

Kitsap HEAL Meeting Notes

April 17, 2018 | 3:00-4:30pm

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

Attending: Fran Miller (*Suquamish Tribe*), Cal Bodeutsch (*Kitsap Transit*), Petey Lambro (*PCHS*), Lisa Lechuga (*KRL*), Kim Rose (*YMCA-Silv*), Karen Boysen-Knapp, Yolanda Fong (*Kitsap Public Health*), Cathleen Juarez (*guest-BSN student*)

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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Welcome and Reflection

Yolanda led a discussion with the question “What’s the goal of learning together?” She shared these goals from FSG’s “Facilitating Group Learning”:

- Increase awareness, understanding and develop new perspectives
- Generate new ideas and/or solutions
- Make important decisions

The resource can be found here:

<https://collectiveimpactforum.org/sites/default/files/Facilitating%20Intentional%20Group%20Learning.pdf>

Updates

- Kim shared that the YMCA in Silverdale will be the site of a farmer’s market on Tuesday evenings. She will email us the details.
- Cal reports the Healthy Workplace committee at Kitsap Transit is promoting walking via a “steps across the country” initiative.
- Lisa reports that the library is doing several events this spring/summer and that food is provided at several of them for youth. Karen will send Lisa the WA State nutrition guidelines as a reference.
- Karen reports the diabetes prevention/management group has continued to meet; planning two events for the fall/winter 2018. One is geared toward providers, the other toward the community.

Charter

Copies of the charter and both the individual and organizational signature pages were distributed. Please return signed forms at the May steering committee meeting.

Implementing our strategies

Yolanda reviewed a diagram depicting the way Kitsap HEAL may work together. Please see diagram “Common Agenda and Shared Metrics”, page 2, from FSG’s *How to Lead Collective Impact Groups*, www.fsg.org):

Looking at the strategy matrix worksheet, members noted items they were already working on and considered if they need Kitsap HEALs assistance or support. Two workgroups are being considered because of our discussion:

- Yolanda and Karen would like to convene a **Policy Workgroup** in to create a policy agenda for Kitsap HEAL.
- Others suggested the convening of a **Mapping Workgroup** to create some way to capture all HEAL resources in our community, including transportation, and then make the information accessible to the community.
- Some discussion around exploring a workgroup for **Food Rx** promotion.

Participatory Budgeting project opportunity

Yolanda brought forth an opportunity to work with Kitsap Strong on a grant that supports innovative ways to work in communities. The focus would be on the “participatory budgeting” process. Members present voted unanimously to consider participating on the project and to move forward with exploring what would be entailed.

Next Steps:

- **Review and sign attached charter (choose between “individual” and “organizational”).** Please bring signed copy to the May 15th 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 if you haven’t already done so (our “what’s happening” lists)** – note your HEAL activities and if you may want support from Kitsap HEAL. We will be talking about this again at the May 15th meeting.

Next meeting:

May 15, 2018, 3:00 – 4:30 pm, WSU Extension Classroom, 4th floor, NDGC