



**AGENDA**  
**AD HOC COMMITTEE ON DIVERSITY**  
**Friday, October 28, 2016 @ 11:30 a.m.**  
**Council Conference Room, 10<sup>th</sup> Floor, City Hall**

Councilmember Carol Wood, Chair  
Councilmember Patricia Spitzley  
Councilmember Jody Washington

1. Call to Order
2. Roll Call
3. Public Comment
4. Approval of Minutes
  - September 23, 2016
5. Presentation:
  - Annette Sokolnicki, MSU Extension Educator, District 8  
Health and Nutrition Institute Michigan State University Extension
6. Action/Discussion:
  - A. Review of Human Rights brochure to make sure it is consistent with ordinance.
  - B. 8<sup>th</sup> Annual Cesar E. Chavez Memorial Observance Planning
7. Other
  - Updates on Participants in the Committee
8. Adjourn



DRAFT



**MINUTES**  
**AD HOC COMMITTEE ON DIVERSITY**  
**Friday, September 23, 2016 @ 11:30 a.m.**  
**Council Conference Room, 10<sup>th</sup> Floor, City Hall**

**Call to Order**

The meeting was called to order at 11:35 a.m.

**Committee Members**

Councilmember Carol Wood, Chair  
Councilmember Patricia Spitzley  
Councilmember Jody Washington

**Others Present**

Sherrie Boak, Council Staff  
Mark Dotson, Deputy City Attorney  
Barb Kimmel, Planning & Neighborhood Development  
Scott Sanford, Code Compliance  
Bruce Odom, Assistant Chief LFD  
Judi Harris, St. Vincents  
Stacey Lock, Peckham  
Tammy Lemmer, TCOA  
Guillermo Lopez

**Minutes**

MOTION BY COUNCIL MEMBER WASHINGTON TO APPROVE THE MINUTES FROM SEPTEMBER 9, 2016 AS PRESENTED. MOTION CARRIED 3-0.

**Introductions**

**Presentations**

Overview by Council Member Wood on the process of the group participants and the presentations in the past.

**Code Compliance**

Mr. Sanford distributed brochures on the Office of Code Enforcement on "Exterior Checklist", "Interior Checklist", "Front Yard Parking", "Occupancy Information for Tenants and Landlords" and "Be a Good Neighbor". Mr. Sanford emphasized that the goal of the Department is to make sure residents renting properties in the City are living in a safe house. Staffing currently is at 14 full time and 2 part time staff, 8 code officers, and 4 premise officers, which started in October

## DRAFT

2015. There was quick overview of the difference between premise officers and code enforcement that enforce everything, are State licensed housing and zoning inspectors and NFPA inspectors. A premise officer strictly does premise inspections. Mr. Sanford highlighted statistics from the department which included grass notices at 9,994, disabled vehicles at 1,365 and failure to register as a rental at 1,089. All registered rental properties should have certificates on the property. If there are concerns with people residing at red tagged properties, the police should be called.

Council Member Spitzley left the meeting at 11:51 a.m.

There is a NEAT Team that works with red tag properties, and they continue to work to bring long term red tags down. It was noted that pink tags represent they are rentals and non-compliance.

Ms. Locke asked if letters are sent when properties are tagged to assist the residents with disabilities. Council Member Wood confirmed they do not, however suggested the department consider a registry program in the future so that if a residence of a disabled person is tagged, per the registry, they could also place a phone call to that person. Mr. Lopez asked if the department could waive the compliance time if they have a disability. Mr. Sanford could not comment on waiving of fees, but informed the group if they know of properties to contact Code Enforcement and they can flag the property in the computer.

Mr. Sanford went into a discussion out their outreach programs, and perceptions of code enforcement in the public eye. Every action they tax is done with tax payer funds, so they cannot use those tax funds to maintain a house. Violations are written against the real property, so code enforcement services assessed are attached to that. Council Member Wood pointed out that the grass, weeds and trash violations are an exception to that fact.

Mr. Sanford then went through each brochure that was distributed, noting they are still in draft form.

During the discussion on animals, the topic moved to hoarding of animals and Ms. Harris asked that there be education provided to the refugees on this ordinance.

Council Member Washington asked if the premise officers just drive around and make note of yard parking and trash carts or do they have the authority to write a ticket. Council Member Wood noted she is working with the City Attorney on addressing this. Recently Code Compliance sent the new housing code to the Mayor's office and asked them to include an additional ticket fee. Because the residents are charged for their trash carts on their taxes, if they are in violation and the cart is taken that is a legal issue.

Ms. Lemmer asked Mr. Sanford if his office includes community resources when the mail tickets and leave door tags. Mr. Sanford acknowledged the office does, and also offered to work with Ms. Lemmer and her organization.

Ms. Locke asked if Code check ramps for safety. Mr. Sanford stated that ADA requirements are covered under Building Safety.

Ms. Harris asked if a property is red tagged if the landlord has to help the tenant find housing. Mr. Sanford confirmed there is no legal obligation. There is also no legal obligation by the City,

## DRAFT

but a moral obligation once they about know it. The City attempts to reach out to the Red Cross and the HRCS Department for assistance.

At the conclusion of the presentation Council Member Wood asked Mr. Sanford to consider making his draft brochures in other languages also.

### Human Right Ordinance

MOTION BY COUNCIL MEMBER WASHINGTON TO APPROVE THE ORDINANCE ON HUMAN RIGHTS FOR ADOPTION. MOTION CARRIED 2-0.

Council Member Washington left the meeting at 12:33 p.m.

