



S A I N T
LOUIS
COUNTY
M I N N E S O T A



Essentia Health



**healthy
northland**
STATEWIDE HEALTH IMPROVEMENT PROGRAM

Healthy Active Communities

Healthy Active Communities Coalition

December 1st, 2016

4:00-6:00pm

Essentia Health Virginia

901 9th St. N, Virginia, MN 55792

McMillan B. Room

Meeting Objective:

To clarify our purpose and mission, to develop a committee to drive improvement and betterment of health in our communities, and to create a frame work to pull community resources to better drive work within our communities.

Proposed Agenda:

4:00pm	Group Networking - Grab Food	
4:10pm	Business Meeting Welcome and Introductions - Explain Purpose of Healthy Active Communities Group	Raymond Jobe, Facilitator
4:30pm	Review Proposed Agenda and Expected Outcomes of the Meeting	Facilitator
4:40pm	Update on Other Action Team Organizational Meetings, Initiatives and Approaches	Facilitator
4:50pm	Develop Structure of Healthy Active Communities	Group
5:20pm	Create Mission and Goals - Identify Leadership	Group
5:40pm	Conclusion - Next Steps	Facilitator
5:50pm	Next Meeting	Facilitator

Healthy Active Communities
Sub Group of Livable Communities
December 1st, 2016
4:00 p.m. – 6:00 p.m.
Essentia Health – Virginia
McMillan B Room

In Attendance: Raymond Jobe, Jana Blomberg, Sara Ferkul, Lorrie Janatopolous, Ben DeNucci, Becky Zubich, Mary Carpenter, Kim Stokes, Russell Haberman, Britt See-Benes, Janene Glyn, Jenna Ballinger, Chris Strand, Brian Bluhm and Jean Larson

Focuses of this group: Mental Health, Food Access and Active Living

Kim Stokes gave an update on the Governor's Task Force on Mental Health.

Additional focuses for this group – discussion – Drug Use, Tobacco Prevention (both of these are attached to Mental Health), Changing the stigma of mental health, starting with prevention and early intervention and Anxiety.

Distribution of available resources. How to do that so it will be reach the most amount of people? Text for life is available. There are a large amount of resources available and not one spot to learn about them. How can the information be funneled into the communities?

Who is involved in our focuses? Stakeholders?

Mental Health:

- Jana Blomberg (Drugs)
- Dr. Janene Glyn (Mental Health)
- Iron Range Mental Health Task Force
- IRYBHTF
- Arrowhead Center
- Range Mental Health Center
- Essentia Health
- St. Lukes
- Fairview
- St. Louis County
- Lutheran Social Services
- Family Services Collaborative
- Scenic Rivers
- United Way
- School Districts
- AEOA
- North Homes
- Itasca Community Action

Northland Counseling
Mesabi Range Community College
Bois Forte Health Center
Bois Forte Mental Health Branch
Law Enforcement
East Range ACT
Senior Linkage
Virginia Fire
NAMI
SAFE
Together for Youth
Superior Babies
Churches

Food Access:

Rutabaga Project – Initiative to strengthen the food system and economy. Also, making healthy food more accessible. Discussion with communities about the barriers to getting healthy food, along with pilot projects, new community garden program, started farmers markets, use of EBT cards to pay for food, partnered with the YMCA to recruit kids to participate in gardens, popup gardens and network of people that were already working on this type of initiative. Moving forward, trying to get the word out there, and creating new promotions and participation of families.

Growing Together
U of M Extension
YMCA
Messiah Lutheran Church
AEOA
SHIP
Schools
United Way
Natural Harvest Coop
Salvation Army
Food Shelves
JENNA
Gas Stations
Grocery Stores
Essentia Health
Healthy Northland
Regional Sustainable Development
MN Farmers Markets
MN Food Charter
IRPS
Local Farms
Community Education

Restaurants/Food Retail **Food Audits – Food chains are now offering nutritional lists for their foods. Easiest way to help people eat healthy is by offering a healthier side.

WIC – Breast Feeding

Pam Gally – Lactation Support – Regional Effort

Tribes

Greenhouses

4-H Club

Green Team

Speaking with grocery stores about donating blemished produce to Meals on Wheels or possibly having it available free to children when at the store.

**Discussion on making an additional subgroup that will focus primarily on healthy checkouts at grocery stores (having fruits/vegetables in the checkout lines instead of candy) Offering incentives to stores.

Active Living:

YMCA

Range Runners

Iron Range Mountain Biking

Mesabi Recreation

Race in a Box

Mesabi Trail

Railroad Authority

ARDC

St. Louis County Trails Task Force

Townships and Counties

North Country Scenic Trail

DNR

Laurentian Environmental Center

IRRRB

SHIP/Healthy Northland

Schools

Insurance Companies

Recreation Clubs

Employers

Fitness Classes

Project Care

Outdoor Recreation Businesses (Spring Creek Outfitters)

Iron Range Tourism Bureau

Chamber of Commerce

Giants Ridge

Churches

SWOP

Next Meeting:

January 12th, 2017

4:00 p.m. – 6:00 p.m.

Essentia Health – Virginia

McMillan B Room (Room location – TBC)