

# HEALTHY MONTCALM TALKING POINTS

August 26, 2011

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- **The Healthy Montcalm surveys were distributed throughout Montcalm County to gather primary data on the health needs and resources in our community.**
  - ❖ **Community Survey:**
    - The Healthy Montcalm Community Survey was distributed Saturday August 20<sup>th</sup> via mail to 1,500 randomly selected residents of Montcalm County. These surveys were distributed proportionally across the county (by population) so that each city/town would be represented. Results will be reviewed at next meeting.
    - Multiple area agencies are also providing the survey to their clients on-site, these agencies include: Cherry Street Health Services, Commission On Aging, Department of Human Services, MMDHD, Montcalm Center for Behavioral Health, and United Lifestyles
    - The Community Survey is intended to capture the community members perception of the health care needs in Montcalm County.
    - Submission deadline for residents to be eligible for the prize drawing is September 9<sup>th</sup> by 5:00pm. (3 week timeframe)
  - ❖ **Provider Survey:**
    - The Healthy Montcalm Provider Survey was distributed to area hospitals and the Montcalm Area Health Center on Friday August 26<sup>th</sup>. The health department will distribute the survey to the remaining health care providers within Montcalm County that are not affiliated with the hospitals (i.e. dentists, chiropractors, pharmacists, etc.)
    - The Provider Survey is intended to obtain both the health care provider's perception of health care needs & the health care capacity in Montcalm County.
    - Submission deadline for health care providers is set for September 16<sup>th</sup>. (3 week timeframe)
  
- **Determined that we will be relaunching the Healthy Montcalm Logo Contest due to lack of community involvement.**
  - ❖ **Logo Contest:**
    - We will coordinate with the schools, specifically High School Art teachers to achieve a more successful outcome (targeting Sept. 12-30). The rules of the contest that were agreed upon by the Advisory Committee will remain the same; there will just be a change to the deadline of the contest.
    - Carson City Hospital graciously offered the services (in-kind) of a graphic designer to clean up the winning submission if it was necessary to meet the initiatives standards. This would not change the content of the winning logo submission, but would polish the end product.
    - Submission deadline for residents to be eligible for the prize drawing is September 30<sup>th</sup> by 5:00pm.

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**“Montcalm County is an empowered community where people are engaged in leading healthy active lives”**

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❖ **Did You Know:**

- **Behavioral Risk Factor Survey (2008-2010):** a system of health surveillance to collect information about adult health risk behaviors, preventive health practices, and health care access. (some Montcalm County data listed below)
  - **20%** of Adults in Montcalm County reported not participating in any physical activity in the past month.
  - **68%** of Montcalm County residents are classified as being of overweight or obese status (using Body Mass Index to calculate)
  - **89%** of Montcalm County residents do not eat the recommended amount of 5 servings of fruits & vegetables per day (1 serving= ½ cup).
- **Farmers Markets:** To help improve fruit and vegetable consumption (healthy eating) please visit one of our county's many farmer's markets listed below (to name a few):
  - Edmore: located on corner of Lewis St. & Pine St.  
Tuesday 4pm-8pm  
Friday 8am-1pm
  - Greenville: located at Veterans Park (along M-57)  
Tuesday & Friday 8am-noon  
Thursdays 4pm-7pm
  - Howard City: located at the Old Train Depot (downtown)  
Saturdays 9am-1pm
  - Sheridan: located on M-66 (across from Shell gas station)  
Fridays 8am-noon
  - Stanton: located at Stanton City Park (across from McDonald's)  
Thursdays 8am-noon

❖ **Announcements:**

- Medication Drop-Off's will be held at the following locations on Wednesday, October 26 from 2:00-6:00pm.
  - Carson Apothecary Shoppe – 245 S. Second St., Carson City
  - Mid-Michigan District Health Department – 615 N. State St., Stanton
  - Spectrum Health United Hospital – 615 S. Bower St., Greenville
  - Spectrum Health Kelsey Hospital – 418 Washington St., Lakeview

**Next Meetings:** October 28<sup>th</sup> 9:00-11:00am at MCC (Room D303) in the Doser Building  
November 18<sup>th</sup> 9:00-11:00 at MCC (Room 038) in the Ashe Building

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