



*Making the healthy choice the easy choice*

*December 2017*

## Healthy By Design Updates

### 2017-2020 Community Health Improvement Plan (CHIP)

In early December, Healthy By Design Coalition members met to discuss action steps for our latest CHIP strategies! These committed individuals shared creative ideas and examples collected from other experiences. We are pretty excited about what is in store for 2018! In addition to new initiatives, the "Healthy Weight Steering Committee" (formerly a combination of Healthy Weight workgroups) will start meeting at a new time and day of the month in 2018. The next meeting will be Tuesday, February 6th from 10:30am - 12:00 noon at RiverStone Health. The group will resume monthly meetings, which will include time for task groups to touch base and share progress on initiatives. If you would like to join us, please contact Melissa at [melissa.hen@riverstonehealth.org](mailto:melissa.hen@riverstonehealth.org) or 651-6569.

### CHIP Initiatives Update

News from current Healthy By Design task groups:

- Two new task groups have formed - A healthy food vendor recognition team and a welcoming spaces team
- The Parks Rx team is wrapping up a community survey and looking forward to focus groups, maps, and promotion in 2018
- The Healthy Neighborhood Project is currently working on developing a call for proposals for grocery store market analysis, connecting community gardening opportunities, and exploring opportunities with South Side residents for creative place making using the theme "The South Side-the BRIGHT side of the Tracks."



Task groups are always accepting new members - please contact us if you would like to get involved!

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### 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](#).

## Partner Highlights & Connections

### Living Independently For Today and Tomorrow (LIFTT) Holiday Open House

Healthy By Design Coalition member, LIFTT held their annual Holiday Open House and celebrated another year of service provided to our community. We were excited to celebrate with them. Congratulations!



## Yellowstone County Extension says farewell to long-time staff member

HBD Coalition member, Yellowstone County Extension, celebrated Phyllis Hansen's retirement after over 19 years of service with an open house in December. Phyllis served as the supervisor of the Expanded Food and Nutrition Education Program (EFNEP). Congratulations and best wishes.



## Partner Upcoming Events

### Active Living Everyday-ALED

Healthy By Design Coalition Member, Billings Family YMCA, is hosting an Active Living Every Day (ALED) class from January 11th - April 12th. It is free to members and non-members of the YMCA. For more information call 406-294-1628. ALED was a program brought to our community through a Healthy By Design grant.

### Screenagers

RiverStone Health, Yellowstone Counseling Center, St. Vincent Healthcare Community Partnership Committee & SCL Health, and an anonymous donor are providing free public viewings for the pediatrician produced documentary: *Screenagers*. Watch the trailer [here](#). The viewing dates are January 30th at Laurel High School, January 31st at Lockwood High School, and February 1st at School District 2 Lincoln Center, Billings; each showing from 6:30 pm- 8:30 pm. The film is 65 minutes long, with time following for a 45-minute facilitated discussion.

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

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## Interesting Read

### Report links Billings' complete street policy to health, economic benefits

Check out our partner, City Planning and Community Services Department, in an article featured in the Billings Gazette discussing the Billings Complete Streets policy [here](#).



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Looking for ways to have healthier holidays this year? Follow us on [Facebook](#) to receive tips.

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Healthy By Design

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

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