

Healthy Community Alliance Nutrition Workgroup Meeting

2-13-18

In attendance:

Adriene Knight, Open Door Health Services

Abbi Sampson, Ball State University

Dawn Marie Oberly, Holy Trinity Church

Kait Williams, YWCA of Muncie

Dana Pierce, Lifestream Services

Chelsie Jaramillo, Purdue Extension

Danielle Vorhees, Purdue Extension Intern

Mandy Puckett, IU Health Ball Memorial Hospital

Melanie Lanich, Muncie Sanitary District

Hannah, BSU practicum student

Keith Gary, US Architects

John Disher, IU Health Ball Memorial Hospital Foundation

Following introductions, John broke the room into 2 groups, and described how he will be intentionally meeting with all 111 HCA Partners in 2018. He asked the groups to brainstorm ideas for connections/programming that he could share with Partners based on their specific needs. For instance, some organizations may be interested in promoting Cardinal Zumba, or the adult physical activity program at BSU to their audiences. The goal of the conversations is to help develop connections among Partners for existing opportunities as well as potential partnerships. Results are recorded below.

John also asked for input into the development of the healthy weight and active living toolkit for HCA Partners. Several suggestions were provided, including:

-including coupons to encourage utilization of services/offerings that require payment (YMCA membership, etc.)

-concept of waist circumference = increased risk of heart disease

-if food description includes breaded loaded creamy smothered it is not good for your

-Calorie burning chart, such as eat this walk that

-Tracker info

HCA Partner Connection/Sharing ideas for HCA consultation sessions in 2018-

Goal for 2018: Each HCA Partner organization has received consultation regarding the availability of HCA resources for obesity and tobacco; and been advised and or referred to HCA Partner programs, best practices, and additional resources.

What would you like other HCA Partners to know about your organization? What programs are available, what resources can you share, what resources do you need?

PROGRAMS

Does your organization offer education programs to the public or other organizations relating to nutrition, physical activity or tobacco cessation?

Danielle Vorhees, Purdue Extension Intern- Captain Cash Financial Literacy, Dining with Diabetes, Heart Healthy, Women in Ag-Opioid crisis in Delaware County (Molly's Presentation), Molly has been talking about creating curriculum relative to heart rate, mindfulness in outdoor activity and relating it to the classroom/families. (not sure of progress) Photo Voice- grant that allows children to capture food security in their eyes and use public speaking skills,

Adriene Knight, Open Door Health Services- Farmers Market in summer

Chelsie Jaramillo, Purdue Extension- a master list of PE programs is being created from 4-H; Health and Human Services, Agriculture and Natural Resources and the Nutrition Education Program.

Dana Pierce, Lifestream- we have a wellness director who is teaching a HEED class to some locations. We try to offer wellness and nutrition info to our employees. We offer referrals to free RDA's when needed.

Dawn Marie Oberly, Holy Trinity Church- The third Saturday of the month we have a food distribution starting at 9am, we have a walking group at 12:30 (winter months) every Wednesday. We may move the time to earlier in the day during summer months. We have meeting space available.

Kait Williams, YWCA of Muncie- Pound Class, Zumba Class

Abbi Sampson, BSU Fisher Institute of Health and Well-Being- The Healthy Lifestyle Center (HLC) is a community-based program which will provide education and information about services available in Delaware County related to health in general, but specifically focused on the importance of healthy lifestyle behaviors. The HLC is available to all of the population of Muncie and Delaware County. The HLC was developed by the Ball State University College of Health (areas of expertise: Counseling, Health Science, Nutrition, Exercise, Speech Pathology and Audiology, Social Work, and Nursing) and in collaboration with Meridian Health Services. The IU School of Medicine medical students are also collaborating on this project. The primary goal of the HLC is to help individuals live a healthier life and as a result see improved health outcomes in Delaware County.

RESOURCES

Does your organization offer resources such as scholarships, grants, aid, meeting space that might help other organizations influence audiences to make better choices around active lifestyles, nutrition and tobacco? Do you have volunteers willing to help with community projects?

Aдриене Knight, Open Door Health Services- ODHS has a community room that can be used for meetings.

Chelsie Jaramillo, Purdue Extension- Farmers Market List, Mobile Market Locations, Urban Garden Coalition Info, Community Food Box Locations, Grant opportunities vary by content area.

Dana Pierce, Lifestream- we have some meeting space that can be used. Several employees would be available as volunteers, we also have volunteers who are willing to help where needed.

Keith Gary, US Architects- I would volunteer, and perhaps others from our office

Dawn Marie Oberly, Holy Trinity Church- If you are a Thrivent Financial Member, you are eligible for a \$250 grant to use for your community event. As a member you may have 2- \$250 grants per year.
<https://www.thrivent.com/>

Kait Williams, YWCA of Muncie-We do have 3 meeting rooms that we offer for a small fee.

WHAT IS YOUR ORGANIZATION LOOKING FOR to help influence your audiences?

Expertise? Educational programs? Volunteers? Partnerships?

Danielle Vorhees, Purdue Extension Intern- partnerships to do programs and presentations, interns

Chelsie Jaramillo, Purdue Extension- partnerships, more interns

Dana Pierce, Lifestream- we are always looking for volunteers and partnerships. Our cafes are always a great place for speakers, lunchn learn and to distribute educational information. We are always in need of educational materials for café sites, homebound clients, senior food banks and farmers market voucher distribution.

Keith Gary, US Architects- Looking for educational programs

Dawn Marie Oberly, Holy Trinity Church- we are looking for educational programs and parnterships

Kait Williams, YWCA of Muncie- smoking cessation course, physical activity programs and nutrition programs that are sustainable for our population.

Abbi Sampson, BSU Fisher Institute of Health and Well-Being- Nutrition/healthy lifestyle toolit (general info) would be very helpful; marketing out into the community so that people know about the healthy lifestyle center and so people can refer others.