



2021 Report to the Community

Energizing a community-wide
focus on healthy living



2021 Healthy Livonia Report to the Community

Mission

Energize a community-wide focus on healthy living in Livonia.

Vision

Through engaged partnerships, make Livonia the healthiest city in the nation.

#HealthyLivonia



Strategic Aims

- Pursue opportunities and strategic initiatives that engage community partners
- Focus on workplace, schools and community
- Support infrastructure improvements
- Provide funding for sustainable programs
- Seek grants to support initiatives

About Healthy Livonia

Making the healthy choice the easy choice - that's the goal of Healthy Livonia, a community-wide initiative led by St. Mary Mercy Livonia (SMML) in partnership with the City of Livonia, Livonia Public Schools, the Livonia Chamber of Commerce, Livonia Parks and Recreation, Schoolcraft College, Madonna University, and Clarenceville School District. Healthy Livonia not only builds on existing programs, it includes new ideas, events and activities while promoting Healthy Livonia as the brand for all things healthy in our community.

Letters to the Community



“Livonia residents identified being a healthy community as an important goal in our city’s long-range plan, Livonia Vision 21. So, we’re excited to be part of this unique partnership with St. Mary Mercy Livonia called Healthy Livonia, with a goal of making us one of the healthiest cities in the nation. Together we are improving the health and wellness of our residents by advancing one creative initiative after another. The universally accessible play structure at Rotary Park is a great example of a transformational project. We can’t wait to see where Healthy Livonia takes us next.”

Maureen Miller Brosnan
Mayor, City of Livonia
Chair, St. Mary Mercy Livonia
Board of Trustees



“We realized if we came together and focused our efforts and resources, we could really make a difference. As community anchors, we want to move beyond our own four walls to transform the way the community addresses its health and energize the community to focus on healthy living.”

David Spivey
President, St. Mary Mercy Livonia
Vice President, Community Health
& Well Being, Trinity Health Michigan

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Founding Partners 2016

St. Mary Mercy Livonia
City of Livonia
Livonia Public Schools
Livonia Chamber of Commerce
Livonia Parks and Recreation

Expanded Partnership 2021

Schoolcraft College
Madonna University
Clarenceville School District

Healthy Livonia Steering Committee

Glenn Cerny, Schoolcraft College
Ted Davis, Livonia Parks and Recreation
Rob Donovic, Livonia City Council
Brandon McCullough, Livonia City Council
David Spivey, St. Mary Mercy Livonia
Jennifer Taiariol, Livonia Public Schools
Neil Thomas, Clarenceville School District
Dave Varga, City of Livonia
Dan West, Livonia Chamber of Commerce
Kellen Winslow, Sr. Madonna University

Support Staff

Michaeline Raczka
Director of Community Health, St. Mary Mercy Livonia

Jane Muszynski
Program Coordinator, Healthy Livonia

Healthy Livonia Accomplishments & Supported Projects

- Tatigian Park Bridge
- Bicentennial Park signage supporting the Bike/Walk project on Start Road
- Through leveraged funding, installed the Rotary Park Universally Accessible playground
- Provided scholarships for income qualified families for use of Livonia Recreation Center. Pivoted the program to provide scholarships toward Livonia Parks & Rec programs
- ADA audit completed supporting Livonia Parks & Recreation Department goal of increasing accessibility to all of the Livonia parks
- Added expanded partnerships with Madonna University, Schoolcraft College and Clarenceville School District
- Obtained funding through HomeServes Care to support universal access to the City pools with installation of new pool lifts



Healthy Livonia Signature Events

Healthy Livonia 5K
Healthy Livonia Turkey Trot
Healthy Livonia 100 Days to Health

“Healthy Livonia has provided our students with passes for the Livonia Rec Center, a bridge connecting pathways for biking and walking as well as a universal playground that allows for everyone to enjoy the playground equipment at Rotary Park. Our students have many more opportunities to engage in healthy habits because of the support of Healthy Livonia.”

