

Healthy Active Communities

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March 23rd, 2017

3:00-4:00pm

Essentia Health Virginia

901 9th St. N, Virginia, MN 55792

McMillan B. Room

Meeting Objective:

Determine 1-2 Healthy Active projects to pursue in the Virginia area relating to active living, food access and/or mental health.

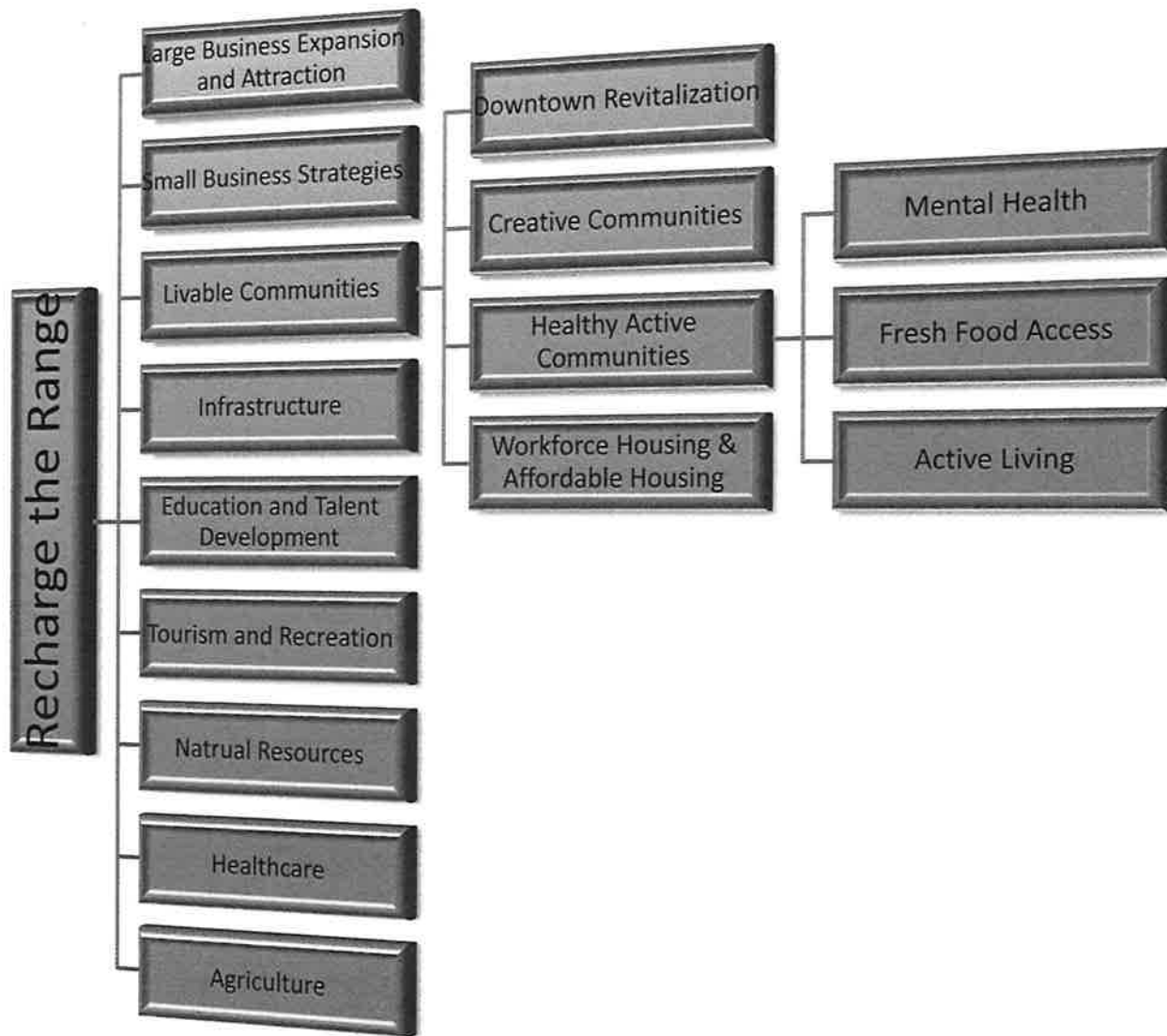
Proposed Agenda:

