

Kitsap HEAL Coalition - NOTES

May 28th, 2019 – 3pm - 4:30pm

WSU Extension Classroom, 4th Floor, NDGC

Attending: Yolanda Fong (KPHD), Holly Sontz (OESD), Fran Miller (Suquamish Tribe), Calvin B. (Kitsap Transit), Laura Ryser (WSU Extension), Kody Russell (Kitsap Strong), Susan Buell (YMCA), Rachel Parsons (OESD, KPHD).

Debrief on Workgroup Meetings

Evaluation Workgroup – Group will meet again in July as June meeting has been canceled. Project tracking sheet (to be reviewed later in meeting) is close to completion.

Mapping/ Corner Store Workgroup – Group is conducting trainings for the surveyors taking part in the corner store scans at the beginning of June, with all scans to be completed by July 22nd. Jess and Dana will compile data and bring report of overall findings to the August 27th HEAL meeting for discussion.

5210 Early Childhood Workgroup – Fran shared that at their last meeting they discussed becoming an official HEAL coalition workgroup. They are reviewing the 5210 resource guidebook for childcare settings and will be making recommendations for change. Fran was invited to speak on June 12th at the Notah Begay Foundation (NB3) Healthy Beverage Summit in Tulalip on “5210 the Suquamish Way”. She will be sharing on how 5210 was chosen as a countywide effort to address improved nutrition & physical activity, our cultural adaptation, and the 5210 early childhood activity guide (including cultural adaptation and developing mealtime conversation cards & Let’s Move cards), along with the healthy beverage campaign that has been implemented in Suquamish.

Kitsap HEAL Logos & Website

Logo options were discussed. It was decided by the group to move forward with the green and blue version. Jess will update website for review at the next group meeting.

ACEs Presentation – Kody Russell

Kody presented on ACEs for the group. Follow up on ACEs and link to the HEAL work will take place at the HEAL August meeting.

Shared “Relationship Between H.E.A.L and ACEs” flyer attached.

Kitsap HEAL Tracking Sheet

Yolanda led the group through the draft project tracking sheet that Maya at KPHD has created. Maya will update the spread sheet to include all feedback and Jess will connect with each organization individually to collect initial data before the next HEAL meeting. There will then be a quarterly form that each organization lead will be asked to submit with updates.

Next Meetings:

Quarterly Kitsap HEAL meeting: August 27th, 2019, 3pm-5:00pm, WSU Extension Classroom, 4th floor, NDGC

Evaluation Workgroup meeting: July 25th, 9am (4th Thursday of each month), WSU Ext classroom – *Please note, June meeting was canceled.*

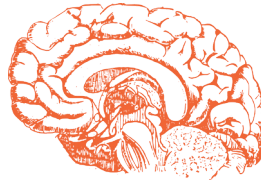
Mapping Workgroup meeting:

5210 Early Childhood Workgroup meeting: June 18, 2019, 3 – 4:30 pm, KPHD Sinclair Room

THE RELATIONSHIP

Between H.E.A.L (Healthy Eating Active Living) and ACEs

The Health Damaging Cycle

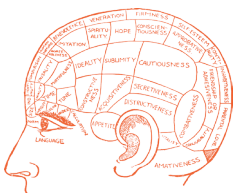


Our brains need high nutrient fuel to function properly.

Without intervention, the cycle may increase in severity, danger, and harmful impact - leading to chronic health conditions.



Consumption of unhealthy substances & low nutrient fuel, combined with a lack of routine exercise & supportive coping - mindfulness, sleep - can result in increased levels of stress in our body.



Harmful health decisions and low nutrient fuel can lead to even more difficulty planning, prioritizing, making decisions - staying on a diet, controlling impulses, and regulating emotions.

High toxic stress/ACEs impacts how our brain functions and how we nourish ourselves.

Behaviors induced by Toxic Stress can impact our H.E.A.L. decisions, making it more difficult to make healthy choices, in the face of temptations.

ACEs can lead to:

- Impulsivity
- Difficulty regulating emotions
- Fewer “feel good” chemicals
- Decreased ability to delay gratification
- Decreased ability to plan, prioritize, and make decisions



Fried, processed, “fast food” and beverages high in fat & sugar, cigarettes, drugs, and alcohol, cause a brief increase in “feel good” chemicals - numbing some of the pain, anxiety, and depression often associated with ACEs.

This type of “coping” may provide a temporary solution, but often leads to:

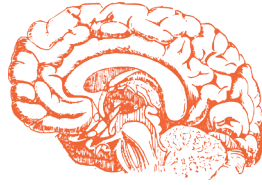
- Increased fatigue/tiredness
- Difficulty sleeping
- Less desire/ability to exercise, practice mindfulness, and find other ways to deal with the toxic stress of ACEs



THE RELATIONSHIP

Between H.E.A.L (Healthy Eating Active Living) and ACEs

The Health Promoting Cycle



Our brains need high nutrient fuel to function properly.

A health promoting cycle can support optimal brain/body functioning:

- Improving our ability to resist temptation
- Decreasing our reliance on drugs, alcohol, or food
- Improved digestion & immune system functioning

High toxic stress/ACEs impacts how our brain functions and how we nourish ourselves.

Managing/reducing toxic stress means:

Our brain can function properly/optimally resulting in:

- Better emotional regulation
- Delayed gratification
- More ability to plan, prioritize, and make decisions
- More “feel good” chemicals regularly released

When individuals are experiencing toxic stress, they might need extra support & opportunities to develop and maintain a health promoting cycle. Household & workplace wellness can be supported through coaching, practice, modeling, and reinforcement.

When our brain is not under stress, it becomes easier to make healthy decisions, resist temptation, and be mindful of our H.E.A.L. choices.



High nutrient food choices like whole grains, vegetables, fruits, low fat meat, cheese, nuts, and beans, provide consistent/stable release of “feel good” chemicals with limited spikes or crashes, like those associated with foods high in fat and sugar.

Regular exercise supports the release of “feel good” chemicals, improves immune system, digestion, & reduces stress leading to a resilient body - combating cravings, infections, and disease.

