

Healthy Community Alliance
Nutrition Workgroup Meeting
October 10, 2017
NOTES

Present:

Adriene Knight, Open Door Health Services ajknight@opendoorhs.org

Gretchen Cheesman, 2nd Harvest Food Bank gcheesman@curehunger.org

Jenny Wagner, Hillcroft Services jwagner@hillcroft.org

Mandy Puckett, IU Health Ball Memorial Hospital Bariatric & Medical Weight Loss Center
mpucket1@IUHealth.org

John Disher, IU Health Ball Memorial Hospital Foundation jdisher1@iuhealth.org

Partner Updates- Group

Gretchen discussed the school based food pantries supported by 2nd Harvest. They recently opened the 19th school based pantry in North Manchester. In Muncie, there are school pantries at Southview, Southside and Grissom, with plans underway to open at East Washington Academy and Longfellow. Families may take 7 pounds of food per person in each household. What food in pantry depends on what food is in @nd Harvest warehouse, but items typically include fresh corn, watermelon and apples. 2nd Harvest has a giant freezer for items like baked goods and meat. Meat is typically from grocery stores as they clear out items 2 days away from sell by date. Nestle often provides tortellini's and quinoa bars. In addition to meeting a food need, the pantries also serve as a way for school staff to interact with parents as a positive means of relationship building. A list of local pantries is available on the 2nd Harvest website- <http://www.curehunger.org/>

Jenny Wagner discussed the presentation recently given to "DSP" staff from Hillcroft regarding healthy nutrition by Molly Hunt from the Purdue Extension. These staff members assist Hillcroft clients with food preparation in their 3 group homes and 19 supported living homes. Contact Molly at hunt55@purdue.edu for more information about the presentations she has available for groups.



Adriene Knight from Open Door Health Services is seeking information regarding a home canning demonstration. Open Door will again operate a farmers market on their premises next year 3 days each week on Tuesday, Wednesday and Thursday.

Mandy talked briefly about her role at the hospital and her team of dieticians.

BSU Communications Class – John noted that a team of students will be working on messaging materials that focus on making healthy lifestyle choices. Goal is to have materials ready to launch January of 2018.

Healthy Weight Toolkit discussion – John passed out a summary of brainstorming discussions held by the HCA Nutrition and Physical Activity Workgroups. (see below) John will convene a small ad-hoc committee to move forward with the project.

Next meeting: December 12, 2017 at 2nd Harvest Food Bank

ATTACHMENT- HCA Healthy Weight Toolkit Brainstorming ideas

Healthy Weight Toolkit for HCA Partners- brainstorming ideas
Nutrition Workgroup-August/*Physical Activity Workgroup-September*

Objective:

Provide Resources for how to start weight loss, what is available locally, how it can apply to you
Resources- what is available, phonebook registry, brochures to churches, community partners
Raise awareness of services, provide list of available community services
Connect people to programs

Educate people why healthy weight is important, focus on eating better, getting healthier vs. losing wt
Healthy weight loss through increase in activity level, understand difference of PA and exercise
Educate health benefits of physical activity
'move more, sit less- some is good, more is better, "If you don't want to do it just start"

Format:

"Step 1", easy read, visuals pictures, links to video clips, sites, evidence based, personal statement links, apps, personal statement, endorsement
how to connect locally- nutrition track, physical activity track (feature partner orgs)
Accredited, licensed materials, proper qualifications
Credit-valid-certification-qualification
Online Directory
Brochure – Print
Accredited, certified, licensed professionals
Short, readable, 1 page perhaps
Handouts, booklet, web page, fridge magnet, book mark, hang tag in car, screen saver
Folder with inserts

Pamphlet

Online resources- apps that are free or low cost; websites, links to workouts/online resources

Contents:

Programs Directory, website

Apps that are easy to access

List of resources from community partners Cost, locations to seek help, app/online/virtual applications

Hypnosis?

Provider, cost, location

Programs available for taking weight off, keeping weight off, groups that will support, behavioral support groups

Focus on wt. loss: nutrition component, behavioral health component

IUHBMH support groups, other support groups, comprehensive programs, open door?

Couch to 5K app/website

Listing of local resources

Fitness log

Info on how to take your heart rate/moderate activity means you can carry on conversation

Healthy eating recipes

Contents Continued:

health benefits of physical activity- walking including mental health aspects

Rewards section- positive rewards rather than 'cheat' rewards

Easy exercises

listing common barriers

Myths and facts section

Existing resources to include:

Open Door?

Support groups- IUHBMH, free, Wt Watchers \$, Church Groups, Community Hospital (support, bari)

Adult Physical Fitness Program at BSU

YMCA, silver sneakers for low income population

Weight Watchers, Planet Fitness, CrossFit, BSU rec center, IUHBMH Fitness Ctr., Greenway, Morrows

Meadow, Body Recall? BSU outdoor pursuits, trail maps-website links

Muncie-Delaware County Bike Ped Master Plan