

Healthy Community Alliance Nutrition Workgroup Meeting 2-14-17

Noon-1:15pm

NOTES

Participants:

Missy Wood, Lynd Place

Tony Elder, Westminster Village

Chelsie Jaramillo, Purdue Extension

Molly Hunt, Purdue Extension

Bev Purtlebaugh, Paws Inc., and IUHBMH Foundation Board

Nathan Taylor, Youth Opportunity Center and DC Wellness Professionals

John Disher, IU Health Ball Memorial Hospital Foundation

John started the meeting with a brief overview of the [Healthy Community Alliance](#) and the Collective Impact Model . The group discussed how the Alliance is focused on helping our Partners find meaningful ways to influence their particular audiences vs. trying to start new community programs which the Alliance does not intend to do.

Chelsie provided information about her work as a Community Wellness Coordinator with the Purdue Extension and how a Community Action Team has been formed to work on developing new community programs and initiatives related to policy, systems and environmental change for nutrition and physical activity.

Discussion- what is the definition of healthy nutrition for organizational audiences. The group came up with several ideas for how to approach helping Alliance Partners promote healthy nutrition to their audiences.

Key concepts/messages to consider as we work to promote healthy nutrition to Partner Audiences:

Basic knowledge is important

Exercise alone is not enough- you can't out exercise a bad diet

Knowledge about the unhealthfulness of processed, packaged or convenience foods

Quote from Michael Pollan- Eat food. Not too much. Mostly plants. <http://michaelpollan.com/articles-archive/unhappy-meals/>

Don't vilify food- don't try to scare people

Pick and choose wisely

When offering food for functions- make sure there are options to represent food spectrum

Choice is important with food offerings

"moderation" is a subjective term

Youth- different options than adults

Education at the table-staff can message audiences as food is delivered

Promote choice-choose healthy option if available

Bringing meals from home

Label reading can get complex, simpler option to encourage reading of ingredient list or simply say fill half your plate with vegetables

Simplicity is important- “eat ‘til you’re 80% full”

Make food learning fun, not overwhelming, not super time consuming

Dangers of dieting- yo yo ing

Vending machines- strategic pricing for healthy and less healthy options

Cafeterias- nutrition labels, informed audiences

HCA Nutrition Goals:

HCA Goal 2: Improve Nutrition

- Increase the percentage of adults who eat the recommended amounts of fruits and vegetables per day.
- Or Increase daily consumption of fruits and vegetables.
- Increase the percentage of youth who eat the recommended amounts of fruits and vegetables per day.
- Increase the percentage of individuals who are at a healthy body weight.
- Decrease the amount of fast food consumption by adults and children.

Small group discussions – group

Participants filled out a worksheet and reported out on ways that Partners are already influencing healthy nutrition and ways they would like to. John will bring the sheets to the next meeting to share with the group.

Healthy Community Alliance Partner Influence	
Organization: _____	
Our Audience is: _____	
How do we currently influence our audience around nutrition?	How would we like to influence our audience around nutrition?
	Policy
	Environment
	Programs/Opportunities/ Messaging/Information

Next meeting:

Nutrition Workgroup

Location: IU Health Ball Memorial Hospital Bariatric & Medical Weight Loss Center, 2901 W. Jackson Street, Muncie, IN

Time: Noon to 1:15pm (please bring your lunch if desired)

Meets every other month on the 2nd Tuesday of each month

April 11, June 13, Aug. 8, Oct. 10, Dec. 12