Healthy By Design Coalition Monthly E-Newsletter

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How are local students engaging in community art?
Read on!

Please enjoy and contact us to learn more about anything Healthy By Design related:

Email: info@hbdyc.org
Phone: 406.247.3394
Website: www.hbdyc.org

2019-2020 Community Health Needs Assessment (CHNA)

Planning is underway for the 2019-2020 CHNA. The CHNA is conducted every three years on behalf of the Alliance, a collaboration of Billings Clinic, RiverStone Health, and St. Vincent Healthcare. The purpose is to monitor and identify our community’s health needs and status, to inform a collaborative response. Stay tuned for important updates and opportunities to get involved!

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)
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.

The next Steering Committee meeting is Tuesday, April 16, 11:30 am - 1 pm

Contact us if interested in joining this committee or any task group – we are always accepting new members.

Creative Placemaking
Healthy By Design applied for Big Sky Economic Development's Space2Place Grant, and we hope to hear good news in April. If awarded, funds will be used to paint student-designed art on sidewalks around 2-3 partner schools to encourage walking, biking, or rolling to school.

Coalition Member Capacity/CHIP Support Grant

Healthy By Design received a grant in September 2018 to bolster member capacity to lead CHIP initiatives.

Healthy By Design staff and Steering Committee members are working on formalizing group governance rules for the Coalition and are seeking input from members, including feedback on expectations for different levels of Coalition engagement.

We will be scheduling additional input opportunities, including a potential focus group in late April. Contact us if interested in joining.

Healthy Neighborhood Project: South Side, the Bright Side of the Tracks
Current initiatives include: grocery store, neighborhood garden, gardening resources, box wraps, entryway signage, and the South Side Stories project with the Western Heritage Center.

Calling all local artists!
Show us your talent and share your South Side story through art. We are accepting applications for traffic signal box wrap designs for the South Side triangle until April 30th.

Click here for the application.

South Side residents and community members provided details
Stay tuned to find out how you can help Rachel paint the mural and consultation for a community mural at the March resident meeting.

Local artist, Rachel Larson Long (standing in the picture to the right), has been selected to design the mural with student and community engagement to make sure the mural reflects the unique look and feel of the neighborhood. The mural will be painted on the South Park Pool wall, pending Parks Board approval.

- Coming soon to the South Side neighborhood... South Side Stories walking routes based on resident and community member interviews!

- A grocery store workshop will take place on April 3. Attendees will learn about different models from a series of experts and speakers to help inform the project. Call Maia at 651.6403 to learn more about this workshop.

Visit the project website or email us to get added Healthy Neighborhood Project newsletter.

Parks Rx
The Parks Rx task group has delivered maps and swag items—including fling rings, doggie disposal bag dispensers, and pet leashes— to community partners.

You can help us spread the word about the Parks Rx maps and the health benefits of enjoying parks (for both humans and their furry companions) by distributing this handout. Or, visit the project page for more information.

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Ongoing Initiatives

Healthy Communities Initiative - Association of Chamber of Commerce Executives (ACCE)
Jennifer Reiser of the Billings Area Chamber of Commerce and Melissa Henderson of the Healthy By Design Coalition need some help from our members. They are seeking:

- Local examples of creative placemaking in the workplace;
- Businesses or organizations interested in participating in an emerging activators of health learning lab that will focus on creative placemaking as a tool to attract and retain a qualified workforce;
- Examples of employee engagement surveys or measurement tools you are using!

Contact Jennifer jennifer@billingschamber.com or Melissa info@hbdyc.org.

Healthy By Design Gardeners’ Market - Vendors Wanted!
Do you or someone you know have a backyard garden? Consider becoming a vendor for the Healthy By Design Gardeners’ Market!

- Training provided
- No fee or long-term commitment
- Make extra money while meeting new people

The Market starts on June 13 and runs every Thursday—rain or shine—until October 3 (with the exception of July 4) from 4:30-6:30 pm at South Park. Learn more online or by calling 651-6403.

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**Recognizing our Community**

**Healthy Worksite Recognition - Highlighting Local Businesses**

This month, we would like to highlight the following businesses and some of their unique and innovative worksite wellness initiatives:

**Billings Clinic - Gold Level**

As employers, Billings Clinic has a worksite wellness portal and app, called BeWell. With BeWell employees can learn about and track healthy behaviors and participate in challenges, receive incentives, and receive monetary rewards toward insurance premiums. Billings Clinic also sponsors social gatherings for their employees with food trucks and entertainment at least 4 times a year.

