***Healthy Dearborn is a community united to promote a healthier tomorrow!*   
 *Our Vision:* Dearborn, a thriving, diverse community, will fully embrace a unified culture of health where everyone enjoys whole health (mind, body, spirit), with equal access to healthy foods, health care, green space and opportunities for safe, active living.**

***Our Mission:* We will create valuable opportunities for people in Dearborn to practice healthy lifestyles by enriching their minds, nurturing their bodies, and revitalizing their spirit.**

**Healthy Dearborn**July 18, 2017   
**Minutes**

**Meeting attendees:** Sanae Abbas, Zahra Abbas, Ali Baleed Almaklani, Dennis Archambault, Mary Baker, Maryanne Bartles, Ali Bazzi, Rachelle Bonelli, Sarah Braden, Bethany Burge, Chris Burkhalter, Danene Charles, Dan Cook, Heather Dillaway, Paul Draus, Rachael Dombrowski, Brandi Ekpiken, Janet Haro, Emannuela Havrisciuc, Amanda Jaczkowski, Craig Kotajarvi, Stephanie Krajnik, Annarose Lemire, Ali Masrah, Chris Mayer, Quentin Moore, Michael Mroczyk, David Norwood, Kate Pepin, Carmel Price, Olivia Sanderson, Glenn Savarese, Lois Sczomak, Gadah Sharif

The meeting was held at Beaumont Health/Corporate-Dearborn. Before introductions were made, several items were noted: 1) Transformation Tuesdays and Wednesday Walk & Roll flyers were included in the meeting materials. People were urged to promote these initiatives. It was noted that Dearborn Public Schools Superintendent Glenn Maleyko would be leading the Walk & Roll so people were encouraged to come out and thank him for his support. 2) A volunteer sign-up for Homecoming was passed around; 3) Action team envelopes for break-outs were reviewed, and; 4) Sara apologized for having to step out of the meeting for a cable interview on Healthy Dearborn activities at Homecoming.

Celeste Rabaut, the meeting facilitator, was introduced. A brief bio of Celeste was given: she spent her early 20s as a community organizer in Detroit. She then worked for Detroit City Council, New Detroit, Girl Scouts and Michigan League for Human Services. She started her consulting business 25 years ago, designing her business to help large and small organizations with strategic planning, grant writing, facilitation, and project management. She is without question the best grant writer in Metro Detroit. She’s been successful in her lobbying work as well. Currently she serves as volunteer and consultant for the NOAH Project, a homeless shelter program in Detroit. If anyone is interested, Sara will send anyone more information about her specific experiences which are too lengthy and numerous to expand on at this meeting.

Celeste likes to say her approach to strategic planning is backwards. The first question she asks group is, “When all is said and done, where do you want to end up?” With all the energy people expend during strategic planning sessions, they’re going to get somewhere. The question is how to get to where you actually want to go. Celeste helps you do that.

Celeste then took over meeting facilitation. She explained what action teams were expected to do during their breakouts. Their first assignment was to review and if needed, revise the draft outcome statements. They were to think about where they want to be in five years. Once their draft outcome statement was reviewed, action team members were instructed to begin drafting their Year 2 strategies/goals to describe how they would begin to achieve their desired outcomes. Outcomes and goals were to be written onto newsprint. After an hour of work, teams were instructed to return to the large room to share their outcomes and goals.

When teams returned to the large room, their newsprints with written outcome statements and goals were taped onto the walls. One representative from each action team stood beside their newsprint. Coalition members walked around the room, viewing each teams’ products. People were then asked what they thought of the outcomes and goals for action teams, and if they saw any similarities or opportunities for shared work. Comments made by coalition members included:

* Pay attention to communication, getting feedback and being intentional about the work – identify who will do what
* Determine how collaboration within groups will work and how to coordinate with other teams

It was announced that despite what was “promised” before, there will be one more strategic planning session at the August coalition meeting so that action teams can complete their goals/strategies.

