

Healthy Pontiac, We Can!

A vibrant community that supports healthy lifestyles for all.

History: The *Healthy Pontiac, We Can!* coalition began in 2011, through a planning grant from the Michigan Department of Community Health's Building Health Communities program.

Purpose: *Healthy Pontiac, We Can!* strives to bring health-related initiatives to improve the health and quality of life for Pontiac residents. The three focus areas include:

- ✓ Healthy eating
- ✓ Physical activity
- ✓ Tobacco-Free living

Activities: The *Healthy Pontiac, We Can!* coalition completed a comprehensive assessment of factors that influence health-related behaviors in Pontiac. The coalition developed a 3-year Strategic Action Plan to address some of the most pressing health issues facing Pontiac residents. The coalition has sought grant funding to implement these initiatives.

Partners: A diverse coalition includes leaders in primary and preventive health care, mental health, human service agencies, education, the religious community, and governmental agencies in addition to local residents. New partners are always welcome!

2012 Priority Initiatives Include:

Increase physical activity

Wisner stadium is a free and safe place for residents to walk and families to play.

“Catchya at Wisner” - A campaign to encourage residents to walk at Wisner.

A kick-off event to be held in early June.

Increase fruit and vegetable intake

A weekly produce market providing affordable fresh fruits and vegetables.

Grow food in your own back yard! Provide free seedlings, gardening supplies, and educational programs.

For more information, please contact:

Jennifer Lucarelli, Oakland University, lucarell@oakland.edu, 248-370-2182

or

Lisa Machesky, The Baldwin Center, lmachesky@baldwincenter.org, 248-332-6101

or

Christina Harvey, Oakland County Health Division, harveyc@oakgov.com, 248-858-8810