

**Coalition**

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

**November 6, 2012 Meeting Notes**

**Attendees:**

**Shelley Hayes:** Billings Clinic **Bruce MacIntyre**: Chamber of Commerce

**Luke Kobold:** Billings Clinic **Tracy Neary:** St. Vincent Healthcare

**Jeanne Manske:** Billings Clinic **Shawn Hinz:**RiverStone Health

**Sister Jennifer:** St. Vincent Healthcare **Alyssa Auvinen:** RiverStone Health

**Karen Sanford-Gall:** Big Sky State Games **Laura Holmlund:** RiverStone Health

**Hannah Miller:** RiverStone Health **Sara Rehmer:** RiverStone Health

**Barbara Schneeman:** RiverStone Health **Colin Dow:** St. Vincent Healthcare

**Shaye Skovgaard:** MSUB Extension Office **Bernie Mason:** MSUB Extension Office

**April Keippel:** St. Vincent Healthcare **Hillary Hanson:** RiverStone Health

**Darlene Tussing:** City-County Planning Department **Tori Kidgell:** RiverStone Health

**Announcements**

**New to HBD** – Shaye Skovgaard, replacing Bernie Mason at the MSUB extension office; Colin Dow from St. Vincent Healthcare; Jeanne Manske from Billings Clinic

**Bernie –** Retired from the extension office but will continue doing the Strong Woman classes

**Discussion**

**Website update**

* + Main page – Changed working to indicate we are a local group
  + PITCH is being updated so we will add that when the updates are final
  + Does not show workgroup’s name, but lists an initiative. Through this we can access other group’s plans; this is also available for public access. Plans are updated quarterly
  + Added Media section – Anytime we are in the media we will add it to this section, i.e. Billings Gazette articles, radio, etc.
  + Latest news – this page can get pretty lengthy, thinking about adding a calendar to minimize the length.
  + Applying – Circle at top left of page says; Apply for Event recognition, maybe change this to Apply Here for event recognition.
  + Need to change CHA to 2011
  + Successes – shows the past accomplishments of HBD
    - We need to share our stories of events that are continual, i.e. Gardener’s Marker
  + Changes this time around were directed more at formatting, next time updates will be more content
  + Events – Specify they have received Healthy By Design recognition
  + If you have any suggestions for updates or improvements let Sara know

Alex Tyson at the Chamber’s office can get a list of events happening in the area. We could use this list to offer them Healthy By Design opportunities

Do we want the minutes on the website? Yes, it helps with transparency.

* + Should there be an approval process for minutes
  + Don’t call them minutes, call them notes
  + We will put them on the website as notes
    - We will send them out by e-mail and if there are any necessary changes please have them back within one week.
  + We will start posting them with these notes
    - Can add a disclaimer for past notes contact RiverStone Health and also that these meetings have been happening since…

How are our partners using the website?

* + It is important to draw on in as often as possible
  + Hillary uses it during presentations
  + It is used in the Community Health Assessment
  + Next meeting we will have a report telling us how many people access the site.

**Gardener’s Market**

* + RiverStone received a grant through FDA-Department of Agriculture to promote the market.
    - Buyers were able to use WIC checks – we will promote this more next year
    - Next 3 months the focus will be on improving next year’s markets
    - April is facilitation some focus groups
    - Want to have focus groups for residents on Southside and North park area
    - Advertisement is key
    - If you have any input on producers let Alyssa know
    - If you are interested in volunteering let Alyssa know
    - Need to sign in vendors and count the number of people attending
    - Ask the focus groups if they attended the market
    - Having the Master Gardeners there was a good connection
    - They want to be more involved, maybe with demonstrations

**Montana Legislature**

* + - Next time we meet they will have completed their 1st session
    - Call to action – please pay attention to these

1. **Worksite Wellness – Alyssa Auvinen & Tracy Neary**
   * Working to redesign “How to improve work place environment”
     + Should have a draft complete by next week
   * Speaking events scheduled
     + December 7th – Safety Fest
     + Downtown Billings Rotary – Spring time
   * Work with Cindy Mullard for internship opportunities
   * Had request for speakers in school setting and from First Interstate Bank
   * How do we approach corporations when “outsiders” aren’t allowed in building
     + This may be an opportunity for Shape Up Montana
   * Will still take members if anyone is interested in joining this workgroup
2. **Healthy Weight – Alyssa Auvinen & Elizabeth Ciemins**
   * Elizabeth not able to be here, on call with providers from Billings Clinic
   * Have providers train for motivation interviewing
   * 5210
     + Weight of the Nation screening around 45 people attended on the 11th at Billings Clinic
       - This is a good way to get conversation rolling
       - Gave 10 tips for weight loss
     + When presenting to School district use 5210
3. **Health Equity – Shawn Hinz & April Keippel** 
   * Gender based Focus Group
     + Women have less leisure time then men
     + Women like to exercise socially
     + Don’t have time one lunch break – worried about physical appearance after
     + Three Groups
       - Group 1 - Pedometer only
       - Group 2 - Pedometer and online support group
       - Group 3 - Pedometer, online support group and face to face groups
     + Pedometer tracks steps for 7 days this encourages being active in everyday life.
       - Condition 2 – weekly e-mail messages
       - Condition 3 – focusing on getting strong enough and active in everyday life.
     + Participation dropped off each month
     + Would like feedback and ideas
4. **Built Environment – Laura Holmlund & Hillary Hanson**
   * This was formally known as Complete Streets
   * Complete Streets policy was passed just a little over a year ago
   * How is it helping our community? – Need a benchmark report for this.
   * Selling Points – Implementation, Different modes of transportation
   * Not all of these are updated annually
   * This is a very active workgroup
   * Adding a full report – Each chapter will start with a personal story.
     + In middle of writing chapters of report
     + Will bring in graphic designer to design report
     + There is not anything like this report anywhere in the country
     + Personal story – if you know anyone who is affected by how our community is built let us know.
     + We want to keep this positive
   * CTEP Project - Hannah
     + Money communities receive to improve transportation
     + 1st phase next Spring, 2nd phase Fall – Focus on predictability and Rules of the Road
     + To make a safer community/Yellowstone County
   * Have sent out a survey for “Rules of the Road,” it is also on Facebook and website
5. **Recognition Program – Sara Rehmer & Luke Kobold** 
   * Implemented a new application on the website in August
   * There was an influx of applications in August and September
   * The website shows who applied and what year
   * Thank you for providing great comments. If you have any other comments or ideas please let Sara know.
   * We do have applications from previous years
   * Need to set up a system to get events to reapply.
   * Changing “Apply for Event recognition” to “Apply Here for event recognition”.
   * Talk about putting examples of best practices on website

**Next Coalition meeting: Tuesday, February 5th from 12:00pm – 1:30pm in the Yellowstone Room of the Lil Anderson Center at RiverStone Health.**