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

January 11, 2017, 9:00-10:30 a.m., Michigan Osteopathic Association

**MINUTES**

**Participants**

Alicia Armstrong Playmakers Fitness Foundation

Barbara Ball-McClure MSU College of Human Medicine

Debbie Edokpolo ICHD

Kathy Hollister Capital Area Health Alliance

Kathy Johnson Capital Area District Libraries

Karrie Jordan LTC Ombudsman

Abigail Lynch BEDHD

Stacie Sadowski Michigan Health Council

Teddy Short Eaton County Parks

Janine Sinno ICHD

Brianna Sosebee Capital Area Health Alliance

Amy Stoakes LCC

Dana Watson ICHD

**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 December 14, 2016 were unanimously approved.

**Discussion**

1. ***Choosing Health! ®* Campaign** 
   1. **Strategic Action Plan.** The 2017 Strategic Action Plan was reviewed.Specifically discussed was developing a strategy to engage organizations in the*Choosing Health!®* campaign that can reach low-income people of diverse racial andethnic backgrounds, including faith-based organizations*.* This includes the importance of reaching and engaging as many people and organizations as possible, as well as possible organizations to connect with. The Ingham Refugee Resource Collaborative was mentioned as an organization to contact.
   2. **Goal.** The four tenets of *Choosing Health!®* were discussed (encouraging physical activity, developing healthy eating habits, preventing substance abuse and avoiding tobacco, and promoting mental health.) HLC members were encouraged to share information and resources from other committees that they are part of. A concern was raised that too much emphasis on resources being available on social media and the website may exclude certain groups of people. The aim is to make it easier for people to receive information and get involved. Also brought up was being more intentional about faith-based connections, and reaching out to individuals with disabilities.
   3. **Data Collection Sheet.** A Data Collection sheet was emailed to HLC members prior to this month’s meeting. This sheet is to collect events, resources, best practices/policies and interventions supporting healthy lifestyles in the Tri-County. It will also collect how many links are being made to the *Choosing Health!®* website page as well as how many *Choosing Health!®* resources are being distributed.
   4. **Fact Sheet.** A *Choosing Health!®* Fact Sheet will be puttogether for members to distribute. The sheet will contain an overview of *Choosing Health!®*
2. **Partner Updates**. Updates were given from representatives from Playmakers and Eaton County Parks.
3. **Future Meetings**
4. February 8, 2017,HLC Meeting, 9:00-10:30 a.m., Michigan Osteopathic Association
5. March 23, Annual Meeting, 8:30 -11:30 am, Eagle Eye, Bath