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**Capital Area Health Alliance - Healthy Lifestyles Committee**

April 12, 2017, 9:00-10:30 a.m., Michigan Osteopathic Association

**MINUTES**

**Participants**

Barbara Ball-McClure MSU College of Human Medicine

Sartaj Dhillon Lettuce Live Well

Ellen Dreps Hayes Green Beach/AL!VE

Dr. Surae Eaton Delta Sigma Theta

Irene Gonzalez Blue Cross Complete of Michigan

Christine Histed Tri-County Office on Aging

Joel Hoepfner CMHA-CEI

Kathy Hollister Capital Area Health Alliance

Karrie Jordan LTC Ombudsman

Felicia McMullen American Cancer Society

Amy Ogle Lettuce Live Well

Janine Sinno ICHD

Brianna Sosebee Capital Area Health Alliance

Casey Thompson YMCA

Dana Watson ICHD

Cathie Webb McLaren Health Plan

Kelly Zielinski Lettuce Live Well

**Call to Order and Introductions.** Kathy Hollister chaired the meeting and welcomed attendees. Attendees were given the opportunity to introduce themselves.

**Approval of minutes.** The minutes from February 8, 2017 were unanimously approved.

**Discussion**

1. *Choosing Health!®* message into the community:
   1. **What is the message of the *Choosing Health!®* initiative?** Healthy eating, physical activity, tobacco cessation, mental health promotion. At a small core group HLC meeting last month, it was discussed that the *Choosing Health!®* focus should be promoting healthy lifestyle messaging into the community. This provides an easier focus than the broad campaign.
   2. **Billboards with *Choosing Health!® messaging.***Debbie Edokpolo is contacting Adam’s about the possibility of placing billboards in the Tri-County area with the *Choosing Health!®* messaging on them. The message would change each season.
   3. **PSA’s with *Choosing Health!®* messaging*.***Barbara Ball-McClure is contacting MSU College of Communication Arts & Sciences regarding developing a *Choosing Health!®* PSA.
   4. **HLC Resource Collection.**  Committee members were asked to submit a monthly *Choosing Health!®* Resource Collection form. This information would consist of any member organization’s events/resources for the upcoming months. The information would be compiled by CAHA and emailed to the committee.
   5. **Community events.** Identify community events that might use the *Choosing Health!®* brand. Using the brand and logo connects *Choosing Health!®* toan event of value to the community.
2. Quarterly focus of *Choosing Health!®:*

The quarterly focus would target each aspect of the four components of *Choosing Health!®*

* 1. Spring (April-June): walking
  2. Summer (July-September): fruits/vegetables, water intake
  3. Fall (October-December): tobacco cessation, substance misuse prevention
  4. Winter (January-March): mental health awareness

1. Action Items
   1. **Update Walking Resources Card.** Members discussed minor edits to the Walking Resources card. Updated cards will be printed this spring.
   2. ***Choosing Health!®* postcard.**A *Choosing Health!®* postcard is being developed. This card can be used by members to explain what *Choosing Health!®* is whenconnecting with organizations in the community.
   3. **Monthly resource/event listing.** As discussed earlier in the meeting, free or low cost events can be sent to CAHA to be included in a monthly summary that will be emailed to the committee.
   4. **Faith-based Coordinators.** Barbara Ball-McClure, Dr. Surae Eaton and Janine Sinno were asked to serve as the HLC Faith-based Coordinators.
   5. **Partner Spotlight.** HLC members were asked if their organization would participate in Partner Spotlights for May, July and August. This would include the member giving a short presentation of what their organization does, and any updates or upcoming events that other members may be interested in.

May: AL!VE

July: Lettuce Live Well

August: YMCA

June: 211

* 1. **Committee Sponsors.** Organizations or businesses may sponsor a CAHA Committee through an annual contribution of $1,000. Committee Sponsors will be recognized as Committee Sponsors on the CAHA website and printed materials and potentially have a representative serve as Committee Chairs.
  2. **Pantry Cookbook.** The possibility of printing additional Pantry Cookbooks was discussed.

1. Annual Meeting Feedback:

Participant feedback relating to HLC from CAHA’s Annual Meeting on March 23 was shared. Feedback included:

* Educate about chronic pain and disability – resources for the community on how to cope with chronic pain with non-medication treatment options.
* Process for HLC to engage low income families.
* HLC collaborate with CACNN for health events that are free for nurses.
* Connect *Choosing Health!®* to Peckham’s diverse population.
* Work with Pathways to Better Health: Community Health Workers.

1. Partner Updates: Updates were given by representatives from CMHA-CEI, American Cancer Society, Blue Cross Complete of Michigan, ICHD, Tri-County Office on Aging, Lettuce Live Well and AL!VE.
2. Next Meeting: May 10, 9:00-10:30, Ingham County Health Department