

Healthy Active Communities

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Tuesday, December 12th, 2017

2:00-3:00pm

Essentia Health Virginia

901 9th St. N, Virginia, MN 55792

McMillan A. Room

Meeting Objective: Conduct Community Leadership “Engagement Spectrum Activity”.

Proposed Agenda:

- 2:00pm Welcome/Introductions
- 2:05pm Engagement Spectrum Activity Introduction
- 2:10pm Conduct Engagement Spectrum Activity
- 2:50pm Conclusion/Next Meeting
Monday January 22nd, 2018
Essentia Health Virginia
2:00-3:00pm, Room TBD

Healthy Active Communities
December 12, 2017
Essentia Health – Virginia
2:00 p.m. – 3:00 p.m.

In Attendance: Christopher Strand, Jordan Metsa, Janene Glyn, Ann Bussey and Raymond Jobe

On the Phone: Emily Anderson

Beings this is the one year anniversary of the Healthy Active Living Group we wanted to get together to do an assessment and plan for the coming year.

Discussion began with in the introduction of the CLT Spectrum activity. Handouts were shared describing the three points on the spectrum. Networking, collaboration, and collective impact. Attendees were asked where they viewed the group on this spectrum. Attendees agreed that this group wasn't in a networking stage and that that specific stage is more like the initial Recharge the Range gatherings. The group agreed they are somewhere between collaboration and collective impact, sometimes collaborating across sub-groups but maintaining a vague collective impact approach to increase health of Virginia community members. While all sub-groups felt to have a collective impact with their members in their specific groups, there was mixed feelings on whether or not the CLT group was in a collaborative or collective impact stage.

*Typically collaborative groups take ideas/ initiatives from other communities or organizations and duplicates them in their own community.

**A typical collective impact group uses data and findings within their own community and develops a plan of action specific to their own community's specific needs, this can also include tailoring existing initiatives to better suit their communities specific needs.

Group members were asked how they felt about the structure of this group, meeting frequency, length, agendas. The group likes everything as is, mentioning keeping running monthly dates keeps accountability for both this group and each sub-group.

Janene offered up an example of collective impact between the mental health sub-group and the food access sub-group if the REACH program kids start to work on school gardens. (There was a meeting on this subject last week). Another example is the food access sub-group working with the active living sub-group to provide physical activity and food in the same initiative.

Discussion switched to, how we can obtain more of a collective impact structure. Ann brought up Healthy People 2020 as have national outcomes that we could review to identify and use to work towards a stronger collective impact in Virginia.

The National Diabetes Prevention Program is another great example of a collective impact approach.

Essentia Health's next round of CHNA is due in a year they are looking to start focus groups in the spring. They can help catch some of the community measurables that help to guide the work we all do.

The group discussed and decided on the next steps moving forward.

- Define our mission/goals for each of our sub-groups and come back to see if there is common ground to form a collective impact approach for the CLT group.
- Review Healthy People 2020 to get ideas from their various measurable outcomes in which we can use to guide the CLT group as a whole. This can be used to help guide our groups to layer the work we do.
- Essentia Health is more than willing to do any marketing for any of our health improvement initiatives.
- For our next full Healthy Active Communities Meeting we will want to get as many people as possible that have any sort of interest in the group and the outcomes/goals/mission to the meeting. After this 'next year planning' meeting we can resume our CLT meetings as normal, with the core group of leaders.

Next Meeting:

February 20, 2018

2:00 p.m. – 3:00 p.m.

Essentia Health – Virginia **(TBD)**