

HEALTH & WELLNESS COALITION

Healthy Bethany. Where the healthy choice is the easy choice.

July 26, 2019

ATTENDING: CJon Hinkle, community member; Rhonda McCoy, community member, HCHD Board Member; Dick Graner, community member; Tina Gillespie, CEO, HCCH; Tim Hill, Marketing, HCCH; Robin Hogan, HCCH; Jamie Baker, DHSS; Janet Hackert Kiralfy, community member; Charlotte Gregg, HCHD; Courtney Cross, HCHD

WELCOME EVERYONE

- CONTRACT UPDATES: WE ARE OFFICIAL IN YEAR 2(IMPLEMENTATION PHASE!!)
- IS EVERYONE RECEIVING THE MEETING NOTES?
- REVIEW ASSETS OF OUR COMMUNITY AND IDENTIFY THE GAPS THAT THE COMMUNITY NEEDS - THESE WERE SOME GREAT SUGGESTIONS PROVIDED DURING THE COALITION MEETING TO FILL IN THE GAPS OF THE COMMUNITY NEEDS.

EASE PHYSICAL ACTIVITY	DECREASE TOBACCO USE/EXPSURE	EASE ACCESS TO HEALTHY FOOD
ASSETS	ASSETS	ASSETS
WALK TO SCHOOL EVENT N RUNS WELLNESS CHALLENGE MOST COMMUNITY GYM MEMBERSHIP/FREE CLASSES @ HIGH SCHOOL SHOP GYM DRIAL PARK - PLAYGROUND, CHAT TRAIL, BALL FIELDS TIC CENTER BEING DEVELOPED BETWEEN BALL FIELDS ROUTES TO SCHOOL TIVE PROGRAM FOR HOMEOWNERS TO IMPROVE SIDEWALKS USE AGREEMENT FOR COMMUNITY USE OF SCHOOL GYMS AND OTHER FACILITIES	DLS HAVE A SMOKE BUSTER GROUP/EVENT FOR RED RIBBON WEEK BUSINESSES, ORGANIZATIONS, SCHOOLS, ETC... HAVE TOBACCO FREE OR SMOKE FREE POLICIES/PRACTICES	TENSION COOKING CLASSES E COOKING CLASSES DL NUTRITION CLASSES W/ MU EXTENSION GARDEN CLASSES H OPTIONS AT SEVERAL RESTAURANTS DLS OFFER FRUIT AND VEGGIE BAR ANK OFFERES HEALTHY SNACKS TAL PROVIDES HEALTHY OPTIONS AT MEALS TAL PROVIDES SIGNAGE THAT PROMOTES HEALTHY NUTRITION WIC CLINIC COMMUNITY GARDEN S ON WHEELS/SENIOR CENTER MEALS TION STANDARDS FOR SCHOOLS
NEEDS	NEEDS	NEEDS
g/Biking Trails nunity Bike Racks o it! - inspiration/motivation to get people moving r playground for kids ties for families ise groups in the park ng school bus	ing ordinance at Fair grounds and parks(ball fields included) te on dangers of e-cigarettes tion on dangers of smoking and second hand smoke nated smoking areas for those businesses that are not tobacco/smoke free campuses	s on Wheels with better nutritious meals s with nutritional values during classes arb options at restaurants tion on healthy eating cing portion sizes

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tion on what the community already has in place	ptions of Smoke Free businesses smoking in homes or cars with kids	ng the gap for meals for kids when schools is out to when school begins again.
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SOME ITEMS WE DIDN'T GET A CHANCE TO DISCUSS AND TO THINK ABOUT FOR OUR NEXT MEETING IN AUGUST:

- TO DEVELOP THE CHRONIC DISEASE PLAN, IT MAY BE BENEFICIAL TO THE COALITION TO SEPARATE DUTIES INTO 3 SUBGROUPS TO ADDRESS THE 3 RISK FACTORS: PHYSICAL INACTIVITY, POOR NUTRITION, TOBACCO USE AND EXPOSURE. I WILL SEND OUT AN EMAIL TO ASK FOR VOLUNTEERS TO HELP DEVELOP THESE AREAS OF THE PLAN.
- OTHER WAYS WE CAN SPREAD INFORMATION ON WHAT THE COALITION IS WORKING ON? AT JUNE COALITION, A LIST WAS GENERATED ON HOW TO SPREAD THE WORD ON WHAT OUR COALITION IS DOING - WHO WOULD LIKE TO REACH OUT AND ASK THESE GROUPS IF WE COULD PRESENT? ANYONE WILLING TO PRESENT??

Attend sorority meetings, church meetings, present at the schools, present at rotary and chamber, etc...

- A GREAT WEBSITE TO SEE DIFFERENT STRATEGIES TO USE TO IMPROVE PHYSICAL ACTIVITY, DECREASE SMOKING AND EXPOSURE & INCREASE ACCESS TO HEALTHY EATING IS "COUNTY HEALTH RANKINGS AND ROADMAPS",
<https://www.countyhealthrankings.org/explore-health-rankings>.
- NEXT MEETING - AUGUST 23RD @ THE CHURCH.