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

February 14, 2018, 9:00-10:30 a.m., Michigan Osteopathic Association

**MINUTES**

**Participants**

Alicia Armstrong, Playmakers Fitness Foundation

Jennifer Arrell, McLaren Health Plan

Kellie Banko, PHP

Ellen Dreps, HGB/AL!VE

Debbie Edokpolo, ICHD

Christine Histed, TCOA

Kate Hodgkins, ICMCF

Kathy Hollister, Capital Area Health Alliance

Alesha Keelean, Blue Cross Complete

Jane Kramer, Healthy Checkout Aisle Advocate

Karen McCloskey, MDHHS Arthritis Program

Sherri McConnell, CADL

Joyce McGarry, MSU Extension

Pam Miklavcic, The Davies Project

Leslie Polack, Sparrow Health System

Janine Sinno, ICHD

Brianna Sosebee, Capital Area Health Alliance

LaTara Steele, Blue Cross Complete

Dana Watson, ICHD

Cathie Webb, McLaren Health Plan

Lisa Wegner, BEDHD

Jessica Yorko, ICHD

Jennifer Zeiss, The Junior League of Lansing

**Call to Order and Introductions.** Kathy Hollister chaired the meeting and welcomed attendees. Attendees were given the opportunity to introduce themselves. Kathy reviewed the previous three meetings, which focused on discussions on health equity and healthy lifestyles.

**Focus of today’s meeting:** Explore the possibility that professionals working in a variety of health and health-related sectors in the Capital Area can partner with community members to tackle health inequities in ways that lead to energizing, restorative and transformative relationships.

**Guest Presentation**

*Spectrum of Prevention: Approaches to Reducing Health Inequities and Improving Health Outcomes*– Regina Traylor, Director, Maternal Child Health Division, ICHD

**The Spectrum of Prevention**

1. Strengthen Individual Knowledge & Skills – Enhance an individual’s capability of preventing injury or illness and promoting safety.
2. Promote Community Education – Reach groups of people with information and resources to promote health and safety.
3. Educate Healthcare & Service Providers - Inform providers who will transmit skills & knowledge to others.
4. Foster Coalitions & Networks – Convene groups and individuals for broader goals and greater impact.
5. Change Organizational Practices – Adopt regulations and shape norms to improve health and safety.
6. Influence Policy & Legislation – Develop strategies to change laws and policies to influence outcomes.

**Who Makes Decisions?**

* How do coalitions and networks approach participation and power?
* Who is included in the creative process?
* How do people in the group fundamentally view social inequities?

**Inclusion vs. Exclusion**

Inclusion is a way to think about transforming systems and organizations that may unknowingly operate according to worldviews that reinforce white supremacy. Inclusion, exclusion, segregation and integration were discussed.

**Empowered Staff – Levels of Oppression & Change**

* Personal – Feelings, beliefs, values
* Interpersonal – Actions, behaviors, language
* Institutional – Rules, policies, procedures
* Cultural – Collective ideas about what is normal, true, right, beautiful

**Partnerships with Drivers of New Policies & Legislation**

* Coalitions & networks can be a place for important new connections and thinking.
* Think about groups that specialize in building power.

**Facilitated Discussion**

Jessica Yorko, Health Equity & Social Justice Coordinator, Ingham County Health Department

Dialogue Questions

1. When you think about advancing or supporting transformative inclusion and empowerment approaches to public participation, are you reminded of anything you have seen or experienced in the past?
2. What are some distinctions that you see between what you have experienced before and the examples you’ve heard this morning?
3. When you think about advancing or supporting empowerment approaches to public participation, what gives you pause? Which ideas are you unsure about, and why?

**Partner Updates**

Updates were given by representatives from Playmakers Fitness Foundation and Ingham County Health Department.

Next Meeting: March 14, 9:00-10:30 a.m., Michigan Osteopathic Association