



Lean and Green In Motown

EASTSIDE SUMMER EDITION 2006

*Brightmoor
Community Center*

*Detroit Department of
Health and Wellness
Promotion*

*Detroit Hispanic
Development
Corporation*

Friends of Parkside

*Henry Ford Health
System*

*Rebuilding
Communities Inc.*

Southwest Solutions

*University of Michigan
School of Public
Health and A. Alfred
Taubman College of
Architecture and
Urban Planning*

Funded by The National
Institute of Environmental
Health Sciences 1R01
ES014234 and The National
Center for Minority Health
and Health Disparities 1R24
MD001619

What is the HEP Lean and Green in Motown Project?



The Healthy Environments Partnership (HEP) is a group of local organizations (see side bar for list of partners) that has been working together since 2000 to improve heart health in three communities in Detroit. Together, we continue to work to better understand how features of the environment influence the heart health of residents in eastside, southwest and northwest Detroit. Our goal is to promote safe and healthy neighborhoods to increase options for physical activity and better availability of healthy foods, and improved air quality. All of these are associated with heart health. This quarterly newsletter will include information about local activities and events related to promoting heart healthy environments. You can also visit our website at www.hepdetroit.org for more information.

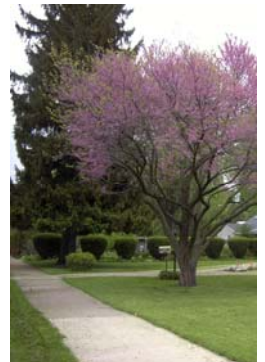
What is HEP doing in your community?

Focus Groups: In January and February 2006 HEP conducted a series of focus groups with Detroit residents. The purpose of these focus groups was to learn how neighborhood conditions impact residents' physical activity and the foods they eat. The knowledge and views Detroit residents shared in these focus groups is helping HEP to develop ways to improve heart health among Detroit residents. Please contact us if you would like to receive a copy of our Focus Group summary.

Youth Project: Twenty-four youth are using photography to explore aspects of their neighborhoods that affect heart health. Youth will describe in their own words what their photos represent and their relationship to heart health. This HEP program is based at the Detroit Hispanic Development Corporation (DHDC).

Word Has It...

The Conner Creek Greenway is being built in Eastside Detroit! Henry Guthard, from Detroit Eastside Community Collaborative (DECC) Greenway Project Director, describes the greenway as "a network of open spaces and trails designed to encourage walking, jogging, biking and rollerblading." The greenway will be constructed in phases and will eventually stretch from 8 Mile south to the Detroit River, tracing the original Conner Creek which once flowed through the area. "We will provide interpretive signage that explains the history and culture of the area as well as install landscaping, walking routes, and access to recreational spaces and parks." The first phase of the greenway will be 1.3 miles long and will be inaugurated on **August 4th at the Conner Playfield Park, starting at 11:00 a.m.** All community residents are welcome to attend. For more information you can contact Henry Guthard at DECC at (313)571-2800 ext. 1159.



Market Days at Eastern Market

At **Detroit's Historic Eastern Market** you can get your fresh fruits and vegetables as well as fresh fish and seafood. The produce is freshest on Saturdays when you can buy directly from the farmers. Saturday is not the only day to enjoy the market. The market is open Monday –Saturday, 7 a.m. to 5 p.m. Eastern Market is located at 2934 Russell Street.

Starting Your own Vegetable Garden

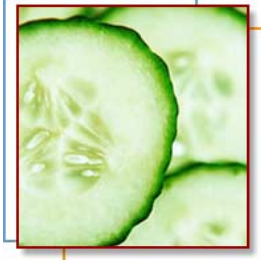
If you are interested in starting a community or neighborhood vegetable garden, **Greening of Detroit** can help you get started! They offer education on gardening, tree planting and training for both adults and kids. If interested you can contact Ashley Atkinson at (313)237-8736 or you can visit their website at www.greeningofdetroit.com



Vegetable of the Season

Did you know that a cucumber can be 20° colder than the outside temperature? This is because of the high water content in a cucumber, thus the phrase: “Cool as a cucumber.” Cucumbers belong to the same family as zucchini, watermelon, pumpkins and other squashes. All of which are great for your health. We hope you enjoy this “cool cucumber” recipe.

CUCUMBER



Cucumber and Tomato Topping Number of Servings: 4

Ingredients:

- 2 medium cucumbers, peeled, seeded and chopped
- 1 Tbsp white vinegar
- 1 Tbsp parsley, fresh, chopped
- 2 Tbsp basil, fresh, chopped or ½ tsp dried
- 1 ripe tomato, chopped
- 1 clove garlic, minced
- 2 Tbsp olive oil
- 8 oz pasta, cooked and drained

Preparation Instructions:

In a mixing bowl, combine cucumbers, tomatoes, vinegar, parsley, basil and oil. Toss gently until all ingredients are evenly blended. Add salt and pepper to taste. Ladle over hot pasta or toss with hot pasta and serve immediately.

Nutritional Analysis per serving: Calories 308, Fat 8g, Calories from Fat 72, Cholesterol 0mg, Fiber 3g, Sodium 7mg

Source: Produce for Better Health (CDC 5-A-Day)

Top Five Ways To Walk for Exercise

1. Form a walking club. Walking clubs are a great way to stay fit while getting to know your neighbors.
2. Build walking into your daily routine. Walk to work, to the store, or to your place of worship.
3. Make exercise a family affair: go for a walk together, make taking the dog for a walk a family event, or walk around the block together each evening.
4. Walk with family and friends to explore new places in and around your neighborhood.
5. Use a calendar to keep track of the days you walk, or the number of steps you take. Increase the number of steps each time.

Watch for improvement!

If you are interested in joining or forming a walking club in your neighborhood, you can contact Derrick Odoms at AIM HI Institute of Multicultural Health (313)874-6733 and (313)874-1890

Get Involved

If you want to become a certified physical activity instructor HEP is searching for you!

For more information on how to become a certified physical activity instructor or more information about HEP please contact Sheryl Weir, Project Manager
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