

Health & Wellness Workgroup - Meeting Notes

DATE: Tuesday, February 21, 2012

PURPOSE OF MEETING:

- Discuss regionally important values, goals and objectives
- Clarify process for additional outreach to increase/broaden participation in the Workgroup
- Review and identify regional health and wellness issues and opportunities
- Select a chair for the Workgroup
- Discuss nomination process for Steering Committee

ATTENDEES: Deana Stevens, LeeAnne Tucker, Stacy Friesland, Robert Ford, Brett Sculthorp, Gibbie Harris, Jessica Stervermer, Linda Block, Dana Martin, Sarah Thach, Julie Lawhorn, Travis Peterson, Marian Arledge, Carolyn Donner, Brenda Ross, Terri March, Susan McDonald, Linda Giltz, Rebecca Chaplin, Carrie Turner

Introductions and Identification of Values

Everyone was asked to think about what is important to them about cultivating health and wellness in our region and/or why working on this project is important to them. They shared these values with each other in small groups, then with the larger group:

- Empowered individuals / empowered community
- This project provides a holistic / integrated approach to community planning
- Health at a regional level – important to consider an integrated and holistic approach across issues
- Tying public health with other issues (to further public health) and being proactive
- Opportunity and access regardless of \$ or location to healthy choices
- The healthy choice as the easy choice & infrastructure to support
- Maintaining a broader view and being inclusive of health disparities and racial inequalities
- Health needs to be included in a sustainability plan to be successful
- Project and goals align with organizational mission (Hot Springs Health Program)
- Healthy & active aging population being involved in the project
- Ensures special needs population ??
- Health promotion is important and includes spirituality and is important and in any community analysis
- Representation of minorities and low income residents
- Differentiating health promotion and disease prevention and the different strategies that each may require. Visioning towards health promotion – optimal health



- Including health in all topic-specific discussions
- Personal fulfillment
- Housing & Health Connections
- Built environment as an obesity reduction tool
- Economic opportunities & benefits related to a built environment that promotes activity
- Distribution of dollars in the health care continuum – using \$\$ outside of traditional care facilities

Themes

- Integrated
- Inclusive
- Collective impact / common good
- Built & social environment connections (how environments shape behaviors)
- Individual & community / Prevention vs. Promotion and different strategies for each
- Personal fulfillment and empowerment

Outreach follow up:

The group discussed who else would be good to invite to join this workgroup, to ensure a variety of perspectives across the five-county region were represented. After some discussion, Linda noted that all the work groups are trying to assemble a diverse group, representing different perspectives. So, as people reach out to others, encourage them to join the workgroup they are most interested in joining. Rebecca and Linda will send a short write-up that can be included in the body of an email to new participants.

- **LeeAnne Tucker** will connect with older adults volunteers, Slavic Community and Mtn. Project Inc.
- **Linda Block** send an announcement to Nuestro Central, the Latino Steering Committee, Building Bridges
- **Susan McDonald** will follow up with the Urban News
- **Brett Sculthorp** will follow up with NAMI
- **Jessica Stervermer** will invite Carolyn Fryberger with the Town of Black Mountain and Recreation community in Haywood, Transylvania and Henderson Counties
- **Sarah Thatch** – Healthy Carolinians Coordinators in Haywood county
- **Julie Lawhorn** will follow up with the Haywood county non-profit agency meeting and Transylvania County, TRAIN

Review and Discuss Plan Review:

Important regional issues that were missing in the report

- Food insecurity
- WNC is #1 in the state for disasters
- Children's Issues
- Child Abuse



- Smoking
- Asthma
- Lead
- Injury
- Poisoning
- Women’s health / Pre-conception health
- Prescription misuse/abuse
- Diabetes
- Access to wellness – physical activity; healthy food; clean water; clean air

**Opportunities to improve health and wellness in our region
(some are duplicative of other previous section)**

- Strategic alignment of organizations and programs at the same target
- Agreement to synergize and work towards the same target
- Framing the conversation with a focus on “Positive Health” (rather than focusing on the problems)
 - Include the relevance of positive mental, emotional and spiritual health
 - Positive community health
- Creating a culture of community and social capital
- Self-efficacy
- Optimal wellness wherever you start
- Look at environment as a building block and its linkages to health – this group has the opportunity to look at how health is connected to the natural and built environment
- Access to wellness – physical activity; healthy food; clean water; clean air
- Focus on Prevention
 - Including mental disability prevention
- Cultural competence training for providers
- Management of chronic health conditions
- Nicotine replacement therapy
- Women’s health / Pre-conception health
- Build on our positive reputation of quality-to-cost ratio (e.g., WNC has some of the best quality to cost of hospital care ratios compared to the rest of the U.S. – Sarah Thatch)

Selection of Chair and Discussion of Steering Committee Nomination (see handout for details)

Marion Arledge and Brett Sculthorp volunteered to serve as co-chairs and the group welcomed and agreed to their leadership.

At the next meeting – **March 13th, 3:00-5:00 p.m., at Land-of-Sky Regional Council** - the workgroup will nominate a couple members to serve on the GroWNC Steering Committee.