

Healthy Active Communities

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Monday, July 24th, 2017

2:00-3:00pm

Essentia Health Virginia

901 9th St. N, Virginia, MN 55792

McMillan B. Room

Meeting Objective: To share updates on work underway within our three sub-groups since our last meeting on June 26th.

Proposed Agenda:

- 2:00pm Welcome/ Introduction
- 2:05pm Review Proposed Agenda
- 2:05pm Healthy Active Communities Sub-Group Meeting Updates
- Mental Health - Janene Glyn
 - Youth Move
 - Fidgety Fairytales
 - Reach Program Update
 - Active Living - Becky Zubich
 - YMCA USA grant
 - Meet up and Chow Down
 - Intern Update
 - Fresh Food Access - Raymond Jobe
 - Rutabaga Project
 - Healthy Corner Stores
 - Born to Thrive
- 2:55pm Wrap up/Next Meeting
Monday, August 28th, 2017
Essentia Health Virginia
Room TBD

Healthy Active Communities

July 24, 2017

Essentia Health – McMillan B Room

2:00 p.m. – 3:00 p.m.

In Attendance: Ray Jobe, Jana Blomberg, Sara Ferkul, Courtney Cochran, Elizabeth Kelly, Becky Zubich, Anna Amondson and Janene Glyn

Updates on Sub-Group work:

Mental Health:

The group has decided that they will be putting the Youth Move initiative on hold for now. This initiative hasn't gotten off the ground in Minnesota as much as other programs have. The group may circle back to it later however at this point in time they would like to focus more on the REACH program instead.

Active Living:

This group is working on creating a summer program that will focus on children ages 7-14 years old. It will focus on activities, meals and education. As of now the group is working on deciding on a name for the program. At the next meeting the group will begin working on survey questions that will be distributed to parents and then questions that will be asked of children between those ages about what activities they would like to take part in. The questions for the parents will be more focused on times of day that would work better, transportation etc. A plan for distribution of the surveys is underway.

Fresh Food Access:

The Rutabaga Project currently has quite a bit going on. This year they have the Power of Produce program, which gives a \$2 token to children that are participating in the program. The kids can use that token to purchase goods from the farmer's market on that day or they can save the tokens until they have a larger amount to be used. The farmer's market has also been well attended. AEOA is expected to begin compiling data about attendance as well as EBT usage at the markets. They will also be having a bike safety event. Essentia Health donated helmets for this event. The children will also receive a water bottle. However, they will need to listen to a 10-15 minutes safety talk in order to receive these goods. Ray will be distributing a flyer about this event. We will need to encourage everyone to share this event. Ray also discussed the healthy cornerstores initiative. There is a statewide initiative, they are currently working on building a set of standards. If the cornerstores abide by these standards they will be able to display a sticker on the foods as well as in their stores. A special logo for the Virginia area has been produced. The current focus will be on Brenda's Mini Mart, they will be able to purchase food at wholesale cost from Essentia Health. A contract is underway.

Born to Thrive

Courtney Cochran came to the meeting to give a short background on the Born to Thrive event that took place in Mountain Iron at the end June. The actual data from the event has currently not been completely compiled or released. When it becomes available she will pass it on to the group. The Born to Thrive initiative was convened by the Center for Prevention at Blue Cross and Blue Shield of Minnesota. Hunger Solutions Minnesota as well as Children's Defense Fund-Minnesota are not working to further develop this initiative. The vision for the initiative is to support healthy growth and development in children by working across different avenues to ensure that all children have access to healthy food and active play in early care or education environments. There was approximately 55 people that came through the event in June. Some of the themes that came out of the event were:

- Transportation – not enough programs available throughout greater Minnesota
- Lack of food education- parents, children and childcare providers need this.
- Barriers to agriculture

Additional follow up with childcare providers about what are the challenges they face in starting a new daycare, food affordability for childcare centers and qualifications for ordering for food through food banks.

They will be identifying 1-2 policies in northeast Minnesota that they can address. They will begin at a local level and move on to a state level.

Next Meeting:

August 28th, 2017

2:00 p.m. – 3:00 p.m.

Essentia Health

McMillan Room



Born to Thrive

WHO WE ARE

Born to Thrive (BTT), a cross-sector coalition convened by the Center for Prevention at Blue Cross and Blue Shield of Minnesota, exists to ensure that all Minnesota children – in particular those in early care and education settings have access to healthy food and opportunities for active play. BTT's focus is on advancing health equity through policy and systems changes to improve opportunities for young children in both formal and informal early care settings.

In December 2014, the Center for Prevention held a Born to Thrive Summit – a cross-sector convening of early care and education champions. The summit fostered connections and identified multiple approaches to improve the current infrastructure of early care and education settings.

Read the Born to Thrive Summit summary report: <http://bit.ly/BTT-Summit>

VISION: WHAT WE WANT MINNESOTA TO LOOK LIKE

All children in Minnesota have the foundations for healthy growth and development.

MISSION: WHY WE EXIST

The mission of Born to Thrive is to work across sectors to ensure that all Minnesota children in formal and informal early care and education settings have access to healthy food and opportunities for active play.

PREPARING FOR 2017

Hunger Solutions Minnesota and Children's Defense Fund- MN are further developing a statewide BTT coalition, expanding coalition membership to include additional diverse stakeholders statewide, creating broad awareness of the importance of healthy eating and active living for children, and mobilizing coalition members to identify and pursue policy and systems changes with equity at the core of the work.

Hunger Solutions Minnesota works to end hunger by taking action, advancing public policy and guiding grassroots advocacy on behalf of hungry Minnesotans and the diverse groups that serve them. We connect Minnesota's food shelves and hunger-relief organizations with the necessary funding, technical assistance and logistical support to reach thousands of Minnesota individuals, families, and children in need.

Children's Defense Fund-Minnesota is a state partner of the national organization with a unique focus on the needs of Minnesota's children and families. CDF-MN is the only policy organization in Minnesota to focus solely on the needs of children. To achieve its goals, CDF-MN advocates at the local, state, and federal levels on behalf of children, and conducts research, outreach, and youth development initiatives.