

# Healthier Cumberland

Taking Steps to a Healthier Community



## HCC Monthly Meeting

May 2, 2016

4:00pm- Cumberland School District office

### I. Welcome & Introductions

Barry Rose, Sue Rouzer, Jamie Wickstrom

### II. Agenda

- Be Well Barron County (Barron County Community Coalition)
  - Planning for Parents Who Host Lose the Most (April/May)
  - Website Update- Joel McReynolds-decided to use WIX for the platform
  - Making an one-page coalition handout for review
  - First safety camp 8/2/16 at Anderson Park in Barron, starting at 7:30am for 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> graders in Barron County.
  - Teaming with Poverty Coalition, which are looking at writing grants to fund that initiative.
  - HAY (Healthy Active Youth) program continues every Tuesday/Thursday.
  - National Night Out sites will be held at Barron, Turtle Lake, Cumberland and Rice Lake on August 2<sup>nd</sup>. More information to follow.
  - Next Coalition meeting for BC3 is May 18<sup>th</sup> from 9-11am at BC Government Center Auditorium.
  
- Chronic Disease Prevention Unit
  - Why do we do community engagement?
    - Deep community engagement that focuses on empowerment
    - Impacts individual, community and policy processes and outcomes
    - Supports improved health
  - What does it look like?
    - Increasing level of public impact-
      - Inform/outreach
      - Consult

- Involve
- Collaborate
- Empower/shared leadership

Evolving from helping communities beat the odds, to **WORKING WITH communities to CHANGE the odds.**

### Wisconsin Coalition Connections

Aligning efforts to support coalitions-

- Chronic Disease Prevention Program
- HWLI (healthy Wisconsin Leadership Institute)
- UW-Extension
- healthTIDE

The intent of the Wisconsin Coalition Connections is to build sustainable infrastructure to support connections between community coalitions and resources and to facilitate alignment across initiatives and organizations.

“Products” to do this include: monthly coalition calls, interactive web-based connection platforms, commitments to monthly interagency coalition support meetings, support planning and implementation of a re-imagined prevention conference and exploration of new ways to provide technical assistance (TA) and training opportunities.

### III. Other items...

- Worksite wellness  
**3M-** nothing reported

**Cumberland School District-** We finished our 12 week Healthy Lifestyle Challenge and our weight loss challenge in April. We used our Worksite Wellness meeting gifts as some of the prizes. School year is wrapping up so we did not start any new programs.

**Cumberland Healthcare-** 2016 Biggest Loser wrapped up with 30+ employees participating, 2015-2016 wellness program wrap-up and 2016-2017 wellness program starting, had 2 classes of yoga, doing 2016 health risk assessment, wellness program survey for our staff, starting a summer challenge

- HWLI Community Team  
Nothing to report
- Know your Numbers Health Fair

Tuesday May 10<sup>th</sup> and Wednesday May 11<sup>th</sup> from 6-9am at the Cumberland Healthcare. For the most accurate results, do not eat or drink anything, besides water, 12 hours prior to testing. A free breakfast will be provided along with healthcare displays, giveaways and health resources.

**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 June 6th at 4pm-Cumberland School District office.**