### Housing Grants

Ms. Kimmel distributed brochures on “Single Family Housing Rehabilitation Grant and Loan Program” and “EPA Runs Better unleaded- How to Protect Your Children from Lead Poisoning”. The brochure outlined the income limits and housing size. The assistance covers emergency repairs such as a leaking roof or unsafe sewer lines, or electrical issues. Ms. Kimmel pointed out that they do have to meet eligibility requirements. Council Member Wood asked if the first \$10,000 is a grant. Ms. Kimmel stated that the funding offered is a 0% deferred loan, and placed as a lien on the property for the work to be done, but not the first \$10,000. After that the additional funds are forgiven after 20 years. If the resident sells before 20 years, they have to pay it back from the proceeds.

Ms. Kimmel highlighted that hopefully by December 4, 2016 the City can offer Lead Safe Lansing. The City is still working on their agreement with HUD. This assistance can be used with rentals and owner occupied homes. The homes must be built before 1978, there must be a child under the age of 6 living on site, or a pregnant person on site. The City has \$8,000 available in grants for lead reduction, and they can use \$10,000 from a CDBG Loan and other rehabilitations to remediate lead. With rentals there are the same requirements, and they get offered \$8,000 in lead assistance and up to \$8,000 in CDBG grant funds. Neither program has a match required.

Currently the City is working with the health department who is performing face to face outreach to kids who have a blood level of 5 micrograms or higher, then having them enroll in the program and also have their landlords enroll. The Health Department is also working with the Refugee Development Center to assist with the refugee population. Ms. Lemmer asked if there were any programs to include senior citizens. Ms. Kimmel stated there wasn't, but if the household meets the requirement of a child visiting the property more than two (2) times a week, they could be eligible. The project is working to perform the abatement which keeping the residents in the homes, allowing them to have shelters and not displaced temporarily.

Ms. Kimmel offered her contact information to any of the organizations present and she can coordinate a visit and presentation.

Mr. Lopez asked how they test the paint. Ms. Kimmel stated they now use an x-ray fluorescent machine and it will tell them how deep it goes. They also perform visual inspections and use dust wipe tests. Landlords will be required to take a RRP class and the City has funds to put 70 landlords through the class. This will help them identify the hazards and non-hazards.

Council Member Wood asked Ms. Kimmel if they have reached out to the Lansing Housing Commission, and Ms. Kimmel confirmed they cannot spend funds on publicly owned housing,

## DRAFT

but can with Section 8 voucher homes. She would also offer training assistance to the LHC if they wish.

### Human Rights Ordinance

Council Member Wood went through the recent changes which included adding the intent in the definitions, adding "HIV Status" to line 151, adding "State of being" to line 233, and "health care" to line 295 and line 342. On September 26, 2016 the Ordinance will be up for adoption at the Council meeting and Council Member Wood will be asking for immediate effect which means it will take effect 7 days after it is published.

### Human Rights Brochure

Council Member Wood will reach out to Mr. Purchase to see if he had made the changes to the brochure from the last meeting.

Mr. Lopez asked for a history on why the new ordinance does not have HRCS doing the investigation, and stated his concern with the new process. Council Member Wood informed him that the City Attorney office stated they will do the review.

### Updates on Participants in the Group

Ms. Locke handed out an upcoming event on "Meet the Candidates" and Ms. Lemmer distributed more copies of a flyer for the TCOA Auction.

### Adjourn

Adjourn at 12:58 p.m.

Submitted by,

Sherrie Boak, Council Office Manager

Approved by Committee on \_\_\_\_\_

7<sup>th</sup> Annual  
Cesar E. Chavez  
Memorial Observance  
April 8, 2016

Total Cash Donations: Lansing Athletics		\$300.00
A. Expenses:		
Aldaco's Taco Bar	\$100.16	
Alicia's Mexican Deli	100.00	
Gordon Food Services	49.67	
Kroger	<u>32.16</u>	
Total Expenses		<u>(\$281.99)</u>
<b>B. Net Balance</b>		<b>\$ 18.01</b>
C. In-Kind Donations:		
Adelante Magazine & Pablo's Old Town Restaurant	\$400.00	
Alicia's Mexican Deli	100.00	
Aldaco's Taco Bar	<u>125.00</u>	
Total In-kind donations	\$625.00	
Total program cost: A + C		<b>\$906.99</b>



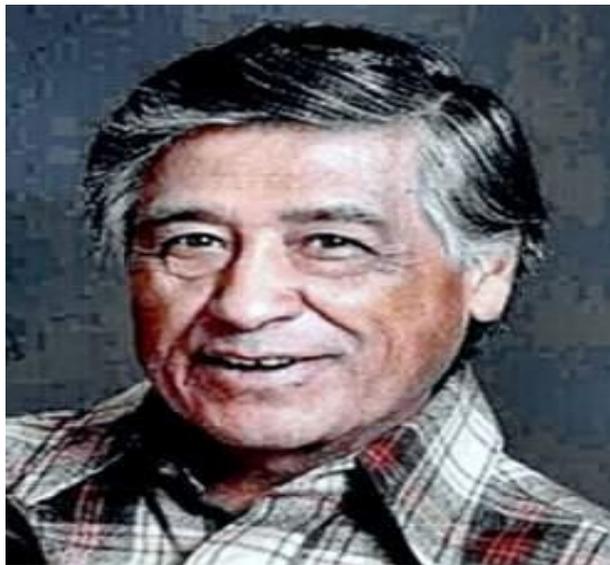
On Behalf of the Lansing City Council

**YOU ARE INVITED TO JOIN US FOR THE**

7th ANNUAL

CÉSAR E. CHÁVEZ  
MEMORIAL OBSERVANCE

*50 years of Justice, Opportunity, and Change*  
*“La Causa; a non-violent movement”*



