[](http://www.healthybydesignyellowstone.org/)

**Coalition**

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

**February 5, 2013 Meeting Notes**

**Attendees:**

**Alyssa Auvinen:** RiverStone Health

**April Keippel:** St. Vincent HealthCare

**Arianne Snyder:** Billings Clinic

**Chuck Barthuly:** Better Billings Foundation

**Colin Dow**: St. Vincent Healthcare

**Darlene Tussing:** City-County Planning

**Dayle Hayes:** School Meals that Rock

**Debra Hagel:** MET Transit

**Ginny Mermel:** School Health Advisory Council

**Glenda Sprankel:** St. Vincent Healthcare

**Hannah Miller:** RiverStone Health

**Hillary Hanson:** RiverStone Health

**Jeanne Manske:** Billings Clinic

**Karen Sanford Gall:** Big Sky State Games

**Kristi Conroy:** St. Vincent Healthcare

**Lainey Reynolds-Keene:** Keene Insight

**Laura Holmlund:** RiverStone Health

**Lori Heimbichner:** Crowley Fleck

**Lorraine LaFurge:** RiverStone Health

**Ron Wenger:** MET Transit

**Sara Rehmer:** RiverStone Health

**Shawn Hinz:** RiverStone Health

**Shaye Skovgaard:** MSUB Extension Office

**Shelley Hayes:** Billings Clinic

**Suzie Eades:** Q360 Health

**Tina Postel:** Billings Family YMCA

**Tracy Neary**: St. Vincent Healthcare

**Announcements:**

* **Lorraine** (RiverStone Health) will take over Tori Kidgell’s HBD duties
* **Ron** (MET Transit) Looking for Billings champion to promote Ride Share MT ([www.RideShareMT.com](http://www.RideShareMT.com)) – bring ideas to next meeting
* **Suzie** (Q360 Health) Opened own health & wellness coaching business
* **Karen** (Big Sky State Games) Shape Up Montana & Big Sky Fit Kids started February 1st (www.bigskystategames.org); 7 of the 30 Fit Kids Clubs are Billings schools – provides 90 additional minutes of physical activity
* **Dayle** (School Meals That Rock) Like us on Facebook!
* **Tracy** (St. Vincent Healthcare) Walk & Talk with the Doc, Tuesdays at 5:30pm – meet in the YMCA lobby, it’s FREE!
* **Alyssa** (RiverStone Health) Gardeners’ Market vendor information available – need to plant seeds now (<http://www.healthybydesignyellowstone.org/initiatives/gardenersmarket/>)
* **Chuck** (Better Billings, Oasis) 100,000 visitors to the Oasis last summer – selling season passes
* **Tina** (YMCA) Offering new class on how to read nutrition labels
* **Arianne** (Billings Clinic) February is Heart Health Month – CPR Saturday is February 16th ([www.cprsaturday.org](http://www.cprsaturday.org))
* **Darlene** (Planning) Bike Walk Summit is March 15th in Helena – Lt. Gov. John Walsh will be keynote speaker

