8 percent and the 26th highest of overweight youths (ages 10-17) at 30.6 percent, according to a new report by Trust for America’s Health (TFAH) and the Robert Wood Johnson Foundation (RWJF).

The rate of obese adults increased in the state for the third year in a row. Adult obesity rates increased in 23 states and did not decrease

in a single state in the past year, according to the F as in Fat: How Obesity Policies Are Failing in America 2009. In addition, the percentage of obese and overweight children is at or above 30 percent in 30 states.

The F as in Fat report contains rankings of state obesity rates and a review of federal and state government policies aimed at reducing or preventing obesity. Some additional key findings from F

as in Fat 2009 include:

- The current economic crisis could exacerbate the obesity epidemic. Food prices, particularly for more nutritious foods, are expected to rise, making it more difficult for families to eat healthy foods.
- At the same time, safety-net programs and services are becoming increasingly over-extended as the numbers of unemployed,

(cont.)



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## “F” is for Fat (continued)

uninsured and underinsured continue to grow. In addition, due to the strain of the recession, rates of depression, anxiety and stress, which are linked to obesity for many individuals, also are increasing.

- Nineteen states now have nutritional standards for school lunches, breakfasts and snacks that are stricter than current USDA requirements. Michigan is one of the states that does not have these standards.
- Twenty-seven states have nutritional standards for competitive foods sold a la carte, in vending machines, in school stores or in school bake sales. Michigan is one of the states that does not have these standards.
- Twenty states have passed requirements for body mass index (BMI) screenings of children and adolescents or

have passed legislation requiring other forms of weight-related assessments in schools. Michigan is one of the states that does not have one of these screening programs

Key report recommendations for addressing obesity within health reform include:

- Ensuring every adult and child has access to coverage for preventive medical services, including nutrition and obesity counseling and screening for obesity-related diseases, such as type 2 diabetes;
- Increasing the number of programs available in communities, schools, and child-care settings that help make nutritious foods more affordable and accessible and provide safe and healthy places for people to engage in physical activity.

The report also calls for a Na-

tional Strategy to Combat Obesity that would define roles and responsibilities for federal, state and local governments and promote collaboration among businesses, communities, schools and families. It would seek to advance policies that

- Provide healthy foods and beverages to students at schools;
- Increase the availability of affordable healthy foods in all communities;
- Increase the frequency, intensity, and duration of physical activity at school;
- Improve access to safe and healthy places to live, work, learn, and play;
- Limit screen time; and
- Encourage employers to provide workplace wellness programs.

To view the entire report visit [www.healthyamericans.org/reports/obesity2009/](http://www.healthyamericans.org/reports/obesity2009/)

## Smoke-Free Ottawa 2nd Video Competition

### ”Smoke-Free Hero”

Smoke Free Ottawa’s Second Annual Video Competition has chosen the winners for this year’s contest.

Teams from various Ottawa County schools produced 30-second anti-tobacco commercials and incorporating the theme “Smoke-Free Hero”.

Altogether, there were 47 videos submitted, up from 16 submissions last year. Amy Oosterink of Smoke Free Ottawa stated, “Through this competition, teens are taking the opportunity to creatively make a stand against tobacco use. Each video has a unique quality and the messages are clear: Don’t start smoking, and if you have already started, quit.”

Three teams were selected for

a \$1000 prize for their school, and the students on the winning teams will receive a \$50 Rivertown Crossings’ gift card.

Careerline Tech Center - *Try Not Smoking!*

2 team members: Adam Vroon and Ariel Zapata  
Advisor: John Posthuma

Central - *Barbie Stop-Motion*

4 team members: Mariah Bowles, Megan Spain, Jake Bitner and Nate Leeball  
Advisor: Dennis Threadgill

Coopersville - *Smoke-Free Hero 09*

3 team members: Kellie Rutka, Morgan Durfee, and Aubreanne Meintsma  
Advisor: Deputy Luce

Additionally, each school that

entered a video will receive \$100 for participating, and each student involved in a video, on-screen and behind-the-scenes, will receive a free movie pass. Perhaps the most impressive prize: the winning videos will preview at the Grand Haven 9 and Holland 7 throughout the summer sharing the teen to teen smoke free message.

Research demonstrates the importance of showing anti-smoking advertisements in movie theaters immediately before feature films to mitigate the impact of scenes depicting movie stars smoking [www.acrwebsite.org](http://www.acrwebsite.org)

Funds for this program were provided by the Michigan Department of Community Health.

# Georgetown Community Garden is Up and Growing!

The OCWC Southeast Action Team (SEAT) received \$1000 in funding from the Ottawa County Health Department to increase residents' access to healthy food in the local community. SEAT used the funding to help expand the Georgetown Community Garden at the Jenison Public Schools Early Childhood Center (ECC).