A new, reinvigorated research team comprised of university professors will review action team outcomes, goals and strategies to identify metrics for measurement. Quentin Moore, Healthy Communities Director of Research & Evaluation for Beaumont, will assist the research team in this effort.

It was also announced that a Robert Wood Johnson Foundation Coach, Attica Scott, would be the presenter at the September Healthy Dearborn coalition meeting. This is an exciting opportunity. Further details will be forthcoming.

**Action team results**

**Healthy Schools**

**Outcome statement:** All Dearborn Public School students are meeting the state recommended standards for physical activity and are educated on healthy nutrition.

Goal 1: Increase knowledge on healthy lifestyles for families and members of   
 school communities (PTA, PTO) through the schools.

*Obj:* By September 17, all buildings will have a Healthy Lifestyle Talking Points   
 fact sheet to share with the school community (including PTA and parent   
 groups), generic enough for all levels, along with a variety of media   
 support links.

Goal 2: Increase physical activity during the school day at the elementary level.

*Obj:* By January, 2018, al elementary buildings will implement the “brain   
 breaks” philosophy by including yoga, stretching, and other short activities  
 during the school year.

Goal 3: Implement healthy nutrition lessons during the school day at the   
 elementary level.

*Obj:* By Sept. ’18, elementary schools will provide healthy nutrition lessons on   
 a monthly basis.

Goal 4: Promote the Year of Health, led by the City of Dearborn in collaboration   
 with the Dearborn Public Schools and Beaumont Health System.

*Obj:* During the ’17 – ’18 school year all stakeholders will collaborate to   
 encourage awareness and engagement of the Year of Health   
 opportunities.

**Healthy at Work**

**Outcome statement:** Create a more health conscious workforce in Dearborn.

Goal 1: Distribute employer needs survey to Dearborn Chamber of Commerce  
 members.

*Obj:* Lois volunteered to present at Chamber meeting and will walk them   
 through the survey.

*Obj:* Follow-up presentation with electronic survey distribution.

*Obj:* Add Healthy Dearborn website link at end of survey after completion of   
 survey, send them to website for additional resources

*Obj:* The Senior Alliance HR Director – need to assess current action team   
 member needs

Goal 2: Increase business representation within Healthy at Work Action Team.

*Obj:* Letter of initiation to businesses in Dearborn from Mayor

Goal 3: Increase employee-based wellness program provider list.

Goal 4: Healthy at Work designation…like Governor’s Award.

**Healthy at Play**

**Outcome statement:** Dearborn residents will increase their physical activity on a   
 regular basis.

Goal 1: Create a network of collaborating organizations that provide physical   
 activities throughout Dearborn.

Goal 2: Increase participation in regular physical activities.

Goal 3: Promote the benefits of healthy physical activity.

**Healthy Transportation**

**Outcome statement:** Dearborn residents will increase their use of non-motorized   
 transportation options that will be safe, inviting, and   
 accessible to them regardless of where they live.

Goal 1: Promote public acceptance and support for non-motorized transportation.

Goal 2: Develop a bicycle and pedestrian transportation master plan for the City of   
 Dearborn.

**Healthy Foods**

**Outcome statement:** By June 2022, the City of Dearborn will support a culture of   
 health that increases access to healthy foods and promotes   
 healthy eating.

Goal 1: Increase understanding of food landscape in Dearborn.

*Obj:* Data collection

*Obj:* Double-Up Food Bucks

Goal 2.A. Increase awareness and knowledge about the importance of healthy foods  
 to improve health.

Goal 2.B. Increase skills to make healthy food choices.

*Obj:* Restaurant program.

Goal 3: Support growing and consuming local food products.

*Obj:* Farmer’s Markets

*Obj:* Seed library

The meeting adjourned at 10:30.

**Future Meeting Dates:**

* Tuesday, August 15th, 8:30 – 10:00 a.m., 15500 Lundy Parkway – Traverse City Room
* Tuesday, September 19th, 8:30 – 10:00 a.m., location TBD, ***with special guest presenter, Attica Scott, Robert Wood Johnson Foundation***