

Healthier Cumberland

Taking Steps to a Healthier Community



HCC Monthly Meeting

June 6, 2016

4:00pm- Cumberland School District office

I. Welcome & Introductions

Kristin Olson, Sue Rouzer, Jamie Wickstrom

II. Agenda

- Be Well Barron County

Grant ends 7.31.16 so Be Well Barron County will be under Barron County Coalition (BC3)

No June/July meetings

Amanda Smithhisler is ending employment since grant is done.

Next meeting August 17th from 9-11am

National Night Out is August 2nd at 5 locations: Rice Lake, Barron, Cumberland, Chetek, and Turtle Lake

- Chronic Disease Prevention Unit

Discussed a systems approach to evaluating coalition work. It's an application of simple rules of thinking to the development and evaluation of change efforts.

Principle 1: Define your boundaries. (Program theory of change so effort versus effect)

Principle 2: Define and redefine your constructs. (key ideas and assumptions)

Principle 3: Select a method that matches your state of understanding. (Pick design evaluation and tools that capture impact)

Principle 4: Evaluation focuses on the relationships and evolves the constructs.

(Requires continuous evaluation, refinement, testing and quality improvement)

Steps for Evaluating Coalitions

1. Each organization/network articulate its change efforts (distinctions)

2. Articulate the relationships amongst and between change efforts.

3. Frame the larger system: what's the whole about? What are the core 'parts' or players?

4. Within the whole, what perspectives are represented and not represented?

III. Other items...

- Worksite wellness

3M- Safety Fair on July 18th for employees

Cumberland School District- out for summer

Cumberland Healthcare- Participating in a Pink Glove Dance; in June, we're doing 30 minutes for 30 days during various exercise options like planks, sit-ups, pushups, etc. In July our challenge will be 30 minutes of physical activity for 30 days leading up to the Shooting Stars 5K. Looking at our 2016 Health Risk Assessment to start planning for the year.

- Healthy Lifestyles Network meeting
Abbotsford talked about their Safe Routes to School program. Andrea Dearlove from Wisconsin Partnership Program talked about community grants and more: A How To Next meeting September 20, 2016
- HWLI Community Team
Finishing up in June with last 2 day retreat which will be talking about collective impact, effective public health communication, promoting our message, sustainability planning
- Know your Numbers Health Fair
Total 411 participants this year. Great success.

Healthier Cumberland Coalition Project Mission:

Develop, implement, and evaluate a comprehensive program to promote healthy lifestyle behaviors related to dietary intake and physical activity in Cumberland schools, worksites, churches and healthcare facilities.

NO MEETING IN JULY!! Next meeting August 1st at 4pm-Cumberland School District office

At August meeting, we want to discuss the future of the coalition. What direction do we want to move in the present and future. What are the goals of the coalition going be? Should we meet monthly/quarterly/etc? Do we need to make a time change? Some of the items we want to address during this meeting.

Cumberland Community members are encouraged to attend so we can continue to make steps towards a healthier community. Thanks for your support!