



Lean and Green In Motown

NORTHWEST SUMMER EDITION 2006

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.

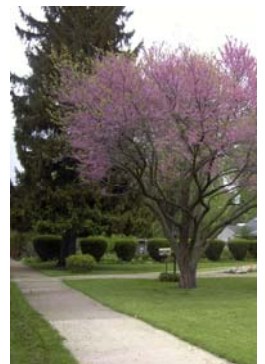
What is HEP doing in your community?

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 Lyndon greenway will be built in the Brightmoor Community area over the next few years! A greenway is a pathway or walkway with landscaped green spaces along it. The Lyndon Greenway is a 1.5 mile tree-lined street path along Lyndon Avenue. Development of the greenway is funded through a grant awarded to the Northwest Detroit Neighborhood Development Corporation (NDND) by the Community Foundation for Southeast Michigan. According to Mary Banks, NDND Deputy Director, "This stretch of Lyndon will begin an exciting transformation into an attractive pedestrian and on-street bicycle corridor linking two of the 'gems' of this city's park system: Eliza Howell Park and Stoepel Park No.1." For more information about the Lyndon Greenway contact Mary Banks at (313)535-9164 ext. 105.



*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*

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Fresh Fruit and Vegetable Market

Starting **Thursday, July 20** (and every Thursday thereafter) from 4-8 p.m., you will be able to purchase fresh veggies and fruits in Bushnell Congregation's south parking lot (15000 Southfield Service Drive). The farmers market is being sponsored by the Grandmont Rosedale Development Corporation. For more information, call (313)835-8190 ext. 103 or 107.

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 or (313)874-1890

Get Involved

If you are interested in becoming 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

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