César E. Chávez  
*March 31, 1927 – April 23, 1993*

**Friday, April 8, 2016**  
**12:00 to 1:00 P.M.**  
**CITY COUNCIL CHAMBERS**  
**124 W. MICHIGAN AVENUE, CITY HALL. 10<sup>th</sup> FLOOR**  
*Please join us for a Reception after the program*

## DE COLORES

1. De colores, de colores se visten los campos en la primavera. De Colores, de colores son los pajarillos que vienen de fuera. De colores, de colores es el arco iris que vemos lucir, Y por eso los grandes amores de muchos colores me gustan a mi. Y por eso los grandes amores de muchos colores me gustan a mi.
2. De colores, de colores brillantes y finos se viste la aurora. De colores, de colores son los mil reflejos que el sol atesora. De colores, de colores se viste el diamante que vemos lucir, Y por eso los grandes amores de muchos colores me gustan a mi. Y por eso los grandes amores de muchos colores me gustan a mi.
3. Jubilosos, jubilosos vivamos en gracia puesto que se puede, Saciaremos, saciaremos la sed adorosa del Rey que no muere. Jubilosos, jubilosos llevemos a Cristo un alma y mil mas, Defundiendo la luz que ilumina la gracia divina del gran ideal. Defundiendo la luz que ilumina la gracia divina del gran ideal.
4. Canta el gallo, canta el gallo con el quiri, quiri, quiri, quiri, quiri, La gallina, la gallina con el cara, cara, cara, cara, cara, Los polluelos, los polluelos con el pío, pío, pío, pío, pío. Y por eso los grandes amores de muchos colores me gustan a mi. Y por eso los grandes amores de muchos colores me gustan a mi.



### PROGRAM SPONORED BY

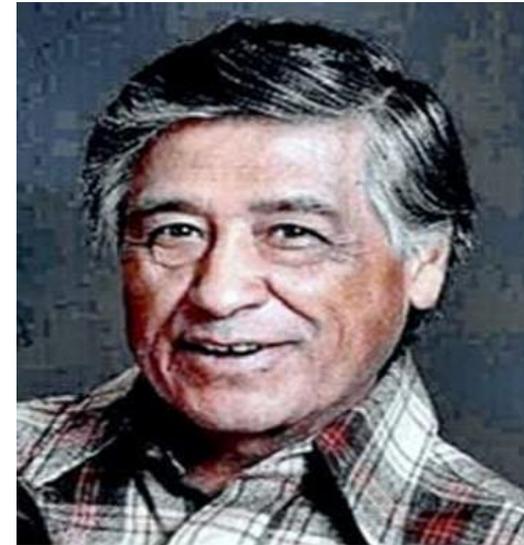
The Lansing City Council in partnership with The Ad Hoc Committee on Diversity, LLEAD of Greater Lansing, DLZ Michigan, Inc., ADELANTE/ FORWARD Magazine, Lansing Athletics, Lansing for Cesar E. Chavez Committee, Pablo's Old Town Mexican Restaurant, Aldaco's Taco Bar, Hungry Howie's, Alicia's Authentic Mexican Deli, and the César E. Chávez Foundation



Lansing City Council

## CÉSAR E. CHÁVEZ 7th ANNUAL MEMORIAL OBSERVANCE

*50 years of Justice, Opportunity, and change*  
*"La Causa; a non-violent movement"*



*March 31, 1927 – April 23, 1993*

**Friday, April 8, 2016  
12:00 to 1:00 P.M.**

**CITY COUNCIL CHAMBERS  
124 W. MICHIGAN AVENUE  
10<sup>TH</sup> FLOOR, CITY HALL  
LANSING, MI 48933**

**Prayer of the Farm Workers' Struggle**

*Written by César E. Chávez*

Show me the suffering of the most miserable;  
So I will know my people's plight.

Free me to pray for others;  
For you are present in every person.

Help me to take responsibility for my own life;  
So that I can be free at last.

Grant me courage to serve others;  
For in service there is true life.

Give me honesty and patience;  
So that I can work with other workers.

Bring forth song and celebration;  
So that the spirit will be alive among us.

Let the spirit flourish and grow;  
So we will never tire of the struggle.

Let us remember those who have died for justice;  
For they have given us life.

Help us love even those who hate us;  
So we can change the world.

7<sup>th</sup> ANNUAL  
**CÉSAR E. CHÁVEZ MEMORIAL OBSERVANCE**

HOST .....**Guillermo Z. López, President**  
LLEAD of Greater Lansing

INVOCATION .....**Fr. Fred Thelen, Pastor**  
CRISTO REY CATHOLIC CHURCH

NATIONAL ANTHEM ..... **Mariana Blanca Sanchez**  
7<sup>TH</sup> GRADE, GARDNER ACADEMY  
LANSING SCHOOL DISTRICT

WELCOME ..... **Carol Wood, Councilperson**  
AT-LARGE COUNCILMEMBER

PROCLAMATION .....**Mayor Virg Bernero**  
CITY OF LANSING

MUSIC SELECTION.....**Johnny Vasquez and Friends**  
**Johnny Vasquez is the leader of Tejano Sound Band of Lansing**

COUNCIL RESOLUTION ..... **Judi Brown Clarke, President**  
LANSING CITY COUNCIL

COMMENTS .....**Enrique Mendoza, Chairperson**  
LANSING FOR CÉSAR E. CHÁVEZ COMMITTEE

