Healthy By Design Coalition Monthly E-Newsletter

Have a Happy, Healthy, & Safe New Year!

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Healthy By Design staff hope everyone had safe & happy holidays. We look forward to supporting the Coalition in 2020!
2019-2020 Community Health Needs Assessment (CHNA)

Complete Yellowstone County CHNA to be published in early 2020!

In early February, the complete 2019 - 2020 Yellowstone County CHNA will be posted on the following websites: Healthy By Design, Billings Clinic, RiverStone Health, and St. Vincent Healthcare. We will hold a press conference announcing this exciting news.

Various Coalition members and Healthy By Design backbone staff continue to work diligently to put this report and supporting materials together, so that it is useful to decision makers, advocates, community organizations, and residents of Yellowstone County.

Coming Soon... Topic-Specific Deeper Dives

Throughout spring 2020, we will organize a series of topic-specific meetings for each of the 13 Areas of Opportunity identified that we're calling "deeper dives". These discussions are open to anyone who is interested, and will provide an opportunity to dig deeper into the full data, meet others working in a topic area, identify gaps, and create opportunities for partnership among attendees. If you would like to be included in a deeper dive, please complete this interest form: https://www.surveymonkey.com/r/DeeperDives2020

If you have questions about any of these activities or the CHNA process in general, please contact Melissa, Community Health Improvement Manager, by emailing info@hbdyc.org or calling 651.6569.

2017-2020 Community Health Improvement Plan (CHIP) Updates
The Healthy Weight Steering Committee is made up of diverse community organizations and individuals. At the monthly meeting, members report out on task group projects and make decisions on CHIP initiatives.

Contact us if interested in joining the Healthy Weight Steering Committee or any other task group -- we are always welcoming new members!

Healthy Weight Steering Committee
We have 6 months to finish strong with the current CHIP! In December, two strategy discussions took place around food access and physical activity/creative placemaking. Participants voted on which efforts should be our collective focus moving forward in each topic area. During our January meeting, we will discuss next steps. Email us to get involved.

Attendees from strategy discussions voted on initiatives for the next 6 months of work. Pictured above are those that joined us for the physical activity and creative placemaking discussion.

2018 - 2019 Coalition Member Capacity + CHIP Support Grant
Deb Halliday, from Helena, traveled to Billings in December for a collective impact training and discussion. The training was co-sponsored by United Way and Healthy By Design (thanks to a grant from the state), and brought together 5 local coalitions for shared learning and collaboration.

Each coalition was tasked with coming up with a priority to focus on to improve collective impact efforts. Healthy By Design members prioritized alignment of partner organization practices with the Coalition's goals and action plans.

Thanks to Deb, United Way, our members, and other community partners for an inspiring day!

Healthy Neighborhood Project
2019 was a great year for the Healthy Neighborhood Project. Check out the latest update and several photos from the last year on the project page. We are excited to continue supporting resident-driven projects on the Bright Side of the Tracks in 2020!
Planning is underway for several projects:

- South Side Stories podcast episodes inspired by the walking routes developed in 2019
- Brighten Up opportunities to connect businesses and residents, and
- Sidewalk poetry from neighborhood youth

This winter, stay engaged with the South Side:

1. **Get your Bright Side of the Tracks t-shirt** - If you have a connection to the South Side email us or call 406-247-3394 to pick up a free shirt, featuring the neighborhood’s brand, pictured above.

2. **Come in for a portrait** - This will be turned into a public art piece in the spring at Highland Park.

3. **Challenge yourself to a public art scavenger hunt** - We have mapped all the locations of all the South Side box wraps, the mural, and the entryway signs... see if you can find them all this winter!

4. **Try the South Side Stories walking routes** - Bundle up and learn about the history and culture of the South Side with these fun routes (click on either map below).

Want more? Email us to get added to the quarterly Healthy Neighborhood Project newsletter.

**Creative Placemaking**

**Parks Rx**

Parks Rx maps are available on our website and beautiful kiosks are installed at both North Park and Pioneer Park highlighting several activities, including walking routes, for both parks.

**Creative Placemaking - Safer Routes to School**

We were happy to help Billings Public Works film a Public Service Announcement (PSA) promoting active transportation for schools. Our segment focused on the sign toppers places along routes to Newman and Orchard Schools, which students helped to design. Public Works staff helped with this project by guiding route selection, design requirements, and even assisted with installation. Kudos to them and our other project partners for all they do for to make the healthy choice, the easy choice in our community!
Ongoing Initiatives

**Gardeners' Market - Winter Activities**
This winter, Gardeners' Market team members continue to develop a media campaign to improve senior attendance and vendor recruitment, thanks to a grant from the USDA. Look for both commercial and print ads in whatever news source you like to consume!

