

Our Mission

Be Healthy Berrien is a union of organizations working together to reduce and prevent obesity through policy, system, and environmental changes.

Steering Committee Partners

Berrien County Health Department
Lakeland Health
Southwest MI Planning Commission
United Way of Southwest Michigan
YMCA of Southwest Michigan

2017 Highlights



Greetings!

I'm pleased to present the 2017 Be Healthy Berrien Highlights report to showcase the work that we have accomplished this past year. We worked to grow our existing efforts and create new opportunities for partners to come together to build healthier places to live, work, learn, and play. On behalf of our steering committee and community partners, thank you for your support, and we look forward to success in 2018!

Sincerely,
Heather Cole
Director

Mobile Farmers Market

The Mobile Farmers Market operated from June—Mid-August. In addition to produce sales, the market offered value-added stops with lunch service as well as service stops with enhanced cooking demonstrations and food tasting in neighborhoods in Benton Harbor.

1,242
People
Served

566 visitors participated in Nutrition Education/Cooking Demonstrations

21.7% increase in sales from 2016

To schedule the Mobile Farmers Market at your location for the 2018 Market Season, please contact heather.cole@uwsm.org

Benton Harbor Farmers Market

The Benton Harbor Farmers Market was operated by Berrien County Health Department and made possible by a grant from Be Healthy Berrien/Berrien Health Plan. Lakeland Health conducted an RX for health program in conjunction with the market, leading to positive changes in participants' eating habits and disease management.

2,796
People
Served

60.3% of Revenue from Food Assistance Programs

64.2% of customers using EBT payment visited the market on multiple days

If you are interested in being a vendor for the 2018 market season please contact gmilller@bchdmi.org

Worksite Wellness

We worked with the YMCA of Southwest Michigan to provide worksite-based YMCA-Diabetes Prevention Programs, Health Coaching and Lunch and Learn education sessions as well as technical assistance for implementing policies, practices, and environmental changes that support healthy eating and physical activity at work to 4 partner-worksites in Niles and Benton Harbor, Michigan.

187
People
Served

81% of participants increased their physical activity minutes per week

76% of participants are now meeting the recommended 150+ minutes of exercise each week

441.1 total pounds were lost by all participants

For a free interactive Worksite Wellness Toolkit, visit www.behealthyberrien.org/worksite_wellness_toolkit

Youth

We implemented the Youth Healthy Eating and Activity Survey for the second year to determine, in part, whether healthy eating and physical activity increased after participating in YMCA youth programs and the Girls on the Run program. Compared to 2016:

1,134
Youth
Served

7.1% of youth increased daily fruit consumption

6% of youth increased daily vegetable consumption

10.2% of youth increased daily physical activity of 20 minutes

9.2% of youth increased daily physical activity of 60 minutes

For the complete report, please contact heather.cole@uwsm.org



In January, Be Healthy Berrien brought several stakeholders together with the help of a seed grant from the Michigan Local Food Council Network. This group of stakeholders became the Southwest Michigan Local Food Council Planning Committee, and set to work developing the framework to build a Local Food Council. With help from a Community Food System expert from Michigan State University-Extension, the group developed its mission, vision, values, by-laws, and operating procedures, and built the foundation for a local food council to launch. The group is now working to garner additional interest in the council, and aims to have a fully functional council in early 2018.

The second annual Southwest Michigan Local Food summit was held in November, and brought together over 40 participants from across the region, including Harbor Country, North and South Berrien County, Grand Rapids, Kalamazoo, and Lansing. The summit was designed to bring community members, growers, businesses, decision-makers, educators, and non-profits in the region together to collaborate, network, and learn about the impacts of local food on our community. Participants also completed an activity to help inform the goals and actions of the Southwest Michigan Local Food Council. Many attendees volunteered to join the local food movement.



Special Thanks to our Partners!

Andrews University Center for Community Impact Research Institute for Prevention of Addictions

Andrews University Department of Agriculture

Berrien Health Plan

Blue Cross Blue Shield of Michigan

Healthy Berrien Consortium

Michigan Department of Health and Human Services

Michigan Local Food Council Network

Michigan State University-Extension

Niles Community Schools—Ballard Elementary, New Tech, and Southside

STEAM Academy at MLK

SWMI Local Food Council Planning Committee

Westwoods of Niles



Be Healthy Berrien, in conjunction with Lakeland Health, YMCA of Southwest Michigan, and Chartwells, came together with 10th-grade students from Niles New Tech on an exciting project. The project aimed to address the need for better access to healthy food that was identified in the 2015 Lakeland Health Community Health Needs Assessment. The students set out to identify opportunities to increase both the availability and consumption of healthy foods in the Niles high school cafeteria while cutting back on food-waste. Over 50 students participated in this project, and developed many unique suggestions to increase access to healthy foods. The project partners look forward to implementing several of these solutions later this school year.