MUSIC SELECTION ..... **Hope - Central in Lansing**  
ANA MARIA HORN, DIRECTOR  
EDUCATING THROUGH ENTERTAINMENT

KEYNOTE ADDRESS ..... **Santiago Rios, Asst. Attorney General**  
MICHIGAN STATE ATTORNEY GENERAL'S OFFICE

CLOSING REMARKS .....**Jody Washington, Councilperson**  
1<sup>ST</sup> WARD COUNCILMEMBER

MUSIC SELECTION "De Colores" .....**Johnny Vasquez and Friends**

**PLEASE JOIN US FOR A RECEPTION FOLLOWING CLOSE OF PROGRAM  
IN THE CITY COUNCIL CONFERENCE ROOM**

**THANK YOU FOR YOUR ATTENDANCE!**

**Cesar Chavez Action and Information Center**



**Sign the Petition for a National Cesar E. Chavez Holiday!**

The United Farm Workers and the Cesar E. Chavez Foundation are proud to support the grassroots efforts of the Cesar E. Chavez National Holiday Coalition.

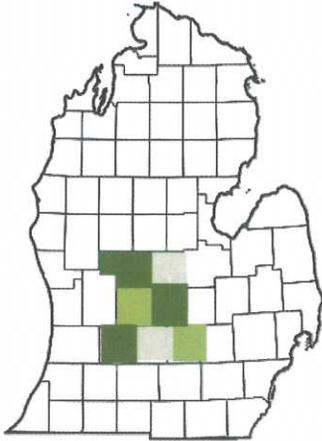
Cesar was in Sen. Robert F. Kennedy's words, "one of the heroic figures of our time." He led the historic non-violent movement for farm worker rights and dedicated himself to building a movement of poor working people that extended beyond the fields and into cities and towns across the nation. Cesar inspired millions to commit themselves to social, economic and civil rights activism and is a role model for generations to come.

Please help us ensure all Americans learn about Cesar's life and work. The Cesar Chavez National Holiday Coalition is gathering signatures on petitions asking Congress to designate March 31, Cesar's birthday and the day the UFW was founded, as Cesar Chavez Day.

[More on the Cesar E. Chavez National Holiday Petition](#)



**Barry, Clinton, Eaton,  
Gratiot, Ingham, Ionia,  
and Montcalm Counties**



**MSUE**

Michigan State University Extension (MSUE) helps people improve their lives by bringing the vast knowledge resources of MSU directly to individuals, communities and businesses. For more than 100 years, MSU Extension has helped grow Michigan's economy by equipping Michigan residents with the information that they need to do their jobs better, raise healthy and safe families, build their communities and empower our children to dream of a successful future.

**What We Do**

Extension faculty and staff members provide tools to live and work better. From a personal meeting to information online, MSU Extension educators work every day to provide the most current information when people need it to ensure success – in the workplace, at home and in the community.

Through community-based approaches, Michigan State University Extension delivers high-quality and affordable education to serve the needs of children, youth, families and communities in urban, rural and suburban areas.

**Nutrition Education (6 Classes)**

MSU Extension nutrition program staff offer educational presentations and hands-on classes to limited resource families, individuals, and classrooms promoting healthy food choices, menu planning, cooking skills, smart shopping and healthy snacks. Annette Sokolnicki: 517-887-4534 or [sokolni2@anr.msu.edu](mailto:sokolni2@anr.msu.edu)

**Food Safety**

Consumer food safety support and education, including safe food preparation and storage plus the latest research in water bath, pressure canning, dehydrating and freezing methods for preserving foods at home. Our Instructors and Proctors are National Restaurant Association certified to offer 8 and 16 hour ServSafe trainings for Food Service Managers. Joyce McGarry: 517-887-4587 or [mcgarryj@anr.msu.edu](mailto:mcgarryj@anr.msu.edu)

**Early Childhood Development**

Programs and services to support families with young children. Parents and caregivers learn positive parenting practices, self-care, to increase early childhood science, math and pre-literacy skills, and enhance children's social and emotional development. Kittie Butcher: 989-224-5228 [butche36@anr.msu.edu](mailto:butche36@anr.msu.edu)

**Disease Prevention and Management**

PATH (Personal Action Towards Health) including Diabetes PATH and Chronic Pain PATH, the National Diabetes Prevention Program, Dining with Diabetes, and Matter of Balance are high quality, evidence-based programs. All these programs provide participants with the tools and strategies to help improve their quality of life with the goal of preventing or better management of chronic conditions such as diabetes. Laura Anderson: 269-945-1388 or [ander359@anr.msu.edu](mailto:ander359@anr.msu.edu)

**Money Management (One-time workshop or a 3 session series)**

Take charge of your financial future to learn best practices and a walkable path through your financial situation. Topics include: Making Money Decisions, Creating and Managing a Spending Plan, the Importance of Saving and Investing, and Credit and Debt Management. Brenda Long: 616-527-5357 or [longbr@anr.msu.edu](mailto:longbr@anr.msu.edu)

**Social Emotional Health**

Healthy relationships are critical to the overall health and well-being of individuals, families and communities. Michigan State University Extension works to promote healthy relationships between youth, parents, families, caregivers and the community through social, mental, psychological and spiritual aspects of an individual's life. Suzanne Pish: 517-279-4311 or [pishs@anr.msu.edu](mailto:pishs@anr.msu.edu)

**Homeownership Education**

Unbiased education necessary to help participants make informed choices about the true costs of homeownership. Bonus? Completing the 6-hour course can help Michigan residents qualify for down-payment and other assistance programs. Brenda Long: 616-527-5357 or [longbr@anr.msu.edu](mailto:longbr@anr.msu.edu)

