***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 COALITION   
MEETING MINUTES  
1/15/19**

**16901 Michigan Avenue, Dearborn 48126 – City Council Chambers**

**Attendees:** Zahra Abbas, Roua Abouzeid, Hala Alazzawi, Ali Baleed Almaklani, Lila Amen, Antonia Andrukh, Dennis Archambault, Maryanne Bartles, Suzy Berschback, Tracy Besek, Sophie Blaharski, Mary Byrnes, Mitzi Cardona, Kelly Citron, Kim Cross, Mary Jo Durivage, Megan Dwaihy, Destiny Fiones-Fayad, Khodr Farhat, Farah Hachem, Jessica Haddad, Latefa Hamid, Tim Harrison, Mona Hijazi, Janine Hussein, Amanda Jaczkowski, Danielle Jones, Karen Kippen, Craig Kotajarvi, Magnolia Landman, Ryan Lazar, Erica Lyght, Marci Mahssney, Cynthia Mason, Chris Mayer, Dorothy McLeer, Koty Moores, Jennifer Nagy, Dave Norwood, Maria Orsick, Kate Pepin, LaNequia Porter, Valerie Reid, Lara Rusch, Nancy Sautter, Glenn Savarese, Juana Scandrick, Iprya Shah, Donna Simmons, Sharon Stanek, Claudia Walters, John Waterman, Rose Wellman, Jake Williams, Aria Wolinski, Kari Woloszyk Samantha Yochim

**Guest Presentation**: Mona Hijazi, ACCESS, on All of Us Research Project

The meeting began promptly at 8:30 AM without introductions. The meeting was turned over to facilitators Juana Scandrick, Dave Norwood, Tim Harrison, and Glenn Savarese.

The agenda items for the meeting included a large group discussion on a new Open Streets initiative for Dearborn, and a presentation by Mona Hijazi from ACCESS on a research project, “All of Us”.

Facilitators showed a video on Open Streets (“The ViaRecreActiva: A Successful Open Streets Program – AARP). Following the video, the questions of location and date were posed to participants. There was agreement the location would be 2.3 mile stretch of Schaefer Road, from Rotunda to Tireman, and the date is Sunday, June 9th, from 11 AM – 3 PM.

The purpose of the event is to promote physical activity. In response to questions about available parking, it was noted there is a public parking structure at Michigan and Schaefer.

Then, participants were asked for ideas about activities and format. Below are the responses:

* Display the Multi Modal Transportation map every mile, and simulate how crosswalks and bicycle lanes will look when plan elements are funded and implemented
* Have health zones
* Limit trash! Distribute the blue Beaumont tote bags
* Keep it simple so activities and event can be repeated and replicated
* Organize small bike route along Multi Modal Transportation plan “gray” routes. Do walking to the nearby school to demonstrate “Safe Routes to School”
* Set up Facebook and website pages for event
* Keep it organic – not too structured
* Need volunteers for road crossings, etc. Major cross roads will remain open to car traffic (Ford, Michigan, etc)
* Have nutrition education provided by LAHC and others
* Arab American National Museum activities
* Focus on health and wellness
* Include wheelchair ballroom dancing, Tai Chi for seniors, yoga, zumba
* Allow people to bring pets!
* Put flyers on doors, especially given not everyone owns computers
* Have stations to teach children iconic games such as hopscotch
* Have adaptive bikes available for use
* Have SMART/DOT presence
* Bike Share rentals – make available
* Produce maps for residents to show them how to get around, parking, etc.
* Reach out to businesses along Schaefer Road
* In future, link event to Detroit Open Streets
* For school kids, promote no technology!

Each action team will be asked to identify how its members will participate and work with the Open Streets initiative. Volunteers for the event are needed!

Mona Hijazi presented information on the All of Us research project. All of Us is a National Institutes of Health (NIH) initiative. It is especially important for Middle Eastern residents since Arabs and Middle Easterners are not recognized by the US Census as a distinct group. Thus, health data on these populations is lacking. Research generated by this project will be available to everyone, and will be beneficial when working on project and/or seeking grant funds.

Mona then turned to a representative from The Henry Ford Health System to talk more about the project.

The goal of the national project is to get one million people to register their health data, and continue to do so for ten years. It will be the largest medical data base. Then, using “precision data” techniques, health information, treatment and improvements will be tailored for the participating individuals. There will be ways to pull and synch your medical records, upon consent.

ACCESS is partnering with The Henry Ford Health System on this project. Anyone who wishes to participate can go to the Henry Ford Health system website to create a self-account.

On the site, you will be asked to complete a brief survey and then a second survey on lifestyle. When you complete the surveys, you will have the option to schedule a clinic visit.

After registering, you will be asked to participate in the project for ten years, with a survey request approximately every 90 days.

Once numbers of registrants is high enough, there will be clinical trials offered.

If you have a FitBit, you can connect that data to your online All of Us health data account.

You must be 18+ in order to participate.

Henry Ford Health will have a mobile bus/lab, “Henry”, offering screening and blood tests and pop-up clinics, soon.

There are three pop-up clinics, at ACCESS, Bingham Farms and Wayne State University.

ACCESS will host an open clinic for people to enroll into the research project on January 29th.

The meeting adjourned at 10:00 AM.

**Future meeting dates:**

**Tuesday, February 19th**, ACCESS, 6450 Maple Street, Dearborn 48126

**Tuesday, March 19th**, TBD

**Tuesday, April 16th**, TBD