

Kitsap HEAL Meeting Notes

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

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

Attending: Susan Buell (YMCA-PKC), Fran Miller (Suquamish Tribe), Laura Ryser (WSU Ext), Cal Bodeutsch (Kitsap Transit), Molly Staudenraus (OESD 114), 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.
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Updates

- Yolanda shared about a potato gleaning opportunity with Kitsap Harvest in South Kitsap this past weekend. People found out about it via the Kitsap Harvest Facebook page. Good participation by gleaners of a wide variety of ages. Many families.
- Molly reports the OESD is having an All-Staff event later this week, and the wellness committee has organized a salad bar pot luck. In May, the Early Learning group may do a "progressive" event with a HEAL focus.
- Molly and Yolanda shared info on apps for HEAL (Fooducate).
- Maya shared that she piloted an evaluation tool for Kitsap Strong and the networks (including HEAL). It may be something we use as a coalition in the future. The Disparities Report is not yet finalized. Maya's assessment group at KPHD is planning to try doing some walking meetings.
- Laura reports she has multiple projects she's looking at including a farm to table curriculum for preschools and Olympic College, forming an internship program around food/cooking education, working in Clallam/Jefferson with the Peninsula food coalition "glean team" to see if we can develop the idea here. Is looking into feasibility of gleaned food processing which can also be a channel for food bank revenue. Thinking about Kitsap Harvest effort sustainability past the VISTA position.
- Fran updated the group on the Suquamish Tribe's Healthy Beverage Campaign. They are doing a pretest/posttest with youth and surveying adults as well to evaluate impact (contact Fran if interested in seeing the signage). Has noticed an increase in salads in some convenience stores and is hearing about PME connecting with local farmers market.
- Cal shared a clever technique to help workers find possible carpool buddies in the workplace; they passed out colored leis by zip code so people could locate others near where they live. New carpools resulted.
- Susan T. updated the group about working with the Bremerton School District regarding chocolate milk. Wellness committees are active in both CK and Bremerton School Districts.
- Susan B. is planning an CME event with other stakeholders to speak to healthcare providers about DPP. Also updated us on successful work with PCHS to streamline DPP referrals. Diabetes Alert Day is March 27th.

Charter

Watch for the charter via email attachment, review it and bring it back to the April Kitsap HEAL meeting signed, if possible. Also drafting a steering committee contact list.

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

Looked at remaining two strategies to document what is currently happening in our community:

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

Please see attached document for results.

Next Steps:

- **Review and sign attached charter (choose between "individual" and "organizational").** Please bring signed copy to the April 17th meeting if possible.
- **Review the "Steering Committee" contact list.** It's a draft and incomplete. Please send Karen any missing contact info or edits (I got some of the info from websites). If you want or don't want to be on the list, let me know that too. Thank you!
- **Please review the Strategy Matrix (our "what's happening" lists) for accuracy and completeness.** If you have something to add, please let Karen know so she can update the document. **The next step is to dive into the "now what" and decide what we are going to work on. Exciting!**

Next meeting:

April 17, 2018, 3:00 – 4:30 pm, WSU Extension Classroom, 4th floor, NDGC

For Fun: TED talk: "You don't have to be an expert to solve big problems"

https://www.ted.com/talks/tapiwa_chiwewe_you_don_t_have_to_be_an_expert_to_solve_big_problems