*Submitted @msu*

### Foreclosure and Post-Foreclosure Education

Become aware of your rights and options from certified housing counselors to navigate through tough decisions and avoid foreclosure whenever possible. Tools and resources for homeowners who have experienced foreclosure to understand your situation at [www.mimoneyhealth.org](http://www.mimoneyhealth.org) Brenda Long: 616-527-5357 or [longbr@anr.msu.edu](mailto:longbr@anr.msu.edu)

### Extension Health Research

A unique partnership between the MSU College of Human Medicine and MSU Extension. It relies on multi-directional relationships between campus- and clinic-based researchers, Extension educators and health partners to advance community-based health research with the goal of improving the health status of Michigan citizens. Holly Tiret: [tiret@msu.edu](mailto:tiret@msu.edu) or Cathy Newkirk: [newkirk@msu.edu](mailto:newkirk@msu.edu)

### 4-H Youth Programs (Ages 5-19)

Michigan 4-H offers a variety of programs designed to help young people learn critical life skills. The largest youth development organization in Michigan, we provide more than 200,000 young people with experiential learning opportunities that enable them to explore new interests and discover their passion. Youth also build confidence, gain leadership skills and develop sense of responsibility, while having fun and enjoyable experiences with their peers. 4-H sponsors programs for youth ages 5 to 19 years old.

#### **4-H Program Contacts**

##### **Barry County 4-H**

Kathy Pennington (269) 945-1388  
[Pennin25@anr.msu.edu](mailto:Pennin25@anr.msu.edu)

##### **Clinton County 4-H**

Corissa Harris (989) 224-5240  
[Harri446@anr.msu.edu](mailto:Harri446@anr.msu.edu)

##### **Eaton County 4-H**

Kristy Oosterhouse (517) 543-2310  
[Oosterh6@anr.msu.edu](mailto:Oosterh6@anr.msu.edu)

##### **Gratiot County 4-H**

To be determined (989) 875-5233

##### **Ingham County 4-H**

Mark McCorkle and Eric Dobbrastine  
(517) 676-7207

[Mccorkl5@anr.msu.edu](mailto:Mccorkl5@anr.msu.edu)

[dobbras@msu.edu](mailto:dobbras@msu.edu)

##### **Ionia County 4-H**

Haley McLean (616) 527-5357  
[mcleanha@anr.msu.edu](mailto:mcleanha@anr.msu.edu)

##### **Montcalm County 4-H**

Chris Thompson (989) 831-7500  
[Thom1367@anr.msu.edu](mailto:Thom1367@anr.msu.edu)



**Please call or e-mail for more information or to register.**

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

[www.msue.msu.edu](http://www.msue.msu.edu)



## Michigan State University Extension Diversity and Inclusion

**Purpose:** The Michigan State University (MSU) Extension Diversity and Multiculturalism office is committed to supporting all MSU Extension employees reach their goals of providing effective and Inclusive programs for the diverse citizenry of Michigan's communities.

### Highlights:

- MSU Extension has mandated a Two Day Multicultural Self-Awareness Workshop since 1999 for all new staff regardless of position or funding source.
- MSU Extension has partnered with institutions and organizations across Michigan to offer educational training on issues related to cultural competency, multicultural self-awareness, working with diverse audiences, health equity, authentic relationship across differences, and other social justice and diversity topics.
- In Ingham County, MSU Extension has partnered with the Ingham County Health Department to provide a "train the trainer" program for its Health Equity and Social Justice facilitator team helping them to build capacity to facilitate internal and external workshops on health equity, social justice and health inequities.

## Michigan State University Extension SNAP-Ed and EFNEP Efforts

**Purpose:** MSU Extension works closely with underserved populations where they eat, learn, live, work, shop, and play to promote nutrition and physical activity. Direct education provides evidence-based and practice-tested interventions that are culturally and linguistically relevant, to encourage healthy food choices and physical activity for underserved residents of Michigan, their families, and greater community. Multilevel and policy, systems, and environmental change approaches expand and complement direct education and provide sustainable change by making the healthy choice the easy and preferred choice.

Programming is conducted in a variety of settings including community centers, emergency food assistance sites, public schools, public and community health centers, refugee centers, tribal urban and rural community centers, tribal food commodity sites, Migrant Head Start programs, migrant camps, and other settings serving underserved audiences.

IG, SNAP-Ed Underserved Audiences, EFNEP Coordinator

**MICHIGAN STATE**  
UNIVERSITY

**Extension**

*submitted @msu*



### Latino/Hispanic population

The Latino/Hispanic population represents 5% of the population in Michigan. The counties with the highest distribution of Latinos in Michigan area Oceana, Van Buren, Kent, Ottawa, Saginaw, Ingham and Lenawee counties. In order to meet the cultural and linguistically needs of the Latino communities, MSU Extension identified a family-centered nutrition program called *Comida Saludables Familias Saludables* (Healthy Foods, Healthy Families). Currently, we have ten staff around the state implementing the program. Behavioral change is noted in the areas of improving healthier eating practices, food safety practices, encouraging family cooking, and physical activity.



### Migrant Community

There are 49,135 adult migrant and seasonal workers and 42,729 youth migrant and seasonal workers in Michigan. MSU Extension has partnered with Michigan's migrant Head start programs to provide culturally relevant nutrition and physical activity education to parents with young children throughout the state. Based on the needs of the families, a lesson plan and handouts were designed with cooking demonstrations. In the summer of 2016, MSU Extension reached 695 migrant parents not including family members (e.g. children, grandparents). This is an on-going annual SNAP-Ed effort that will continue to come to fruition.

