



A Community Project Sponsored by the
Central Michigan District Health Department
2012 East Preston Avenue
Mt. Pleasant, MI 48858
989-773-5921

November 2013: HIP News to Know!

A compilation of grants, websites, and resources related to improving the health of our community members



For millions of Americans who use tobacco, November 24th is a day full of hope. It's not anything related to Thanksgiving, but it can become a day of thanks. November 24th, 2013 marks the 37th annual "Great American Smokeout" presented by the American Cancer Society (ACS). Each year, since 1976, this day has been a chance for millions of tobacco users and their families to support each other in an attempt to go tobacco free for 24 hours. For more information please visit www.cancer.org or call 1(800)Quit-Now.

Events/Trainings

ask the specialists

Ask the Specialist

Throughout the month of November catch "Ask the Specialists" on WCMU PBS, with Kim Morley, CEO Michigan Health Information Alliance, Inc. (MiHIA), LouAnn Gregory from Great Start Collaborative Mecosta/Osceola ISD Early Childhood Center, and

Mary Kushion retired CMDHD Health Officer. They will be discussing the Small Communities Transformation Grant from the CDC.

Personal Safety

Michigan State Trooper Michael White will be discussing personal safety on Tuesday, December 17th at Beal City High School. For more information or to schedule your own presentation contact Trooper White at whitem27@michigan.gov.





build a healthier community!

Announcements/ Good News



**Communities
Transforming**

To make healthy living easier

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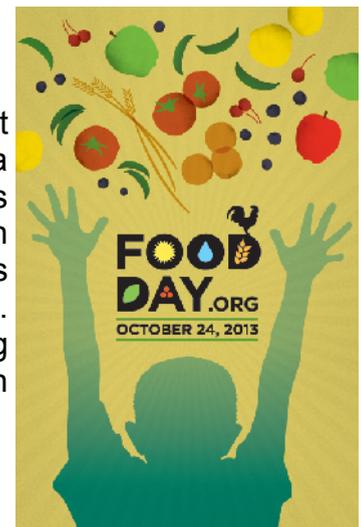
Central Michigan District Health Department Creates Healthier Communities

The Central Michigan District Health Department (CMDHD) has been working with many partners over the past year to make central Michigan a healthier place. These partners are working to make healthy foods and physical activity more available in central Michigan. CMDHD began this project in September of 2012 after receiving a \$1.6 million Community Transformation Grant from the Centers for Disease Control and Prevention. Work is now being done in restaurants and worksites throughout central Michigan as well. The CMDHD also created advertisements to encourage people to quit using tobacco products through this project.

Nine schools are receiving over \$18,000 to make more nutritious food available to their students, three head start centers and three council on aging sites are receiving over \$18,000 along with Michigan Works who receiving over \$46,000 to increase access to physical activity. For more information on what projects our partners are working on or for more information on Community Transformations please contact the grant program manager, Heather Cole at (989)773-5921 x8427 or hcole@cmdhd.org

Clare-Gladwin HIP Celebrates Food Day

The members of the Clare-Gladwin Health Improvement Planning workgroup celebrated National Food Day by creating a fun book that included a lesson plan and information for parents for distribution to over 700 children in the Clare and Gladwin head starts, day cares, and preschool programs. Presentations also included fresh fruit from local farms for children to sample. A very special "Thanks" to The Clare-Gladwin RESD for printing the fun books and to CMDHD's Jessica Sova for creating the fun books! For more information visit www.foodday.org



HIP News to Know is a monthly publication posted on www.Together-We-Can.org. Information and submissions are encouraged. They should be sent to Sarah Kile at skile@cmdhd.org by the third Thursday of each calendar month.