**Discussion:**

* [Recognition Program Workgroup](http://www.healthybydesignyellowstone.org/initiatives/eventrecognition/) – Luke Kobold & Sara Rehmer
  + Review Team meets quarterly right before the Coalition. This meeting discussed: 1) creating a document that allows events to display what they did differently from other events to address safety, physical activity, nutrition, environmental stewardship, and prevention/overall wellness; 2) Incorporating 5-2-1-0 messaging in collateral material; and 3) creating a “best practices” HBD recognition application to post on the website as an example for others
  + Reminder: we are all ambassadors of HBD – please encourage event planners in your organization to apply for recognition (<http://www.healthybydesignyellowstone.org/apply/>)
* [Healthy Weight Workgroup](http://www.healthybydesignyellowstone.org/initiatives/healthyweight/) – Elizabeth Ciemins & Alyssa Auvinen
  + Free Motivational Interview training April 26th open to healthcare providers, seating is limited – visit HBD webpage under “training” on right-hand side
  + Kim Fischer (RiverStone Health) is a diabetes educator that has joined the group, she is great at health focused presentations – helped with a 5-2-1-0 message day that reached 300 kids
  + Looking to brand workgroups with 5-2-1-0 message, “community message” has broad effect, organizations could consider adopting/incorporating message (MET Transit is going to put poster in busses, YMCA is going to display a banner, Big Sky State Games is going to distribute magnets), 5-2-1-0 collateral material is available – contact Alyssa at [alyssa.auv@riverstonehealth.org](mailto:alyssa.auv@riverstonehealth.org) if you’d like any
  + Reminder: 5-2-1-0 stands for 5 or more fruits & veggies, 2 hours or less of screen time, 1 hour of physical activity, 0 sugary drinks & more water
* [Built Environment Workgroup](http://www.healthybydesignyellowstone.org/initiatives/completestreetsimplementation/) – Hillary Hanson & Laura Holmlund
  + Community Transportation Enhancement Program (CTEP): 600 surveys completed, results are being compiled, an RFP has been sent to a design company for a spring and fall user-safety campaign – the theme is “be aware of rules of the road” targeting all users and educating them on how to use infrastructure
  + Complete Streets policy adopted in August 2011 – working on benchmark/implementation report, goal is to complete it by early summer, there are issues re: looking at data over time and impact on community, this report may allow us to receive national recognition as there is currently nothing on how to implement and follow up
* [Worksite Wellness Workgroup](http://www.healthybydesignyellowstone.org/initiatives/worksitewellness/) – Tracy Neary & Alyssa Auvinen
  + Working on getting businesses to adopt physical activity and/or nutrition policies, sample policies are on the website, biggest gap is tracking these policies – consider adopting one in your organization
  + Did outreach at SafetyFest, more scheduled with Rotary Club (Downtown & West End) and SHRM
  + The state offers incentives for working on these policies – Billings Clinic, RiverStone Health and St. Vincent Healthcare all received funding, trying to align their policies as much as possible
  + YMCA received incentive for nutrition policy and used the website to implement – could be used as a success story
  + Resources: Healthy Catering – Choose This Not That, provides local places
  + RD intern joined team (through August), working on getting info
* Health Equity Workgroup – April Keippel & Shawn Hinz
  + [Gardeners’ Market](http://www.healthybydesignyellowstone.org/initiatives/gardenersmarket/)
    - Market increases access to fresh fruits and veggies
    - Due to feedback and planning, some new changes will be made, promotion will be increased
    - This year’s market: June 13-October 3, RiverStone Health parking lot, hoping to have demonstrations, need volunteers
    - Received USDA grant, intern for a couple of weeks, promotion to consumers
    - Will take donations but will sell them because it create problems for other vendors last year
  + [Office on Women’s Health Project](http://www.healthybydesignyellowstone.org/initiatives/owh/)
    - Increase physical activity in women: 1) research component – retention low, feedback and redesigned, 2) getting ready to re-launch active living curriculum, small changes that ad up, recruiting, 3) social marketing, 5-2-1-0, profile successful participants, how they did it
    - Needing facilitators and participant (10-20)
    - Looking for opportunities for outreach, additional members for community advisory group
    - Thought already established groups would do better because of the social supports but there were mixed results
    - Target population was minority and low SES (those who are more at risk), but doing more broad community focus now
  + Communications
    - Reps at workgroup meetings, more organized efforts, resources available, anyone can get plugged into workgroup if not involved
  + CHIP
    - Community Health Improvement Plan, formerly PITCH – “workplan” how we meet priorities (established by CHNA), back in cycle time, meeting to determine process, used vendor to split $55,000 cost, how should we do it now that it’s required for alliance?
    - Feedback: happy with it so far, not everything has been solved, like direction (physical activity and nutrition), 3 years is too short but hope to see movement, great resource for grants, want it consistent from year to year
    - Further questions: 1) Do we want to keep comparable data every 3 years; 2) Do we need to look at whole new structure? We could use trending data but set us up better in future
    - Partners need breakdown of minority and low SES – see the full report on HBD website or ask Tracy or Jeanne for information
    - There are questions Built Environment want but they must be health focused so that’s a challenge to incorporate them in
    - Contact HBD if you have further input

**Next Coalition meeting: Tuesday, May 7th from 12:00pm – 1:30pm in the Yellowstone Room of the Lil Anderson Center at RiverStone Health.**