

Healthier Cumberland

Taking Steps to a Healthier Community



HCC Monthly Meeting

February 1, 2016

4:00pm- Cumberland School District office

I. Welcome & Introductions

Kay Capra, Sue Rouzer, Jamie Wickstrom

II. Agenda

- Be Well Barron County

- Did health fair at LMC for their employees. Had sustainability meeting in January and discussed what would happen after grant money is done.
- Healthy Habits Class/Healthy Active Youth: Boys and Girls Club, Cumberland Healthcare/Healthier Cumberland Coalition and UW-Extension Nutrition Education Program will continue these classes.
- Motivational Interviewing: Going to be checking with Clare Janty, Certified Life Coach/MI trainer to offer trainings to community providers for a charge.
- MI tip of the month newsletter: Just going to re-circulate sheets to serve as reminder system to continue incorporating these ways of interacting with clients into practice.
- Excel with Be Well: Lakeview Medical Center has taken the lead on this program and will continue to offer resources and meetings with a meal once grant is over.
- Community:
 - Faith-Based=discussed having coalition members sharing Be Well's Living Healthy in Faith guide with someone who has passion about healthy living to pass it out at area churches. Also brought up to look at other faith based organizations like food pantries for distribution with clients they serve.
 - Grocery Stores/Produce Cards/Recipes=UW Extension/Kathy Splett offered to take responsibility for displaying existing cards and will distribute along with her teaching opportunities under the Wisconsin Nutrition Education Program and at the Farmer's Market.

- o Annual Health Challenges= will be offered through area hospitals.
 - Social Media-Sarah Turner will update Facebook with information and the website is paid through April 2016 and then will look at more affordable options.
- **Chronic Disease Prevention Unit**
 - Talked about aligning efforts to support coalitions so they wanted feedback from coalitions to help shape individual and joint efforts. Partners supporting Coalitions include Chronic Disease Prevention Program, WI DHS; healthTIDE (formerly Wisconsin Obesity Prevention Network and Obesity Prevention Institute); Healthy Wisconsin Leadership Institute; and UW-Extension.
 - Coalition Needs include local capacity building; strategic connections to resources, partners, other coalitions and funding opportunities; connections across funding initiatives; and input on statewide efforts.
 - Networking -calls and online webinars, small rural vs. large urban coalitions, online chat forum, having a healthy lifestyles network who met like 3x/year.
 - Supports needed-CDC grant for worksites, active communities & schools; shared ownership between organizations; challenges related to evaluation of coalition work, technical assistance aligned with funding; coalitions experiencing fatigue and not competing with other coalitions.
 - Coalition Capacity Building-would include health equity lens into coalition work; sustainability, both individual and funding level; social media for building our coalition; maintain social media presence with limited volunteers; have blueprint flowchart/roadmap
 - Web-based Platform-it would be like an online "switchboard" to help facilitate connections to resources and to each other (map with layers for contact information, type of work, etc); be sustained for long run; need section for new grant opportunities and/or sharing opportunities, for upcoming webinars or conferences, sample documents
 - Ann McCall (Community Support Coordinator)
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III. Other items...

- Worksite wellness

3M-

Cumberland School District- Healthy Living Challenge includes water consumption, eating fruits & vegetables, getting enough sleep and exercise for 12 weeks. Participants keep track of points. Also Weight loss challenge.

Cumberland Healthcare- Biggest Loser Challenge, Cheers Pablo painting event

- CSD Youth Obesity Prevention Program

Regularly had 15 participants; had pizza party on March 3rd

- HWLI Community Team

Goal: Improve health of residents around ATODA, mental health and chronic disease by decreasing negative stress, which harmfully affects health. The group is working through the Community Health Improvement toolkit.

Kinds of stress residents are having include financial, time balance; resource needs gaps, family/relationship, emotional, health, and job.

Dealing with stress includes social support, hobbies, self-coping strategies, exercise, alcohol, personal time, substances, fighting, external help

Community assets: wellness, financial, community institutions, things to do, and educational/recreational opportunities

Suggestions: alcohol free opportunities, resource information availability, walking paths, community events, transportation, daycare, indoor playground

- CHC Progressive Dinner

Friday, March 18, 2016 from 5-8pm. Starting off with appetizers at the American Legion, dinner will be held at your choice of the 5 O'Clock Club, Bistro 63 or The Tower House, and then dessert/games will be at the Das Lach Haus. Join us for a fun evening! Tickets are available at the Cumberland Healthcare Hospital front desk.

- Talk with a Doc "Wound Care"

Dr. Brian Pauley will be talking about Wound Care on Tuesday, March 1st at 5:30pm in the Cumberland Healthcare administration boardroom.

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 March 7, 2016 at 4pm-Cumberland School District office.