**حارب الرصاص بالتغذية**

ساعد الأصدقاء التي نعدنا ونقدنا الملائكة في الحد من انتشار الرصاص في الدم من خلال تناول وجبة بارئكة لتقليل عدد الجزيئات الضارة والخطيرة.

**الخطوات:**

1. اذقة قطعة صغيرة من الرصاص (الجزء العلوي من العود).
2. اذقة قطعة صغيرة من الرصاص (الجزء السفلي من العود).
3. اذقة قطعة صغيرة من الرصاص (الجزء الأوسط من العود).

**مكونات:**

- 1/2 كوب من الرصاص (الجزء العلوي من العود)
- 1/2 كوب من الرصاص (الجزء السفلي من العود)
- 1/2 كوب من الرصاص (الجزء الأوسط من العود)

**ملاحظات:**

- اذقة قطعة صغيرة من الرصاص (الجزء العلوي من العود) في وقت الغداء.
- اذقة قطعة صغيرة من الرصاص (الجزء السفلي من العود) في وقت العشاء.
- اذقة قطعة صغيرة من الرصاص (الجزء الأوسط من العود) في وقت النوم.

**معلومات إضافية:**

- اذقة قطعة صغيرة من الرصاص (الجزء العلوي من العود) في وقت الغداء.
- اذقة قطعة صغيرة من الرصاص (الجزء السفلي من العود) في وقت العشاء.
- اذقة قطعة صغيرة من الرصاص (الجزء الأوسط من العود) في وقت النوم.

**معلومات إضافية:**

- اذقة قطعة صغيرة من الرصاص (الجزء العلوي من العود) في وقت الغداء.
- اذقة قطعة صغيرة من الرصاص (الجزء السفلي من العود) في وقت العشاء.
- اذقة قطعة صغيرة من الرصاص (الجزء الأوسط من العود) في وقت النوم.

### Arab Americans

Michigan is home to the largest Arab population in the United States and more than 80 percent of Michigan's Arab American population in Southeast, MI. However, Arab American individuals are moving to additional counties throughout the state. MSU Extension engages our Arabic speaking paraprofessionals to assist with the adaptation of educational materials into Arabic. In addition, MSU Extension developed an Arabic cookbook which includes culturally appropriate ingredients to highlight customary practices and food staples for the Arab American communities.

IG, SNAP-Ed Underserved Audiences, EFNEP Coordinator



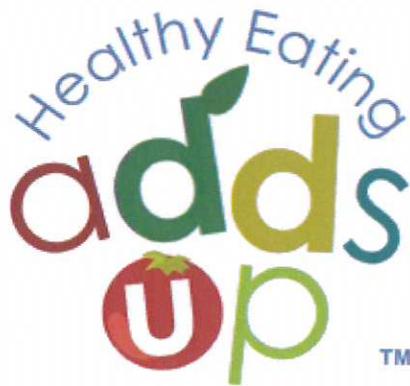
### *Deaf and Hard of Hearing*

There are 1 million deaf and hard of hearing (HOH) citizens in Michigan. American Sign Language is considered the first language for deaf/HOH individuals. Currently, MSU Extension offers nutrition and physical activity education to deaf/HOH individuals throughout the state. In addition, MSU Extension is developing an online American Sign Language nutrition education course.



### *American Indian/Native American/Indigenous Communities*

Michigan is home to 12 federally recognized tribes, state recognized tribes, and urban native populations. MSU Extension is making a coordinated effort to increase delivery of education programs to promote nutrition and physical activity to the Native population of Michigan. Currently, MSU Extension has partnered with Ingham county's Indigenous Youth Empowerment Program (IYEP) to provide nutrition education program. In addition, MSU Extension continues to work with tribes around the state.



### *Cognitively Impaired*

Individuals with developmental disabilities often have poor eating habits and are at risk for cardiovascular disease, obesity, and osteoporosis. MSU Extension identified the need to adapt our nutrition education materials to meet the needs of cognitively impaired audiences. The program is designed to meet the needs of this community throughout urban and rural community centers. Behavioral change is noted in healthier eating practices. This or MSU Extension's Healthy Eating Adds Up Program is available throughout the state of Michigan.

IG, SNAP-Ed Underserved Audiences, EFNEP Coordinator

# Multicultural Workshops and Resources

2017

## Multicultural Self-Awareness Workshop

All MSUE employees regardless of funding source or appointment are expected to attend our two-day Multicultural Self-Awareness Workshop, a "cornerstone" multicultural experience which provides an organizational framework for recognizing, understanding and appreciating differences. The workshop focuses on the individual and helps explore belief systems about multiculturalism to identify feelings and values from a multicultural perspective. This intensive learning experience focuses on increasing awareness of several areas of prejudice, discrimination and oppression, including racism, sexism, classism, heterosexism and ableism. In addition, participants have opportunities to apply what they're learning to work-related scenarios and explore alternative, more helpful behaviors.