– Jennifer Tairiol,
Director of Student Services, Livonia Public Schools

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Addressing Community Identified Needs

- Provided vaccines to income qualified students at Emerson Middle School
- Supported the Livonia Chamber of Commerce's Eric Hipple event addressing mental health
- Supported the Livonia Chamber of Commerce's Ken Daniels event addressing the opioid epidemic
- Supported the Livonia Public Schools' Crush the Stigma event at Churchill High School addressing teenage suicide
- Through Eastern Market, Healthy Livonia provided local fruits and vegetables for purchase at a Farm Stand located within St. Mary Mercy Livonia
- Residents "Walked and Talked" bi-weekly at a local Livonia park, receiving health and wellness education and strolling on a 2-mile walk



Come Walk and Talk
with Healthy Livonia

Healthy Livonia's *Walk and Talk* program encourages the community to meet twice a month at 9 a.m. to discuss a health-related topic (physical, mental, financial, etc.) and then take a one mile walk on the circular path at Rotary Park.

Rotary Park
Six Mile Rd. & Hubbard St. • Livonia, MI 48152

Friday, August 9
Friday, August 23
Friday, September 13
Friday, September 27
Friday, October 11
Friday, October 25

Topics vary each week.

For more information, please contact Jane Muszynski at 734 655-8421 or Jane.Muszynski@stjoeshealth.org