3:00 pm

- Welcome/Introductions
- Purpose of Healthy Active Communities
- Review Previous Work
- Brainstorm Potential Projects
- Select Projects

4:00 pm

- Next Steps



Healthy Active Communities

The purpose of Healthy Active Communities comes from the Recharge the Range effort and further evolves through the Livable Communities Action Team. Recharge the Range “is a strategic roadmap to advance economic development and quality of life on Minnesota’s Iron Range.” The Livable Communities Action Team’s purpose is “to encourage positive change on the Iron Range by working collaboratively towards more livable and vibrant communities.”

The purpose:

Healthy Active Communities builds off both of these larger committees specifically “to increase the health and wellbeing of Iron Range residents in the areas of mental health, food access and active living.”

The Mission:

To pilot strategic collaborations and implement viable efforts in the city of Virginia in which implementation groups will consider challenges and lessons learned as projects progress and further develop.

Goals:

1. Network – Generate social capital and connections. Work Together across communities and initiatives to bring change to Virginia.
2. Share Best Practices- Build on the successes of existing initiatives. Collectively the group will share individual successes and challenges in their areas of expertise.
3. Plan- Develop work plans for 2-3 identified gaps in services, resources, and outreach in the three areas of focus; Mental Health, Fresh Food Access, Active Living.
4. Action- Facilitate efforts to achieve measurable goals of adopted work plans.

Healthy Active Communities
Sub-Group of Livable Communities
March 23rd, 2017
Essentia Health – Virginia (McMillan B Room)
3:00 p.m. – 4:00 p.m.

In Attendance: Ray Jobe, Jordan Metsa, Chris Strand, Ann Bussey, Russell Haberman, Kim Stokes, Maria Stokes, Kathy Simonson, Dr. Janene Glyn and Jean Larson

There was a short discussion about how the group began. It was decided that to make a difference we should concentrate our efforts in Virginia to begin with and then expanding throughout the Iron Range.

Ray created a purpose, mission and goals for the group. The group critiqued them, there were only a few changes/adjustments.

- In the opening paragraph, removing the section about the other groups and really focusing on this group.
- Clarification of healthy fresh food access.
- Rewording the sections about networking and sharing best practices to clarify that we will be beginning in the city of Virginia and then expanding into the surrounding Iron Range communities and use best practices.
- In the goals section, add an additional line about resources available (asset map).

Did a review of previous work that has been done in past meetings. At the first meeting, we identified who is working in the three focus areas. At the second meeting, we expanded the list to try to be specific.

Brainstorming ideas or projects that we, as a group, can push forward on. These can be projects/ideas that are already in place or projects/ideas that may be an idea that may be slightly out of our reach at the moment:

Mental Health:

- Children's Crisis Residential Services for Mental Health
- Early Childhood Mental Health (Prevention)
- ACE's Training
- Suicide/Mental Health Awareness Trainings
- Treatment Center for Mom's (Addiction – before birth and after birth for a period of time)
- *Also mentioned that we should keep a focus on teen/adult mental health services*

Active Living:

- Asset map of the area (sidewalks, trails)
- Bike Share Program

- Events that promote the use of outdoor areas
- Parks Program (Events, Reasons to come to the parks)
- Promotion/Communication of Existing Events
- Treasure Hunts downtown that bring you to do historical buildings (Lyric Center)
- “Active Living Bingo” - Have it available throughout the Summer, to encourage kids to get out, award a prize the first week of school
- Project Care – Walking Club (Can we expand?)

Healthy Food Access:

- Mobile grocery bus
- Educational Classes to learn how to prepare healthy foods (Extension)
- Food shelf cooking and nutritional information
- Cooking classes every week at the farmers markets

Also possibly partnering with “Cooking Matters” to train people to teach healthy cooking.

<https://cookingmatters.org/>

Next Meeting:

Ray will be sending out a doodle poll.

Approximately 1 month from now.

The group decided that an hour long meeting was an appropriate length.

Also discussed if calling in was an option.