

ENCOURAGING SENIORS IN OCEANA COUNTY TO CHOOSE HEALTHY FOODS AND MOVE MORE

April 13, 2018– District Health Department #10, supported by the Michigan Health Endowment Fund, has completed the Age Well: Eat Healthy, Be Active program with the Oceana County Council on Aging.

Age Well: Eat Healthy, Be Active program is an innovative model for partnership of public health and Commissions on Aging to increase their ability to offer programs that ensure healthy aging of the population 60 and up.

Oceana County Council on Aging (OCCOA) worked with Erin Barrett, Public Health Educator, to complete this program. Oceana seniors participated in the Walk with Ease program and the 6-week Learning Kitchen class. A walking audit was also completed to plan a downtown Hart walking loop for seniors and community members to utilize. This loop will start at the Council on Aging, lead into town and loop back. Signage, designed by Pixel Grafix, will also be placed along the route. Walking brochures will be available at the OCCOA and various downtown businesses.

“What great programs District Health Department #10 has provided at the Oceana County Council on Aging with the Age Well: Eat Healthy, Be Active grant” said Kathleen Premer, Executive Director of Oceana County Council on Aging. “Participants loved learning about healthy eating habits, especially with the creative and tasty samples created each week as well as the Walk with Ease six-week class, getting outside to walk with friends and enjoy our community. We are excited to soon see the signage for a walking path through our community for all to enjoy.”

Because of this program, OCCOA seniors have increased their weekly physical activity minutes, added more fruits and veggies into their diet, and created a community walking loop to motivate others to get moving.

The Michigan Health Endowment Fund works to improve the health and wellness of Michigan residents and reduce the cost of healthcare, with a special focus on children and seniors. More information about the Health Fund can be found at www.mhealthfund.com

To learn more about this program, contact Erin Barrett at (231) 902-8545 or via email at ebarrett@dhd10.org. For more information about District Health Department #10, please visit www.DHD10.org.

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