



# HEALTHY COMMUNITY ALLIANCE

*of East Central Indiana*

## Healthy Community Alliance Steering Committee Meeting

Feb. 6, 2019

### NOTES

**Attending-** Jordan Moss, Molly Hunt, Ally Small (intern), Steve Anderson, Heather Williams, John Disher.  
Via phone: Chelsie Jaramillo, Cheri Brown, Nathan Taylor, Terry Bailey.

#### **HCA updates** - John Disher

Rebranding- mostly complete, folders in quote stage

MSO conversation- potential partner

Ontario Systems- new wellness team, meeting 2-12-19 to reconnect with HCA

New Partners- Indiana 211 Partnership (SNAP coordinator); Express Employment Professionals

#### **Tobacco Free Delaware County Coalition update-** Jordan Moss

Working on grant renewal, RFA process underway including submission for rep in Blackford County, Star Point of Sale Survey underway, also survey of multi-unit housing. Upcoming events-youth symposium and no menthol Sunday. Contact Jordan for more information- [JMoss@littlereddoor.org](mailto:JMoss@littlereddoor.org)

Upcoming meetings- John

Nutrition Workgroup February 12, Noon at IUH BMM Outpatient Nutrition Center

Jay County HCA Partner Meeting February 22, Noon at IUH Jay Hospital

Food Council Steering Committee Meeting Feb. 20, 4pm at Open Door Health Services

#### **HCA Workgroup/Blackford County Change Tool Process update-** Chelsie Jaramillo

In the last several months, community members and local partners have been working together to establish collaboration and initiatives that will benefit local communities of Blackford County. Partners have included local government officials, local foundations, schools, healthcare, local worksites, food access entities, the greenway, and many more. In our most recent gathering, discussion centered around four main initiatives (two others are being developed, but are waiting for additional information before moving forward). These initiatives included a focus on school wellness council, after school programs, beautification and community building, establishing more opportunities for learning along the greenway, and providing increased access to healthy food access at local events and concession stands. Each initiative group (of 4 to 5 people) worked together to create action steps that would help the community collaborate to complete each initiative. As an example, a school wellness council would provide a large partner collaboration working with each school in the corporation, school officials, community partners, parents and students to help create healthier policies, procedures, and



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environments for students throughout the school day. Another opportunity to encourage more physical activity along the greenway, we are looking to potentially install learning trail signs will be used by individuals and families, students for class projects, and those with who may enjoy nature hobbies. We are working together to create structures and environments to make it easier for individuals and families to live a healthier lifestyle.

### **Delaware County Wellness Professionals update-** Nathan Taylor

DC Wellness Pros is spearheading an initiative based on the AchieveWell 3,4 and 5 star designations for employee wellness- the local 1 and 2 star recognition is designed to help small business and other companies get started with wellness programming. 1 star recognition based on signing a pledge and attending a couple of meeting, 2 star builds upward as it requires a 1 page narrative of efforts. At recent meeting to learn more was Cardinal Greenway, Muncie Symphony Orchestra and Ivy Tech. Participants will be recognized at Chamber Champion luncheon in March and will receive a window cling to display.

### **2018 IU Health Partnerships to Improve Community Health Project (PICH) Report** - John

Healthy Community Alliance Partners are in a position to encourage and influence their audiences (employees, students, clients, customers, parishioners, etc.) to increase physical activity, improve nutrition and decrease tobacco use as a means of reducing the impact of chronic disease. Frameworks of policy, environment and programming are key to Partner influence. Conversations with Partners during Workgroup meetings in 2017 revealed a desire for Partner resources to aid them in providing this influence, as well as help in generating specific actions they can take within their particular business model.

During the PICH project , 2 tools were developed and made available to Partners along with a tool developed in 2017. Consultation occurred with 111 Partner organizations during a 9 month period. As a result, the number of HCA Partners with some sort of physical activity, nutrition or tobacco initiative increased from 76 to 89. The number of HCA Partners actively utilizing HCA resources such as toolkits increased from 10 to 63. Full report is available from John and will be published on HCA website in the future.

### **Review of HCA Steering Committee Membership list-** John

Group brainstormed ideas for additional committee members, those members not active will be asked if they would like to continue and if they have a potential replacement in mind.

**Announcements-** Cheri Brown with Purdue Extension will be holding a Strengthening Families Program in Jay County beginning Feb 11th. Info on page 2. We will also begin a class in Blackford Co on March 6th.

**Adjourn 1:05pm**



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**PURDUE** | **LOCAL FACES**  
EXTENSION | *COUNTLESS CONNECTIONS*



## When:

**Mondays @ 5:30:** 2-11, 2-18,  
2-25, 3-4, 3-11, 3-18 and 4-1

## Where:

Trinity United Methodist  
323 S. Meridian St.  
Portland, IN 47371

## Who:

All families with youth between the  
ages of 10-14.

## What:

Strengthening Families focuses on  
family skills taught in group sessions  
to increase family strengths. The  
program builds on improving family  
relationships, parenting skills and  
improving youth's social and life  
skills.

**Cost:** *FREE!!!*

### Week 1

Love & Limits  
Dreams & Goals

### Week 2

House Rules  
Appreciating Parents

### Week 3

Encouraging Positive Behavior  
Dealing with Stress

### Week 4

Using Consequence  
Following Rules

### Week 5

Building Bridges  
Peer Pressure

### Week 6

Protecting Youth  
Peer Pressure

### Week 7

Putting It All Together  
Celebrate!

## Registration Required

**Deadline:** February 7th

Cheri Brown, Allison Keen and  
Kimbra O'Brien  
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Jay County  
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