

Healthier Cumberland

Taking Steps to a Healthier Community



HCC Monthly Meeting

March 7, 2016

4:00pm- Cumberland School District office

I. Welcome & Introductions

Kay Capra, Jamie Wickstrom

II. Agenda

- Barron County Community Coalition (BC3)

Barron County Community Coalition includes Safe and Stable Families Coalition and Be Well Barron County Coalition. Healthier Cumberland Coalition works with the Barron County Community Coalition. Mission Statement: The Barron County Community Coalition builds community partnerships to promote family strength and stability for the development of sustainable, healthy communities.

Priorities: Prevention of Youth Substance Abuse and Community Health & Wellness

Vision Statement: Where community & collaboration grow.

Membership is open to all community members and professionals working and/or living in Barron County. The meetings are currently the third Wednesday of each month from 9-11am at the Barron County Government Center.

The coalition is working with Community Connections to Prosperity as a sub-committee.

Kick Butts Day is March 16, 2016...Let's Kick Tobacco's butt!

Excel with Be Well meeting on Wednesday, March 16th from 12-1pm at Lakeview Medical Center. Topic: Emotional Health/Work Stress/Mental health with Dr. Filza Hussain (psychiatrist) from Mayo Clinic speaking.

- Chronic Disease Prevention Unit

Re-energizing Your Coalition Using Best Practices

Community Engagement is central as the community is critical to the process, to learn about the issues we are trying to address, learn about target community, share power and resources, build community ownership, to do "with" versus doing "for", align with community organizations, identify community leaders and key partners and develop relationships, and honor community residents' knowledge and experience

The 6 R's of Participation: recognition, role, respect, relationship, reward and results.

Coalition Best Practices- have regular meeting cycle (**1st Monday of each month**), have active work groups, meeting ground rules, at end of meeting we check what worked and what didn't and has a leadership team. Also, there are clear role and responsibilities for coalition members, members are accountable to the coalition, recruit new members &

sustain ones we have, meetings have agenda and minutes, decision making rules are clear.

What can Healthier Cumberland Coalition do to re-energize our coalition to where it was when it started? Let Jamie know.

III. Other items...

- Worksite wellness

3M- finished online health assessments to employees, as follow up to assessment each employee is given options to choose activities to complete that will help encourage healthy living. Finished Heart Health Campaign, will be participating in National Bike Challenge (May thru Sept), 4 week stress reduction challenge

Cumberland School District- 4 more weeks on the healthy challenge & weight loss, 3 week students challenge-Driven to better health (eating fruits & vegetables, exercise, sleep, etc)

Cumberland Healthcare-2016 Biggest Loser Challenge, knitting lessons and yoga for stress reduction, planning for Healthcare Week

- **HWLI Community Team**-went to 2-day retreat in Eau Claire. Talked about engaging community for action; understanding health equity framework and increasing foundations of community organizing and how to apply strategies for building powerful coalitions. We also talked about storytelling and increasing the capacity to tell your story through thematic story telling approaches and utilizing a message box and had team time to start working on ours.
- **CHC Progressive Dinner**-Tickets are still available at the front desk at the Cumberland Healthcare Hospital. Starting off at 5pm meeting for appetizers at the American Legion, at 6:30pm people will head to 5 O'clock Club, Bistro 63 or Tower House for supper, and then everyone meets again at Das Lach Haus for desserts and games. Come join the fun on Friday, March 18th.

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.

Next meeting is in May 2nd at 4pm-Cumberland School District office.

Note-No Meeting in April as conflicts with schedules. See you in May.