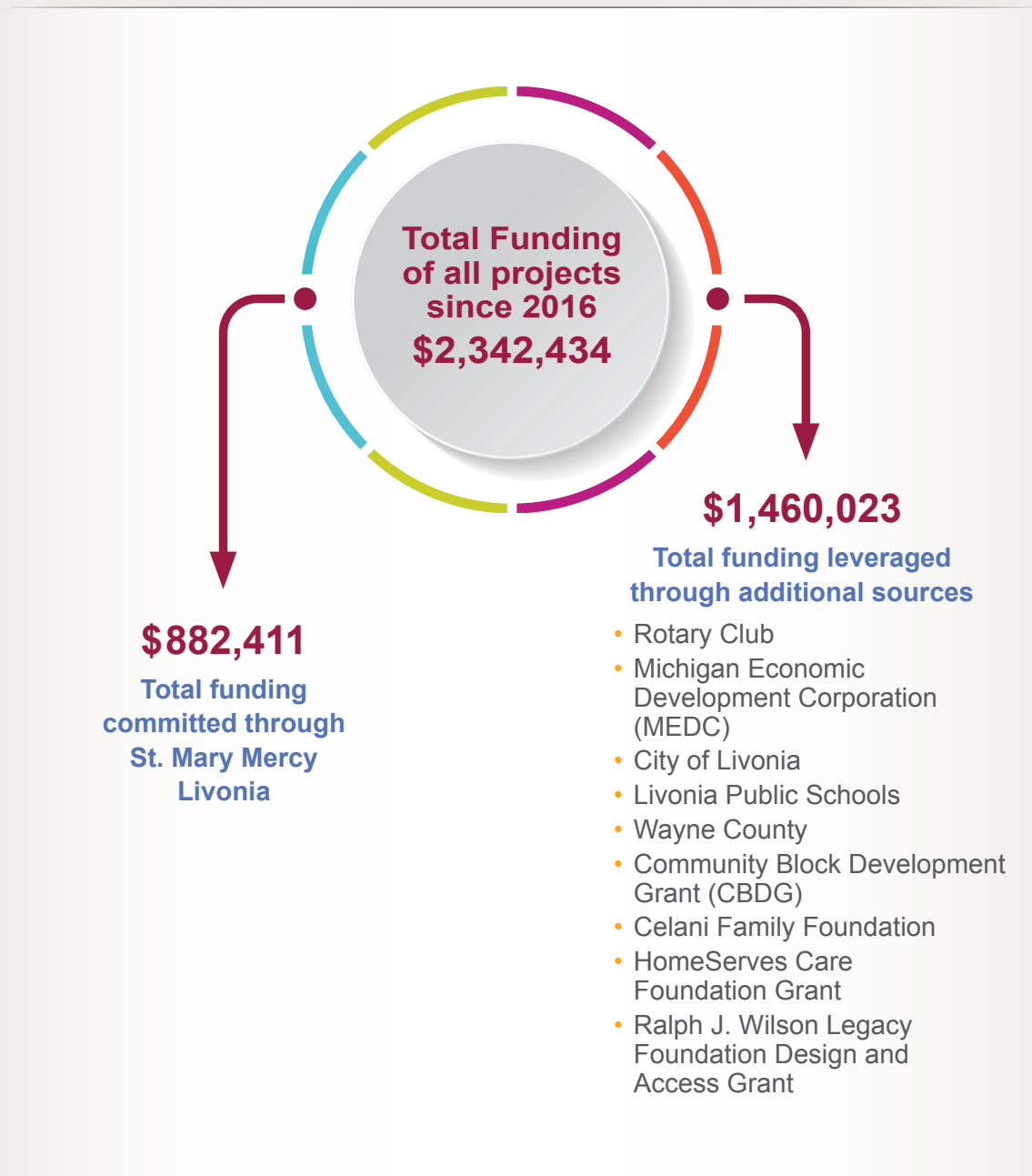
Session duration is 45 minutes

Carrot Wellness:
Walkers with the Carrot Wellness/Healthy Livonia app downloaded will receive 1,000 bonus points for attending.
(Don't have the app? We can help you download it.)
In the event of inclement weather, session will be canceled.

Walk & Talk

Funding Overview

Healthy Livonia's foundation was built through philanthropic donations to support the vision of a healthy Livonia. Financial sustainability is a goal and leveraging funds for projects ensures long-term success.

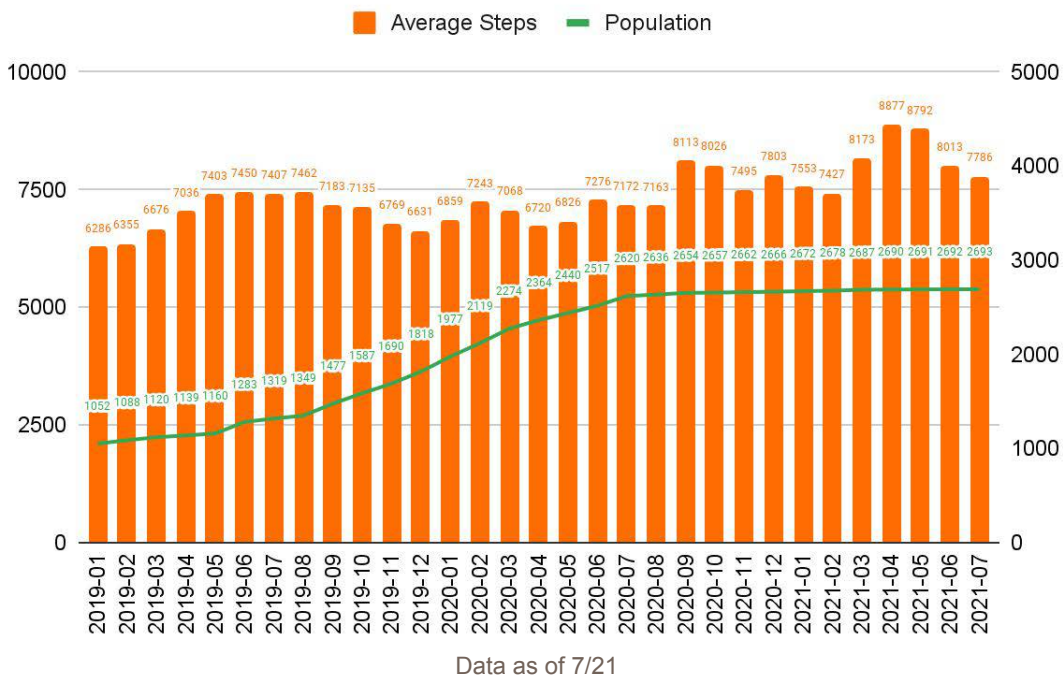


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Making the healthy choice the easy choice: Healthy Livonia's impact

CARROT Walking Program

The CARROT program is a walking app that rewards participants for walking. As a personalized goal setting program, individuals have daily step goals that are based on their personal activity history, not a generic step goal. Healthy Livonia invested in their premium program which allows for more opportunities to earn points and redeem for gift cards. Healthy Livonia has enrolled over 2,500 participants over the past two years and 50% of those are making their daily step goal every day.



