

Healthier Together – Pierce & St. Croix Counties	Meeting Date : March 3 rd , 8:00-9:30am
Facilitator: Kelly Monson	Recorder: Sharon Reyzer
Location: Hudson Hospital & Clinic (Pine/Spruce conference rooms near café)	

Topic	Information/Discussion	Conclusions/Action
1. Welcome & Introductions (10 minutes - Kelly)	Kelly welcomed all and introductions conducted.	
2. Community Health Needs Assessment and Implementation Plan (10 minutes - Heather)	Kelly and Heather shared details about the CHIP and CHNA. Brief overview of Healthier Together	It was stressed that the HT CHNA and CHIP is for all in the community to use and that the data is all on line. The plan is meant to bring all together and encourage all to utilize this information.
3. Health Priorities <ul style="list-style-type: none"> • Alcohol Abuse (Deb) • Mental Health (Kelly) • Overweight/Obesity <ul style="list-style-type: none"> ○ Food Insecurity (Heather) ○ Physical Activity (Teresa) • Resources/Communication (Brittany/Natasha) (30 minutes)	See power point slides for all details.	<p>Sharon shared Alcohol goals, objectives and strategies. (See slides)</p> <p>Kelly shared details about the Mental Health objectives, goals and strategies. (See slides)</p> <p>Kelly gave a quick overview about the “Make it ok” website and resources. The campaign started in Minneapolis St Paul and it has a robust web site with many resources. www.makeitok.org</p> <p>There has been 3 Ambassador trainings thus far. Future trainings are planned for Pierce county. The training is 2 hours long. Participants will learn about the campaign and how they can share the information in their own community. We have 120 trained in both counties at present. There are Podcast that are available for viewing, which are informative, funny and worth viewing. Kelly shared the resource “Guide to Mental Health Services in Pierce and SCC” with those at the meeting.</p> <p>Kelly reviewed the Obesity objectives, goals and strategies. The action team has over 60 members. (See slides for details).</p> <p>Heather shared details about the Food insecurity action group. Ann Searles from United Way is taking lead on these objectives. The food shelves are looking at how they can improve on providing healthy foods to those that use the food shelves. New Richmond and Somerset food shelves have already made changes to have healthy choices. Food shelves are meeting quarterly at the John Coughlin Resource Center. Pierce county has lead the way on this since they have met monthly for a while sharing resources and brain storm on new ideas. They are now connecting with the SCC collogues.</p>

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		<p>The video created for Food Insecurity was viewed and the Discussion guide was shared. The video link is: https://www.youtube.com/watch?v=yI67TgPFMmo&feature=youtu.be The action team is also working on improving SNAP enrollment for those that visit the food shelves.</p>
<p>4. Health Break (10 minutes - Natasha)</p>		<p>Natasha led all on a health break.</p>
<p>5. Take Action Activity/Small Group (20 minutes - Kelly)</p>	<p>Small groups discussed ideas on how to share the information about the action team activities, who is missing from our groups, and other ideas.</p>	<p>Small group met briefly since we were running out of time. The summary of their ideas were gathered.</p>
<p>6. Next Steps (10 minutes - Kelly)</p>		<p>Large group to meet again in June.</p>

Healthier Together 2017-2019 Community Health Priorities

Obesity/Overweight

GOAL: Decrease the percentage of the population that's overweight or obese in Pierce and St. Croix counties.

STRATEGY #1: Increase physical activity through changes to policy, systems, environment and community support.

STRATEGY #2: Decrease food insecurity and improve nutrition through changes to policy, systems, environment and community support.

Mental Health

GOAL: Improve mental health status of residents of Pierce and St. Croix counties.

STRATEGY #1: Increase awareness about mental health issues and reduce the stigma of mental illness.

STRATEGY #2: Increase access to mental health services.

Alcohol Abuse

GOAL: Reduce alcohol abuse of residents of Pierce and St. Croix counties.

STRATEGY #1: Decrease youth alcohol use through changes to policy, systems, environment and community support.

STRATEGY #2: Decrease adult alcohol abuse through changes to policy, systems, environment and community support.