**Activate Billings Learning Lab**
We are officially half way through the first ever Activate Billings series! Our next session on Thursday, January 9th will focus on employee engagement in and outside of the office walls. Learning sessions are designed to help you focus on the individual employee, team dynamics, corporate culture, and community engagement as we work together to Activate Billings. All sessions are from 1 - 5pm and held at the Billings Chamber unless otherwise noted.

If you or your employer are interested in participating, contact Jennifer jennifer@billingschamber.com or Melissa info@hbdyc.org. To find out more information about this project, visit the Chamber's website.

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**Recognition Opportunities**
Healthy By Design has several initiatives to recognize and celebrate organizations and individuals in our community who are helping to make the healthy choice the easy choice.

For more information, visit our Recognition Opportunities page.

**Healthy Worksite Recognition - 2020 Application and Toolkit Available!**

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Click here for the link to the PSA video on Facebook.
Are you up for a challenge in 2020? If your business or organization is doing great things with worksite wellness, apply today. This is an opportunity to engage employees and evaluate or elevate current efforts, among other benefits below:

Join other innovative businesses in Yellowstone County!
Here’s what you will get once recognized:

- Free promotion through multi-media communication outlets
- Certificate and window decal to display at your worksite
- Salute from the community during our annual Coalition meeting

Applications are due February 28th!

- The application is quick, easy, & FREE!
- All businesses, large or small, should apply.
- Please help us spread the word and challenge businesses you know to apply. The application and flyer are available now!

Healthy Worksite Toolkit - Learn from other Yellowstone County businesses and get tips, resources and ideas to improve employee health within 4 areas of opportunity:

Healthy Eating
Active Living
Work-Life Balance
Health Promotion

Healthy Worksite Toolkit

The locally-inspired toolkit is here! Get inspired by clicking the image above.

Event Recognition - Healthy Food Vendors...Earn Up To $100 For Your Event!
For a limited time receive up to $100 in Healthy Food Bucks for choosing a Healthy By Design Recognized Food Truck as part of your event.

Here is how to get your Healthy Food Bucks:

1. **Book a healthy food truck** You can find one that's already recognized on our website, OR you can encourage your favorite food truck to apply for Healthy Food Truck Recognition.
Check out these tips for talking to food vendors about healthier options.

2. **Fill out an Event Recognition application** The application is free and simple to do and comes with promotional perks so we can help you spread the word about your event.

3. **Snap a picture** During or after your event, send a photo of your food truck to us via email or to our Facebook page to receive your Healthy Food Bucks.

4. **Get your Healthy Food Bucks** If 100% of the food at your event is from a recognized healthy food truck(s), you will receive $100. Events that have 50% of food supplied by a recognized food truck(s) will receive $50.

You can find everything you need on the Recognition Opportunities page, including the Healthy Food Truck application.

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**Healthy By Design in the News**

Earlier this month, Yellowstone Public Radio covered the Healthy Neighborhood Project. Check out their coverage of our plans for 2020, including sidewalk poetry, [here](#).

Inspired by Public Art St. Paul (photo credit), the South Side will be showcasing sidewalk poetry written by neighborhood youth.

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**Upcoming Coalition Member Events & Announcements**

**Public Transit Community Survey**

MET Transit wants to know what YOU want from the bus system! The Public Transit Community Survey will be open until January 31, 2020. This survey will help to guide future improvements to the MET Transit system. Please take 5-6 minutes and fill out the brief survey [here](http://www.mettransit.com/survey).

You can request a paper copy of the survey if you call 406-657-8218.

**Cross-Community Engagement with Global Peace Foundation**

Monthly Sessions, February - July 2020

Join Global Peach Foundation in a series of discussions around building and strengthening cross-cultural understanding, partnerships, and solutions to local issues. If you are interested in developing leadership and dialogue skills within your community, contact Mike Yakawich by email or by calling 406-657-6391 to get an application packet.

**Activate Billings Workshop Series**

**Session #4 - Thursday, January 9th | Billings Chamber of Commerce**

Learning sessions are designed to help your organization focus on individual employees, team dynamics, corporate culture, and community engagement as we work together to Activate Billings. Participation in all 6 sessions is encouraged, but not required.

To learn more information, visit the website.
Sign up to be a Snow Buddy!
The Code Enforcement Division is looking for a few good volunteers to be Snow Buddies. If you are willing to be available to shovel sidewalks for those in need in the City, please call Trina, Code Enforcement Clerk at 237-6146.

Interested in adding content to our newsletter?
Contact Us

Want to connect with us on social media?
Like our Facebook page

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Visit: www.hbdyc.org

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