



## Kitsap HEAL Coalition Meeting Notes

November 26, 2019 | 3:00-5:00 p.m.

WSU Extension Classroom, 4<sup>th</sup> floor, NDGC

**Attending:** Yolanda Fong (KPHD, facilitator), Diane Fish, Brenda Calderon (Kitsap Conservation District-GRACE Garden Project), Jess Sappington, Laura Ryser (WSU Extension), Karen Boysen-Knapp, Dana Bierman, Yaneisy Griego, Nicole McNamara (KPHD), Darcy Hermoso (KCR), Leslie Green (Kitsap Childcare and Preschool), Tara Witten (Alliance for a Healthier Generation), Michelle Schmittler (Kitsap Community Ag Alliance), Susan Buell (YMCA), Petey Lambro (PCHS), Erin Schafer (OESD 114), Cal Bodeutsch (Kitsap Transit), Matt Taran (Bremerton School District, Naval Ave ELC), Paisley Gallagher (WSU Ext-Kitsap Harvest)

**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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### Icebreaker “Food is \_\_\_\_\_”

What does “food” mean to you? This is a visual reminder that food has different meanings to different people.

### Announcements

- Tara continued work with the Bremerton School District
- Susan B reports the Diabetes Prevention and Management Task Force continues to meet and is planning a small conference for the spring. Also the YMCA is offering weight management classes at no cost in January 2020.
- Cal reports Kitsap Transit is opening its new Wheaton Way Transit station on December 2<sup>nd</sup>. 169 parking spots are available. Expressed concerns over the impact of budget cuts to new projects.
- Yolanda reports the Kitsap Supports Breastfeeding Campaign is making progress with a new website near completion. Karen is working on a worksite specific project aimed at increasing breastfeeding friendly locations.

### Workgroup Updates

- Corner Store Workgroup: Working with champion identified through the corner store survey process on a pilot project to increase fresh fruit/veggie offerings by making environmental changes to the small store. Planning to track sales. Hoping to implement in other small stores. Also connecting WSU students to help with this work.

- *Kitsap HEAL Early Childhood Workgroup*: HEAL in Early childhood book is being shared on the Kitsap HEAL website. Quarterly trainings on use of the resource book are being held via the Child Care Aware Council.

## Two Food Access Programs

- *Kitsap Harvest* – Paisley Gallagher  
Kitsap Harvest is a gleaning program. Paisley shared how the project works (connecting gleaned produce to locations that serve those with need) and the progress made since the programs start. She coordinates volunteers to make it happen. <http://extension.wsu.edu/kitsap/gleaning/>
- *Grace Garden Project* – Brenda Calderon and Diane Fish  
Conservation education and hands on practices to increase gardening and therefore food access across the county. Part of this project provides community service opportunities for incarcerated individuals. They also provide technical assistance for urban agriculture and home gardeners. <http://kitsapcd.org> or Diane Fish, Resource Planner at [d-fish@kitsapcd.org](mailto:d-fish@kitsapcd.org)

## Project Tracker Form and the Impact Report

- Reviewed tracker entries and discussed the purpose of the tracker and importance of entering HEAL related projects. Information will be used for the Kitsap HEAL Impact Report. A draft of the report was shared, and comments were noted. If your program has HEAL related projects to enter into the tracker, the survey link is: [https://wsu.co1.qualtrics.com/jfe/form/SV\\_8igIVJplubaabKI](https://wsu.co1.qualtrics.com/jfe/form/SV_8igIVJplubaabKI)  
You can also access it through signing up as a member on the member only page of the kitsapheal.org website.
- Impact Report draft will be sent out with meeting notes to gather comments of members unable to attend today's meeting.

## 2020 Direction

- Current strategies need review. Yolanda shared data points being used in the Kitsap Community Health Priorities (KCHP) prioritization process that is currently going on. The next KCHP meeting is on December 11<sup>th</sup>; KCHP members will receive an invitation email from the health district.
- A meeting will be scheduled in January to discuss current strategies and the possibility of forming a new workgroup. Watch your email for an invitation.

## Upcoming meetings

### Special Kitsap HEAL convening – 2020 Planning

January 9, 2020, 3:00-4:30 p.m., KPHD Sinclair Conference Room, 4<sup>th</sup> floor of NDGC

### Kitsap HEAL Early Childhood Workgroup meeting

January 21, 2020, 2:30—4:00 p.m., KPHD Sinclair Conference Room, 4<sup>th</sup> floor of NDGC

### Next Kitsap HEAL Quarterly Meeting

\*NEW DAY\* February 26, 2020 (4<sup>th</sup> Wednesday) from 3:00 – 5:00 p.m., WSU Extension Classroom, 4<sup>th</sup> floor of the Norm Dicks Government Center (NDGC)