



Healthier Together

St. Croix County

Planning Meeting – Deb	Meeting Date : October 13, 2014
Chairperson/Facilitator: Deb	Recorder: Sharon Reyzer
Attendance: See attached sign in sheet	

Topic	Information/Discussion	Conclusions/Action	Future Agenda Item
1. Welcome & Introductions – share one thing you are doing in your personal life or work to support healthy communities		Introductions conducted and sharing of areas that support healthy communities.	
2. HEAL – Amy Hess		<p>2012 Allina Health Healthy Eating and Active Living – “HEAL” has been in existence since 2000.</p> <p>See power point attachment with goals and details.</p> <p>Work site wellness workshops one activity- May had healthy vending and physical activity. 11/5/14 Healthy menus and catering options is the next workshop.</p> <p>Change grant focus and assessed safe routes to walk.</p> <p>6 bike audits/ assessments were done. One assessment looked at how to safely walk across Hwy 10 in Ellsworth. Starting this month we have the 2nd section of the implementation grant for safe routes to school. Active transportation committee that will be meeting this week. They are starting a project with the community having access to blue bikes to utilize. This will be in River Falls. This is done in Minneapolis.</p> <p>Amy updated on their Breastfeeding coalition. Pierce county fair has a booth for breastfeeding support. They are working on policy and education on breast feeding awareness along with promoting in the media.</p> <p>Sustainability group member, Trevor Kodesh from the YMCA asked Amy who would be best to be on this HEAL task force group as a partner. Such as a business partners?</p> <p>Suggestion was given about using an activity card to keep track of their physical activity.</p>	
3. Updates from St. Croix County task force groups		<p>Katy shared updates from Physical Activity task force group:</p> <p>Assessed schools on # of walkers and there are only a few. They will be conducting more walking audits, and then gain some awareness of importance of walking and promote walk to school days. Heather shared that at some of the schools they have to list if child walks, gets picked up and could we use this information for the assessment.</p> <p>Healthy foods task force and Mary shared: Over all focus was to measure change in behavior and now they are trying to measure access. They are assessing easier use of grocery access. Ruth and</p>	

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		<p>Mary met with the Family Fresh store to possibly be a pilot and have easy access to fruit and vegetable checks. Brainstorming with the store so working on this. Toured the Stillwater Pantry and the steps they have done with the food shelves changes - such as changing the shopping list, frozen vegetables, many changes to promote healthy eating. They are thinking of having the New Richmond 5 Loaves as a pilot to model after Stillwater food pantry healthy eating options. Stillwater group had the grocery store staff on the planning committee along with Health Partners staff to promote and conduct outreach. Graphic artist made the signs in Stillwater project. Kelly Appeldorn is helping with the project and finding volunteers. 3 Business members on our task force. Discussion of the dynamics of the group and trying to have a fit and focus for all. It was asked if we have tried to engage Walmart with the task force and the projects. Walmart is focusing on Health and Wellness so it may be a good time to ask for involvement.</p> <p>UW Extension has a tool kit that Pantry's can use, which would have information for those who donate and address healthy safe donations. ADRC was also looked at for bringing food packages to seniors during the weekend.</p> <p>Oral Health Task force: Wendy shared the task force is contacting the dentist for Give Kids a Smile participation for February 2015 and this information will be placed in the back packs. Would Pierce county be interested in this project? Deb will talk with Sue at Pierce County and see if there is a connection with the Back Pack program.</p> <p>Trevor Kodesh from the Sustainability task force, shared about the group and what they are working on. This is a new group and it is in the planning stage of what will be their focus, who needs to be at the table. They are at the beginning stages. They have discussed the importance of having Business people at the table and that business want to be recognized. Is this a good fit for Healthier Together? They have also discussed transportation issues for the community. Another topic that has been discussed is how the sustainability group supports the other task force groups.</p>	
4. Health Break – Katherine (if available)		All participated in a wellness break lead by Katherine.	
5. Discussion – how do we work together		<p>Ideas Generated: Dental group tap into the back pack program and the Give Kid's a Smile promotion in February 2015.</p> <p>Cross training Amy, Mary, Ruth and Sarah are attending the obesity training. What does the joining of Pierce County CHIP and Healthier Together CHIP look like and what is combined.</p>	

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		<p>The Website being managed by one person to keep updated and current.</p> <p>Pierce County needs to be included in our website.</p> <p>The website was viewed by all. It was suggested that we send out information to Katherine who has volunteers who will work on the website.</p> <p>Communication piece is important and the sustainability group is addressing some of these issues to make sure we have the right people attending.</p> <p>Should we pause and look at existing task forces and create efficiencies and not have same people at the same meetings.</p> <p>Deb shared information about the hospital CEO's, Pierce and SCC and how do we plan for the combined counties and hospitals.</p> <p>To be mindful and plan the future as we work out the merger of our CHIP.</p> <p>Good discussion and great ideas to look at as we move forward.</p>	
<p>6. Next Meeting – November 20, 2014, 9 AM – 10:30 AM; Location – to be determined</p>			
<p>BRACE Grant Natasha Cardinal</p>		<p>Building Resilience Against Climate Effect (BRACE) Develop strategies against climate change.</p> <p>Studies have been done related to weather changes in our county. Last 17 years SCC had 66 deaths related to extreme heat. We also have high rates of vector exposure in our county. Natasha is working with the state and wanting to build a local stake holders group to look at these issues and begin to develop strategies to address the climate change. Time commitment would be the state training and beginning to work on strategies. The grant ends 12/31/15. Deb or Natasha knows if you are interested. There was a suggestion to develop a list of health effects related to climate change and this could be used by health care facilities as we address priorities to address.</p>	