

Kitsap HEAL Coalition Meeting Notes

January 16, 2018 | 3:00-4:30pm

WSU Extension Classroom, Norm Dicks Government Center, 4th floor

Attending: Cal Bodeutsch (Kitsap Transit), Susan Buell (YMCA), Fran Miller (Suquamish Tribe), Lynn Johnson (Bremerton School District), Laura Ryser (WSU Ext), Rachel Parsons (Nutrition: KPHD, WIC), Molly Staudenraus (OESD Early Learning), Aimee Aldendorf (Madigan Army Medical Center, Kitsap Bikes Everywhere), Maya McKenzie, Karen Boysen-Knapp, Dana Bierman, Susan Turner, Yolanda Fong (Kitsap Public Health)

VISION: We envision an environment that supports equitable access for all to choose physical activity and foods which contribute to health and well-being in Kitsap County.

Goal 1: Increase equitable access to healthy foods and opportunities for active living.

- HE Strategy: Improve access to markets that sell or provide high-quality fruits and vegetables in underserved communities.
- AL Strategy: Improve access to safe and affordable places for physical activity.

Goal 2: Cultivate a community that prioritizes healthy eating and active living.

- HE Strategy: Provide opportunities to build skills and knowledge regarding healthy food and beverages.
- AL Strategy: Establish policies and programs that increase physical activity.

Updates:

- Aimee: working on May Bikes Everywhere event with Cal; DOH Community Health Worker (CHW) program is doing a free in-person training: *Understanding Diabetes Management and Prevention*. Also April CHW conference registration is now open: <https://www.doh.wa.gov/ForPublicHealthandHealthcareProviders/HealthcareProfessionalsandFacilities/ProfessionalResources/HeartDiseaseStrokeandDiabetes>
- Fran: Starting 3 month long "healthy beverage" campaign in Suquamish mini-mart. Shared examples of the flyers/signage. Will be doing pre/post testing.
- Linda: Bremerton school district is restarting a Health and Wellness Committee. She will share an invitation to the Feb. 22nd meeting (5:30-6:30 pm)
- Karen: A workgroup of diabetes prevention and management providers has met twice to share resource info and identify work together in the community and with providers. Next meeting is Feb. 6th.
- Laura: Working with existing farmers and getting education for new farmers, including providing business classes on codes, finances etc. Growing connections group is active, looking at food recovery, waste reduction, farm to food banks, farm to schools, volunteer gleaning force. Workshop January 31st, 9:00 am in WSU classroom. New AmeriCorps VISTA Paisley is helping facilitate.

Charter review: Karen passed out a draft of charter elements for the group to review. Please email Karen with additions, comments etc.

Exercises from *The Surprising Power of Liberating Structures* www.liberatingstructures.com/

- **Wicked Question:** How do you work within your organizations needs while also contributing to a community agenda? Discussion gems: "major highway-different lanes", "kind of like having 2 bosses", "conflict if there are different focuses or responsibilities", "identify commonalities"
- **15 % Solution:** everyone thought of where they can start to connect their organizations work to HEAL work. "where is there overlap?", "this helps get the biggest bang for our buck", "curious to see what metrics already exist and how they work together – could make a case for funding", "what do we need to shift where we all are?"

- **Implementing Strategies: What? So What? Now What? Exercise**

Strategy: Improve access to safe and affordable places for physical activity.

What? (are you currently doing?)

- Comprehensive plans consider physical activity access for all
- 5210 in early childhood setting
- Trip reduction education in the workplace
- Open gym in the winter
- Individual home visits: talk about where to play near their homes
- Support fitness center with elder's walking/exercise
- Free fitness center for tribal members and their families, manned from 8 am – 8 pm, key card access 24/7
- Small exercise room that employees can use during lunch/break times
- 5210 early childhood curricula
- Public housing adult walking and yoga video
- Friday night open gym at Olalla Elementary
- POP installation trails at Triangle Park in Olalla Elementary
- Walking meetings
- City of Bremerton is building new park in Manette
- Gardening projects and classes
- Bus stops at all "y's" in the county
- ACCESS buses take people to those places
- Social Service Agencies can buy \$1 bus tokens to give out
- CTR promote walking
- ARC dance – Kitsap Transit provides free transportation
- Promote workplace wellness activities
- Convene community partners to HEAL to share expertise

So what? (what are our assumptions?)

- Once written a policy is always followed (needs to be talked about to stay current)
- Providing something is enough to have people use/access it
- People can get to whatever we provide
- Decision makers have enough information on the need for access
- People are educated about safety (Can I do it? Is it safe? Body image – is it ok for me?)
- People have knowledge about the benefits of physical activity
- People think this is all about weight loss
- People have enough meaningful messaging about physical activity

Next Steps:

- Review charter draft – email ideas to Karen
- Think about or implement your 15% solution
- We will continue the "What? So what? Now what?" exercise at the February meeting to plan for implementation

Next meeting:

February 20, 2018, 3:00 – 4:30 pm, WSU Extension Classroom, 4th floor, NDGC