**For more information on the Two Day Multicultural Self-Awareness Workshop or to register, log on to:**

**February 27-28, 2017**

**MSU Federal Credit Union – Community Room**

**4825 Mt. Hope Road**

**East Lansing, MI**

<http://events.anr.msu.edu/MCSAFEB17/>

**April 5-6, 2017**

**MSU Extension Tollgate Education Center**

**28115 Meadowbrook Rd.**

**Novi, MI**

<http://events.anr.msu.edu/MCSAAPRIL17/>

**June 20-21, 2017**

**MSU Extension Tollgate Education Center**

**28115 Meadowbrook Rd.**

**Novi, MI**

<http://events.anr.msu.edu/MCSAJUNE17/>

**September 21-22, 2017**

**East Lansing Hannah Community Center**

**819 Abbot Road**

**East Lansing, MI**

<http://events.anr.msu.edu/MCSASEPT2017/>

**November 15-16, 2017**

**Ziibiwing Cultural Center**

**6650 E. Broadway**

**Mt. Pleasant, MI**

<http://events.anr.msu.edu/MCSANOV2017/>

**June 13-16, 2017 for the Opening Doors Workshop at Kettunen Center.**

### **Additional Resources Related to Multiculturalism and Diversity through MSUE:**

Diversity/Multicultural web page - <http://od.msue.msu.edu/>

Multicultural Resource Library

General assistance with questions and issues related to multiculturalism and diversity for individuals and community partners

Customized learning experiences for staff and community partners

### **For additional information, feel free to contact:**

Dionardo Pizaña

Diversity and Personnel Specialist

MSU Extension

Justin S. Morrill Hall of Agriculture

446 W. Circle Dr., Room 11

East Lansing, MI 48824

517.432.2666

pizanad@msu.edu



**Health and Nutrition Institute  
Nutrition and Physical Activity Workgroup Report  
Evaluation Report**

**SNAP Education (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP)  
Ingham County  
October 1, 2015 to September 30, 2016**

**Prepared and Submitted by:  
Courtney Cuthbertson, Ph.D., Evaluation Specialist  
October 28, 2016**

The U.S. Department of Agriculture (USDA) prohibits discrimination in all of its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, political beliefs, genetic information, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write: USDA, Office of Adjudication, 1400 Independence Ave., SW, Washington, DC 20250-9410 or call (866) 632-9992 (Toll-free Customer Service), (800) 877-8339 (Local or Federal relay), (866) 377-8642 (Relay voice users). USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP." The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact us at 517-432-8204. MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

*submitter @msu*



### ***Situation: Knowing our numbers in Michigan***

There are a large number of people living at or below the poverty level; high levels of obesity among adults; and low levels of adults consuming the adequate amount of fruits and vegetables in Michigan. These are factors that affect the quality of life for adults and their families, and increase their likelihood of chronic diseases.

- In Michigan, 16.9% were considered below the poverty level in 2014 (US Census Bureau 2016).
- Based on USDA data, 1,506,532 people (15.2%) are receiving Supplemental Nutrition Assistance Program benefits-Bridge Card in Michigan (USDA Food and Nutrition Service 2016).
- On average for 2012-2014, 14.7% of households in Michigan were considered food insecure, and 6.3% of households in Michigan were considered to have very low food security (USDA ERS 2016).
- The median income of SNAP-recipient households is \$17,460 (USDA FNS 2015)
- Over 47% of all SNAP participants are in working families (USDA Food and Nutrition Service 2015), and 42.7% of those who receive SNAP Benefits in Michigan are adults living with children (USDA Food and Nutrition Service 2015).
- Michigan has the 17<sup>th</sup> highest prevalence of obesity in the United States (Trust for America's Health 2015). Three out of every ten adults (30.7%) in Michigan are obese, while approximately 35% of adults are overweight (Michigan Behavioral Risk Factor Survey 2014). 13.0% of Michigan youth are considered obese (Michigan YRBS 2013).
- In 2013, only 15.3% of Michigan adults consumed fruits and vegetables five or more times per day (CDC BRFSS 2013). 17.6% of Michigan youth eat the recommended daily allowance of five servings of fruit and vegetables a day (Michigan Youth Risk Behavior Survey 2013).
- In 2013, the prevalence of inadequate physical activity among Michigan adults was 80.5% (MIBRFSS 2013).
  - 24.4% of Michigan's adults reported that during the past month, they had not participated in any physical activity (MIBRFSS 2013).
- In Michigan, only 49.7% of adolescents were physically active for at least 60 minutes/day on 5 or more days (CDC YRBS 2013).
- According to Michigan Food Safety, the three main causes of foodborne illness are (2009): improper temperatures (e.g., refrigeration temperature, cooking temperatures), poor personal hygiene and cross-contamination of food.
- Preventing or managing chronic diseases is the top health challenge of the 21st century. Seven out of 10 deaths each year are from chronic diseases. More than 75% of healthcare spending (in Michigan and the U.S.) is for people with chronic diseases including heart disease, stroke, cancer, diabetes, kidney disease, and dementia. Leading a healthy lifestyle can greatly reduce the risk of developing chronic diseases (Michigan 4 by 4 Wellness Plan).



## **What do we do? *Nutrition and Physical Activity Education and Obesity Prevention***

Nutrition and physical activity education are a means to prevent obesity among adults and to prevent and decrease chronic diseases. **Michigan State University (MSU) Extension** delivers high-quality and affordable education to serve the needs of children, youth, families and communities in urban, rural and suburban areas.

MSU Extension programming promotes healthy life-styles and educates Michigan residents, allowing each individual to acquire the skills to take control of his or her personal health. The **Nutrition & Physical Activity Workgroup (NPA)** of the Health and Nutrition Institute of MSU Extension works to improve the knowledge, skills, attitudes and behavior of individuals regarding nutrition and physical activity. Through promotion, planning and delivery, MSU Extension staff members provide education to diverse audiences at the local, county and state level. Programs aim to help children, adults and seniors incorporate healthy and affordable nutrition choices into their lifestyles while increasing physical activity for an overall increased community well-being.

