



*Making the healthy choice the easy choice*

*November 2017*

## Healthy By Design Updates

### 2017-2020 Community Health Improvement Strategies

*Healthy By Design Coalition members are working together to identify which activities to work on, first-- starting small, with initiatives that have the potential to build into larger movements for our community. Listed below are some examples of where we are currently headed. If you would like to learn more, or are interested in getting involved, please attend our Healthy Weight meeting, on Wednesday, December 6th from 10:30 am- 12:00 noon. RSVP/to learn more: contact Melissa at [melissa.hen@riverstonehealth.org](mailto:melissa.hen@riverstonehealth.org) or 651-6569.*

**Access to Healthy, Affordable Foods** - Examples: healthy food retail, healthy food vendor recognition, etc.; continued work on the healthy South Side neighborhood project

**Access to Places for Physical Activity** - Examples: open/shared/joint use policies and agreements.; continued work on the Parks Rx project

**Welcoming Spaces for Social Connections** - Examples: systems to connect people to one another through healthy activities, creative placemaking, etc.; continued work on the Parks Rx and healthy South Side neighborhood projects

**Community and Street Scale Urban Design and Land Use Policies** - Examples: to be determined! Currently we are excited to see how the city zoning project will go, and how this might promote healthier living.

### Healthy By Design Calendar

Calling all events! Do you have an event coming up and would like some additional promotion? Did you know our website, [HBDYC.org](http://HBDYC.org), has a new events page where you can add content? Head over to the website and submit your event by clicking "Add an Event" at the top of the [events page](#).

## Highlights & Connections

### Site Visit with Health Resources in Action

Thank you for helping us host site visitors, Mary Davis and Kristin Mikolowsky, from Health Resources in Action. Healthy By Design is one of ten Community Health Improvement processes being reviewed and highlighted through a case study funded by the Robert Wood Johnson Foundation. Stay tuned for the publication!



## Montana Healthy Communities Conference

Healthy By Design partners attended the Montana Healthy Communities Conference in Helena on November 1-2 and presented posters in the "What Works in Montana" poster session. Photo with Governor Bullock below.



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## Celebration!

Thank you for attending the Healthy By Design's Annual Coalition Celebration on November 7th.

Special thank you to Nathan Stahley, Melissa Henderson, Jennifer Hough, Maia Dickerson for presenting on Healthy By Design past and present initiatives.



## Informed and Involved

### Complete Streets Progress Report Update

On the evening of November 14, 2017 the City Planning Department presented the 2017 Complete Streets Progress Report to the City Council. This report is updated every 3 years, serving as an evaluation tool for the City's Complete Streets Policy (adopted in 2011, updated in 2016). Our most recent CHNA data, which you will see in the report, tells us that more people are being physically active in their leisure time. Complete Streets creates safe, predictable places to do just that. Please feel free to tell your council members how you feel about Complete Streets in our community. Read the update [here](#).

### A Study of Billings Sporting Future

Victus Advisors is in search of people active in the sporting community, including players, parents and coaches to take a survey regarding the feasibility of adding sports facilities in Billings. In relationship to our CHIP strategies focused on places for physical activity and spaces to connect, consider taking this survey. The survey takes 15 minutes or less to complete. Find the article and the link to the survey [here](#).



Want to learn how to apply for event recognition? Click [here](#).

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## Interesting Reads

### Washington Post Reports Americans becoming less Neighborly

One of our Healthy By Design coalition partner's, Ginny Mermel, shared an article with us and we would like to share it with you! [It's not just Rand Paul's street: Americans are a lot less neighborly than they used to be](#). When was the last time you interacted with your neighbor?



### Plan a Meaningful Gathering

How to organize meaningful meetings and conferences that better align with your organizations values [Learn more here](#)

### Star Trek and the Future of the Nonprofit Sector

"In Star-Trek, there are various starships. Each has a different captain and a different mission. However, they are bound together by a Starfleet, an organization that supports and coordinates the work of all the ships." Continue to read Vu Le's article [here](#) and how it relates to the Nonprofit Sector.

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Looking for ways to have healthier holidays this year? Follow us on Facebook to receive tips.

Interested in adding content to our newsletter?

[Contact Us](#)

Healthy By Design  
info@hbdyc.org

***Mission: To collaborate with partners across sectors of the community to promote and improve health.***

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