The garden is definitely a community project! Volunteers built a greenhouse at the garden. The Building Trades Class from Jenison High School constructed and delivered a barn for the community garden. The ECC was able to deliver 200 seedlings to Georgetown Seniors in May. Students at the ECC worked in the garden during the school year, and the summer camp participants currently work in the garden under the direction of school staff.



The garden provides lessons in growing food, nutrition, organization, life cycles, and valuable lessons on giving to people in need. The community garden provides the students and their families with fresh produce, and also teaches children how to grow their own food in the future. Additional produce will be distributed to families and seniors in need within the community. The objective of the project is to increase participants' consumption of fruits and vegetables.



The designated funds paid for seeds/starter plants, potting soil and plant boxes, children's gardening tools, and fencing. In addition, educational materials and garden promotion will be provided. SEAT members are getting involved at the garden, from working in the garden to providing health education to the students.

Lee Westervelt, principal at the ECC, has been happy with the garden's progress. "On behalf of the staff at the Jenison Public Schools Early Childhood Center I would like to say how pleased I am collaborating with the Ottawa County Wellness Coalition on implementing our community

garden. It will not only benefit our students but the community as well. The produce the community garden will generate will go towards healthy food to our senior citizen population in Georgetown Township and our needy families through Love Inc. Thanks to the OCWC we have a committee of volunteers, a motivated staff and community support for this project. Thank you OCWC!"



ECC students will also be taking a field trip to the Holland Farmers' Market, and receiving recipes for delicious dishes that incorporate fresh vegetables. The garden program will be evaluated in the fall, and project details will be shared in a future OCWC newsletter.





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Wellness Coalition

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

Visit [www.gethealthyottawa.org](http://www.gethealthyottawa.org) to find a Physical Activity Search Engine that will help you discover fun, low or no-cost physical activity opportunities in Ottawa County. The search engine provides the location, description, map, and contact information for many different activities. Check it out, and find a new way to be physically active today!

## Summer Safety Tips



**Avoid sunburns** by limiting sun exposure, wearing protective clothing, and using sunscreen. Wear light colored clothing, wide brimmed hats and sunglasses. Also apply sunscreen 30 minutes before going outdoors and reapply at least every two hours. For more information, check out [www.cancer.org](http://www.cancer.org).

### **Avoid bites from mosquitoes and ticks.**

Mosquitoes can transmit West Nile Virus and ticks can spread Lyme Disease. West Nile Virus usually produces mild symptoms in healthy people but can be serious for older adults and those with compromised immune systems. Symptoms can include fever, headache, body aches and skin rash. Lyme Disease produces a rash (usually large and shaped like a bulls-eye) along with muscle aches and stiff joints. There are not vaccines for West Nile Virus or Lyme Disease. Use insect repellent on adults; repellent on children should contain no more than 10% DEET and it SHOULD NOT BE USED ON BABIES. Be sure to check yourself

and children when you come in from outdoors; if a tick is found – remove it with a tweezers and throw it away.

### **Steer clear of the bees.**

Wear light colored clothing and avoid scented soaps and perfumes. Don't leave food, drinks and garbage uncovered. Treat bee stings by scraping the stings away with a side-to-side motion using a credit card or fingernail; using tweezers may push more venom into the skin. Use ice or a cold compress and over-the-counter pain relief creams and medications to help reduce swelling and pain. Also watch for any signs of an allergic reaction and treat accordingly.

### **Prevent heat exhaustion** by staying cool and hydrated.

When the body's cooling system shuts down, heat illness occurs. Body temperatures go up which prevents sweating. Mild symptoms of heat exhaustion can include: thirst, fatigue, and cramps in legs or abdomen. If left untreated heat exhaustion can progress into heat stroke which will include dizziness, headaches, nausea, rapid heartbeat, vomiting, decreased alertness and a temperature as high as 105 degrees. Stay cool and use air conditioning when possible. Also reduce strenuous activities or do them during cooler times in the day (mornings or evenings).

Wear loose fitting clothing and drink fluids regularly.

### **Use extra precaution with fireworks and grills to prevent burns.**

Stick with public firework displays that are handled by professionals. Also be sure to supervise children closely when food is being cooked indoors or outdoors. Be aware that gas leaks, blocked tubes and overfilled propane tanks cause most gas grill fires and explosions. Most minor burns can be treated at home. Run cool water over it and cover with a clean dry cloth. For more serious burns, seek emergency treatment.

### **Watch out for foodborne illness.**

Signs of foodborne illness include: nausea, vomiting, cramps and diarrhea. Young children, pregnant women, older people and those with compromised immune systems are hit the hardest. Be sure to wash hands well and often with soap and water, especially before cooking and eating. 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. Keep hot foods hot and cold foods cold!

For more information on food safety contact your local health department.