Website: billingsclinic.com  Facebook: Billings Clinic

**Yellowstone County - Silver Level**
Yellowstone County takes care of their employees’ health in a variety of ways. They do quite a bit of education for employees on topics such as suicide prevention training and a fair on financial fitness. Both of these initiatives help employees with stress reduction and support mental health.

Website: co.yellowstone.mt.gov/  Facebook: Yellowstone County Human Resources

KOA - Bronze Level

Kampgrounds of America (KOA) Headquarters is a Healthy Worksite and they exemplify employers who support healthy work-life balance among their employees. An example of this is their Healthy Employee Lifestyle Program (HELP), which allows employees reimbursement up to $500 for healthy activities like camping!

Website: koa.com  Facebook: KOAKampgrounds

The Healthy Worksite Committee is seeking input and help with the next recognition cycle and creation of a local worksite wellness toolkit. [Contact us](#) if interested in joining the committee.

Healthy Food Retail - Healthy Food Truck Recognition

Applications are now available. [Click here to take a look](#), Help us encourage food trucks to apply by handing your favorite food truck vendor the application.

Event Recognition

Calling all events! If you have an event coming up and would like help promoting it, [visit our website](#) to check out the Event Recognition application.

Healthy By Design in the News

Healthy By Design was Montana Rural Health Initiative's (RHI) Profile of the Week. The Healthy Neighborhood Project was featured in their newsletter and on the [RHI website](#). Check out our profile by clicking [here](#).
Upcoming Coalition Member Events & Announcements

Member Information Request
Do you know of any youth sports programs in Billings or Yellowstone County that have scholarships and/or reduced fee opportunities? Coalition member Morgan Miller, Prevention Health Specialist with RiverStone Health, is gathering information for a Health Matters article for the Gazette. You can contact Morgan via email (morgan.mil@riverstonehealth.org) or by calling 247-3276.

Fueling For Exercise Seminar at the YMCA
The Billings Family YMCA is hosting a nutrition seminar where a Billings Clinic Registered Dietitian will discuss how to appropriately fuel up for exercise. The entire community is invited, YMCA members are free, non-members can join for $5. The event is Tuesday, April 16th, from 5:30-6:30 pm at the YMCA.
Call Jennifer with questions: 406-294-1628

Scholarships available for the Songbird Community Garden!
The scholarships will cover the cost of a community garden plot, seeds, plant starts and basic tools. Families will also be paired with an experienced mentor gardener, if desired. Applications need to be received prior to garden orientation on April 23. The Songbird Garden is located in the Josephine Crossing neighborhood.
Contact Cynthia Jesse at songbirdgarden59101@gmail.com for more information and an application.

Kids In Motion (KIM) Needs Your Help!

Bags for Change: KIM was selected to be a Lucky's Market Bags for Change Partner. From February 3 - May 25, shop at Lucky's Market and bring your own bags. When you check out, be sure to ask the cashier for one wooden dime for each reusable bag you use. On your way out, simply drop your wooden dimes in the slot for KIM!

Volunteers Needed: KIM needs all sorts of volunteers from survey takers to bicycle mechanics. Qualified bicycle mechanics are paid a competitive stipend for their time.

Several bicycle repair events are coming up. The repair trailer will visit the following schools from 2:30-4:30 pm:
April 4: Eagle Cliffs | April 11: Washington | May 9: Rose Park | May 16: Bitterroot

Please visit KIM's website for more information or to sign-up.
Community Health in the Montana State Legislature
The first half of the 66th Session of the Montana Legislature is over and for the remaining 45 days, the Healthy By Design Coalition will update our members about bills that may affect the health of our community or how we do our work. The Healthy By Design Coalition itself is not an advocacy organization and does not get involved in political campaigns. The bills listed below are for informational purposes only:

- **HB400** (Double SNAP Dollars) - Passed the House and will be heard by the Senate Public Health Committee THIS Wednesday, April 3rd at 3pm. ([https://leg.mt.gov/bills/2019/billpdf/HB0400.pdf](https://leg.mt.gov/bills/2019/billpdf/HB0400.pdf))
- **HB 378** (SNAP eligibility) and **HB425** (Medicaid expansion) are both dead.
- **HB 658** (Remaining Medicaid expansion bill) passed its third reading in the House 61-37. It has been transmitted to the Senate and is awaiting committee assignment and a hearing date. The amended bill can be found [here](https).

If you would like more information about the 2019 legislative session, logon to [https://leg.mt.gov/](https://leg.mt.gov/) or contact your Representative or Senator. You can find out who represents you in Helena at this link: [https://leg.mt.gov/legislator-lookup/](https://leg.mt.gov/legislator-lookup/)

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Email: info@hbdyc.org  
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Visit: [www.hbdyc.org](http://www.hbdyc.org)

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