

Kitsap HEAL Meeting Notes

February 20, 2018 | 3:00-4:30pm

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

Attending: Susan Buell (YMCA-PKC), Barbara Hoffman (Suquamish Tribe), Laura Ryser (WSU Ext), Rachel Parsons (Nutrition: KPHD, WIC), Kody Russell (Kitsap Strong), Lisa Lechuga (Kitsap Regional Library), Petey Lambro (PCHS), Barbara Sykes (KPHD Intern), Maya McKenzie, Karen Boysen-Knapp, 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

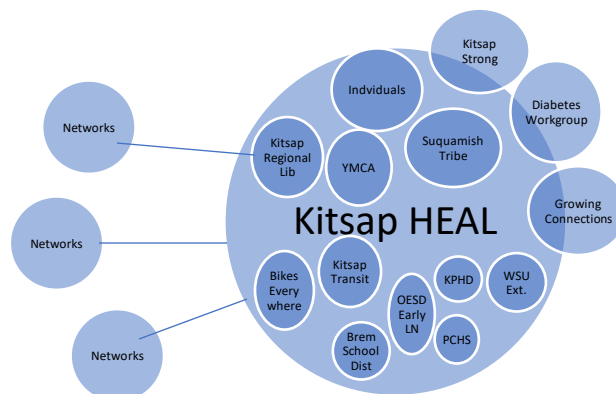
- Susan B. has a new grant to work on bi-directional referral between healthcare systems and community based organizations (Multicare in Pierce county and the YMCA).
- Karen is working on identifying community members who are “natural helpers” in helping those in need get connected to healthcare systems/programs. These people can be employed by a system, but preferably not. If you have anyone in mind, please let Karen know at k.boysen-knapp@kitsappublichealth.org

Disparities Report

- Maya prepared a report of HEAL related indicators and pointed out disparities. The full KPHD disparities report will be released soon and will be distributed to the coalition when it is available.

Charter review

- Yolanda reviewed a diagram depicting how Kitsap HEAL will work together while be inclusive of everyone’s HEAL focused work.



- Coalition reviewed a draft of the charter. Suggestions: include strategies, date the document, make commitment letters for both an individual and an organization, clarify who can vote at meetings.

Strategy implementation Exercise: What? So What? Now What? (from *The Surprising Power of Liberating Structures*, www.liberatingstructures.com/)

Strategy: Improve access to markets that sell or provide high-quality fruits and vegetables in underserved communities.

What? (are you currently doing?)

- Food banks are getting gleaned produce from farmers markets
- Farmers markets are promoting produce to EBT/WIC recipients and senior citizens – Fresh Bucks
- PCHS is working on screening patients for food insecurity and wants to get food to patients – mobile market like in Tacoma? PCHS Rx for food; food boxes
- Safeway is promoting Complete Eats for those using EBT to buy fresh fruit/veggies
- Meals on Wheels
- Grocery Getters (Calvary Chapel volunteers) helping take Nollwood residents to the grocery store.
- Little pantries with free food items are popping up in neighborhoods
- Home delivery of groceries?
- Mapping locations of markets that sell fruits/veggies
- Kitsap Fresh to accept EBT
- Farm to food bank initiatives
- Suquamish farmers market – limited farmers-many premade food vendors
- New garden at Chief Kitsap Academy
- Suquamish food bank
- WIC
- Weekly farmers market in season in Kingston, Poulsbo and Bremerton
- Safeway is in a densely populated renter community in Bremerton
- Mobile markets, food trucks at hospital sites (like food banks on wheels)
- Pop up farmers markets
- Farmers markets
- Community gardens
- Occasional farmers markets at the Y
- Doctors that provide Rx for fruits and veggies

Next Steps:

- Finalize charter – Karen will send out for final comments, sign at March meeting
- We will continue the “What? So what? Now what?” exercise at the March meeting to plan for implementation

Next meeting:

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