**Coalition Meeting**

**Creating a Community that is Healthy By Design**

February 3rd, 2015 Meeting Notes

**Attendees:**

Kathy Aragon: Billings Action for Healthy Kids Claire Oakley: RiverStone Health

Maia Dickerson: RiverStone Health Bonny Perkins: Big Brothers Big Sisters

Kristi Drake: BikeNet Jackie Rumph: Extension Office

Heather Fink: Community Health Improvement Kassia Lyman: YMCA

TommiLee Gallup: Community Health Improvement Luke Kobold: Billings Clinic

Melissa Henderson: RiverStone Health Juliet Spalding: City/County Planning

Shawn Hinz: RiverStone Health Elyse Monat: BikeNet

April Keippel: St. Vincent Healthcare Ron Wenger: MET Transit

Joan Kimball: Adult Resource Alliance Julie Christensen: Family Tree

Karen Sanford-Gall: Big Sky State Games Jeanne Manske: Billings Clinic

Kassie Runsabove: St. Vincent Healthcare Tracy Neary: St. Vincent Healthcare

Nathan Stahley: Community Health Improvement Eric Arzubi: Billings Clinic

**Presentations:**

Trauma’s Impact on Mental and Physical Health: Dr. Arzubi presented on the Development of Systems for Trauma-Response Education and Supportive Solutions (DE-STRESS) project. His presentation included information about the grant that is in place to do work related to Adverse Childhood Experiences (ACEs) and training to increase knowledge around trauma informed care. April Keippel and TommiLee Gallup contributed to the presentation by discussing real life examples of how trauma can impact physical health. These examples were from focus group participants and Active Living Every Day participants. Check your ACE score at [www.whatsyouracescore.com](http://www.whatsyouracescore.com)

**Report Outs:**

**Workgroup:**

* **Health Equity:**
  + [Office on Women's Health:](http://www.healthybydesignyellowstone.org/initiatives/gender-disparities-in-yellowstone-county/owh/) The sixth cohort of Active Living Every Day classes will begin the week of March 9-13. This cohort will run eleven weeks and end the week before Memorial Day. These classes are free, evidence based, and structured around a mindset change to address barriers to physical activity. Additionally, another round of [social marketing](http://www.healthybydesignyellowstone.org/initiatives/5-2-1-0-it-all-adds-up/) will begin this spring.
  + [Gardeners' Market](http://www.healthybydesignyellowstone.org/initiatives/gardenersmarket/) : The Gardeners’ Market will begin again in June. Currently times and days are being solidified. Promotion will begin once final logistics have been set.
* [**Built Environment**](http://www.healthybydesignyellowstone.org/initiatives/completestreetsimplementation/)**:** 
  + The workgroup is continuing to explore the opportunity of complete neighborhoods. Through this process, safety has been deemed a concern, (based on the CHNA) with a focus on safety as a barrier to physical activity. Additionally, the workgroup is waiting for an announcement regarding funding that would help move this work forward.
* **Wellness:**
  + [Event Recognition](http://www.healthybydesignyellowstone.org/initiatives/eventrecognition/): The workgroup is currently working through application changes that would add smoke free and mental health questions to the event recognition application. Additionally, the group discussed the various roles in the group that are available with the merger of the Worksite Wellness and Event Recognition workgroups.
  + [Worksite Wellness](http://www.healthybydesignyellowstone.org/initiatives/worksitewellness/): The Big Sky Economic Development Worksite Wellness Demonstration project is currently doing baseline assessments. The purpose of this project is to offer an example of impact policy, system and environmental level change can make on a business’ (and its employees) overall health and wellness.
  + **The first meeting of the combined group will be February 26th, 2015 from 8:30-9:30 am.**
* Some Key Announcements from the group:
  + Tracy Neary: a new tobacco cessation program called Freedom from Smoking is available in the community. This is a face to face program located at St. Vincent Healthcare.
  + Julie Christensen: A new University of Parenting 8 week course will be launching in March and April. This is a collaborative effort based out of [The Family Tree Center](http://www.familytreecenterbillings.org/page_template.php?c=01home) in Billings.
  + Ron Wenger: MET Transit provided free transportation for [Community Connect](http://ci.billings.mt.us/index.aspx?NID=1521) program on February 3, 2015.
  + Kathy Aragon: A PIR day will be held on February 12th, 2015. The will be a focus on smart snacks which is to be in place in the schools by March, 1st.
  + Kristi Drake: [BikeNet](http://bikenet.org/) will be hosting its annual meeting on February 24th. Additionally, they are working with the city on both a transportation etiquette survey and the commute challenge.
  + Karen Sanford-Gall: [Shape Up Montana](https://shapeupmontana.org/) launched this week. You can visit the website to register your team.
  + Kassia Lyman: The Billings Family YMCA is currently enrolling in their Livestrong program for cancer survivors. The participants can still be in treatment but they must have a doctor’s release to participate.