Through our educational programs, adults learn about MyPyramid and MyPlate; making the most of their food dollars; menu planning; understanding a recipe; keeping food safe; nutrition and health; improving physical activity and feeding a family.



### ***Supplemental Nutrition Assistance Program – Education (SNAP-Ed)***

SNAP-Ed is a federal/state partnership that supports nutrition education for persons eligible for the Supplemental Nutrition Assistance Program (SNAP). State agencies that choose to conduct nutrition education through their Supplemental Nutrition Assistance Program are eligible to be reimbursed for up to one half of their SNAP-Ed costs. State and local funding comes primarily from land-grant institutions which contract with SNAP agencies to deliver SNAP-Ed. They reach intended audiences by coordinating with state and local partners and with other contractors.

The goal of SNAP-Ed through the Land-Grant University System is to provide educational programs and conduct social marketing campaigns that increase the likelihood that people eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the Dietary Guidelines for Americans and Food Guidance System (MyPyramid.gov). SNAP-Ed is learner-centered and behavioral-focused. The Health and Nutrition Institute at Michigan State University Extension is one of two implementing agencies in Michigan. Participation in our programs continues to grow.

(Source: <http://www.csrees.usda.gov/nea/food/fsne/about.html>).



***MSUE successfully delivered nutrition education and documented participants' increased consumption of fruits, vegetables, whole grains, and non-fat or low-fat dairy products.***

### ***Expanded Food and Nutrition Education Program (EFNEP)***

The Expanded Food and Nutrition Education Program (EFNEP) is designed to assist limited resource audiences in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being. The Health and Nutrition Institute at Michigan State University Extension is the implementing agencies in Michigan.

### ***MSU Extension Evaluation Results October 1, 2015 to September 30, 2016***

This section presents the results of the evaluation of SNAP-Ed and EFNEP programming across Ingham County from October 2015 through September 2016. In total, 220 adults participated in programming and 103 completed the programs (46.8%). Youth also participated in SNAP-Ed and EFNEP programs in Ingham County. In total, 951 children participated and 742 completed the programs (78.0%). Results from evaluations of nutrition and physical activity knowledge and behavior are presented below.

#### **Adults in Ingham County demonstrated adoption of healthy habits by improving:**

##### **Food Resource Management**

After the series, participants reported that they engaged in these food resource management behaviors more often than before participating in the series:

- ✚ 50.9% more often planned meals in advance.
- ✚ 34.0% more often compared prices when shopping
- ✚ 29.1% less often ran out of food before the end of the month.
- ✚ 40.0% more often used a list for grocery shopping.
- ✚ 81.1% improved in one or more food resource management practice

##### **Nutrition Practices**

After the series, participants reported the following improvements in their nutrition practices:

- ✚ 50.9% more often planned meals in advance.
- ✚ 34.3% more often thought about healthy food choices when deciding what to feed their families
- ✚ 34.6% more often prepared foods without adding salt
- ✚ 59.4% more often used "Nutrition Facts" on food labels to make food choices
- ✚ 18.5% reported that their children ate breakfast more often
- ✚ 89.7% improved in one or more nutrition practice

##### **Food Safety**

After the series, participants reported that they increased the frequency of the following food safety behaviors:

- ✚ 24.3% more often followed the recommended practices of not allowing meat and dairy foods to sit out for more than two hours. 48.6% always followed this recommended practice.
- ✚ 42.5% more often followed the recommended practice of not thawing foods at room temperature; 9.4% always follow the recommended practice.
- ✚ 52.3% improved in one or more food safety practice.

**Youth in SNAP-Ed and EFNEP programs in Ingham County demonstrated adoption of healthy habits by improving:**

**Dietary Quality**

- ↓ 71.1% gained knowledge or improved their abilities to choose foods according to Federal Dietary Recommendations.

**Physical Activity**

- ↓ 35.4% gained knowledge or improved their physical activity practices.

**Food Safety**

- ↓ 35.4% gained knowledge or more often used safe food handling practices.

**Food Resource Management**

- ↓ 40.0% gained knowledge or improved their ability to prepare simple, nutritious, affordable food

**Food Security**

- ↓ 10.0% gained knowledge or acquired skills to be food secure.

## References

- Michigan Department of Community Health. 2014. Health Risk Behaviors in the State of Michigan: 2013 Behavioral Risk Factor Survey, 27<sup>th</sup> Annual Report. Lansing, MI: MDCH.
- MIBRFSS. 2013. Michigan High School Survey: Trend Analysis Results.  
[http://www.michigan.gov/documents/mdch/2014\\_MiBRFS\\_Standard\\_Tables\\_FINAL\\_500159\\_7.pdf](http://www.michigan.gov/documents/mdch/2014_MiBRFS_Standard_Tables_FINAL_500159_7.pdf)
- Trust for America's Health. 2015. The State of Obesity in Michigan. <http://stateofobesity.org/states/mi/>
- US Census Bureau. 2016. American Factfinder: Number of people in poverty. <http://factfinder2.census.gov>
- USDA Economic Research Service. 2016. Prevalence of household-level food insecurity and very low food security, average 2012-2014. <http://www.ers.usda.gov/media/246945/mapdata2014.xls>
- USDA Food and Nutrition Service. 2015. Profile of SNAP Households in Michigan.  
<http://www.fns.usda.gov/sites/default/files/ops/Michigan.pdf>
- USDA Food and Nutrition Service. 2016. Number of people in Michigan receiving SNAP benefits.  
<http://www.fns.usda.gov/sites/default/files/pd/29SNAPcurrPP.xls>