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

July 19, 2017, 9:00-10:30 a.m., Michigan Osteopathic Association

**MINUTES**

**Participants**

Alicia Armstrong Playmakers

Sartaj Dhillon Lettuce Live Well

Irene Gonzalez Blue Cross Complete of Michigan

Christine Histed Tri-County Office on Aging

Joel Hoepfner CMHA-CEI

Kathy Hollister Capital Area Health Alliance

Ana Hornburg Michigan Health Council

Elizabeth Kronner The Davies Project

Larry Leatherwood Uplift Our Youth Foundation

Felicia McMullen American Cancer Society

Janine Sinno ICHD

Brianna Sosebee Capital Area Health Alliance

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 June 14, 2017 were approved.

**Discussion**

1. ***Choosing Health!®***
2. **Healthy Resources.** The July Healthy Resources were distributed to attendees.
3. **Postcards.** *Choosing Health!®* postcards were distributed to attendees. These cards can be used bymembers to explain what *Choosing Health!®* is when connecting to organizations in the community.
4. **Community Educational Resource**
5. Kathy Hollister shared a MDHHS press release regarding the opioid crisis in Michigan. Opioid-related deaths rose 18% in Michigan in 2016. The HLC briefly discussed creating a community resource related to coping with chronic pain with non-medication treatment options. Discussion on this possible resource will continue at future meetings.
6. **Partner Spotlight**
	1. Christine Histed from Tri-County Office on Aging presented on Chronic Pain Personal Action Toward Health (Chronic Pain PATH), which is Michigan’s name for the Stanford University Chronic Pain Self-Management Program. The program was developed and rigorously tested by Stanford University to help people learn the techniques and strategies they need for the day-to-day management of pain. Adults who have primary or secondary pain can participate in a six- session workshop, led by two trained leaders who may themselves have chronic pain or have someone in their life with chronic pain. Sessions emphasize creating personal action plans, setting achievable goals, problem solving and decision making, and are highly participative, where mutual support and success build the participant’s confidence in their ability to self-manage. For more information, visit <http://www.tcoa.org/classesevidence-based-programs/>
	2. Kelly Zielinski from Lettuce Live Well presented on a new feature currently under construction on their website (lettucelivewell.org). Lettuce Live Well is a nonprofit organization established to raise awareness about the importance of nutrition, and provides resources to promote unbiased nutritional education, metaphysical well-being and community building. LLW is working to create a “yellow pages of health” database on their website to provide health and wellness resources in a central location. This database will be searchable by topic or organization, and organizations will be able to edit and add to their profiles to include events that may be of interest to the community.
7. **Partner Updates:** Updates were given by representatives from Playmakers and ICHD.

**Next Meeting:** September 13, 9:00-10:30 a.m., Michigan Osteopathic Association