

ENCOURAGING SENIORS IN MANISTEE 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 Manistee 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.

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

"This has been such a great program. I think some of our seniors surprised themselves when we did the Walk with Ease portion;" stated Jeanne Barber, Executive Assistant for Manistee County Council on Aging. "It was fun, it was challenging, and most of all, I think they found that it was easy to stick with a walking program when they were walking with friends. The Learning Kitchen portion was entertaining and educational. It challenged our seniors to look at food differently, and to step outside of their normal thought patterns about healthy eating."

As a result of this program, MCCOA 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 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 DHD10.org.

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