Healthy Livonia CARROT Summary as of January 2019

Population:	2,693
Population Average Steps:	7,786
Total Steps:	3,196,855,621
Average % Met Goal:	48%
Total Goal Coins Earned:	211,881
Total Days:	942



Universally Accessible Playground at Rotary Park

In July of 2018, the City of Livonia added the first Universally Accessible Playscape in the city, on the grounds of Rotary Park. The large, bright colored and futuristically designed playscape includes many opportunities for activity. The soft protective padding on the ground surrounding the structure helps to ensure safety for fun activities such as climbing, running, swinging, jumping, sliding and balancing. There are ADA compliant swings and a tandem swing available for children of all abilities.

“ Healthy Livonia and St. Mary Mercy Livonia are outstanding community partners. The collaboration of our business community, public schools, higher education, and the City of Livonia has impacted many lives by making recreational opportunities more accessible financially and physically. Healthy Livonia’s contributions with planning and capital projects like Garfield Gardens, Rotary Park Accessible Playground and Tatigian bridge and path highlight the impact of the partnership. ”

– Ted Davis,
Superintendent of Parks and Recreation, City of Livonia

“ Healthy Livonia has provided the seed money for many projects across the community, allowing us to leverage City funds with other partners, to make so much more happen than the City could do alone. HL funding helped initiate projects like trail at Tatigian Park and Nature Preserve, the universally accessible play structure at Rotary Park, and offering low-income residents access to Parks & Recreation activities. ”

– Dave Varga,
Chief of Staff, City of Livonia

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Healthy Living Pre-K Program

The Healthy Living Pre-K Program offered through the program LAHC (Leaders Advancing and Helping Communities) is a program Healthy Livonia adopted for the GSRP (Great Start Readiness Program) in the Livonia Public Schools. The evidence-based whole-school intervention focuses on health behavior change for students. Includes garden-based nutrition education, physical movement, and creative use of fruits and vegetables.

Impact on fruit and vegetable consumption

- 35.4% of kids are eating more fruits
- 27.1% of kids are eating more vegetables
- 25% of kids are asking their parents to buy more fruits & vegetables
- 33.3% of parents are eating more fruits
- 27.1% of parents are eating more vegetables
- 31.3% parents are buying more fruits and vegetables



“The Healthy Living program has taught our preschool students that healthy food can be good tasting, fun to make, and fun to grow. The students also benefited from the movement and physical activity that took place during each session. Families benefited from receiving copies of the lessons and the associated objectives, along with copies of all snack recipes. Families also received a cookbook, kitchen utensils, and an outside physical activity item (frisbee). Families received numerous virtual invitations to participate in cooking classes, exercise classes and various panel discussions regarding healthy life choices.”

– Sally Rogue,
Teacher, Livonia Public Schools

Parks & Recreation Scholarship Program

90 corporate St. Mary Mercy Livonia (SMML) Kirksey Livonia Community Recreation Center passes were converted to **45 annual family passes** for 2017 and 2018.

In 2019, the program pivoted to a scholarship program with **80% of the dollars leveraged for qualifying families**, for use at any Parks & Recreation program.



Continuing to Make an Impact...

Upcoming Projects:

Garfield Greenhouse

Stark Road bike/walk plan

Universally accessible playground at Bicentennial park

Senior playground at Bicentennial park



Healthy Livonia:

Energizing a community-wide focus on healthy living.



**For more information, visit
stjoeshealth.org/HealthyLivonia**

*The Healthy Livonia Steering Committee would like to recognize
and thank Michaeline Raczka, who retired on 12-31-2021 for
her leadership in lifting up this initiative.*

#HealthyLivonia |

