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

November 8, 2017, 9:00-10:30 a.m., Michigan Osteopathic Association

**MINUTES**

**Participants**

Alicia Armstrong, Playmakers

Barbara Ball-McClure, MSU-CHM

Melissa Buzzard, Ingham County Parks

Ellen Dreps, HGB/AL!VE

Surae Eaton, Delta Sigma Theta

Debbie Edokpolo, ICHD

Irene Gonzalez, Blue Cross Complete

Christine Histed, Tri-County Office on Aging

Kate Hodgkins, ICMCF

Kathy Hollister, Capital Area Health Alliance

Larry Leatherwood, Uplift Our Youth Foundation

Julie Lehman, Greater Lansing Food Bank

Abbi Lynch, BEDHD

Tim Morgan, Ingham County Parks

Leslie Polack, Sparrow Health System

Janine Sinno, ICHD

Brianna Sosebee, Capital Area Health Alliance

Amy Stoakes, LCC

Dana Watson, ICHD

Cathie Webb, McLaren Health Plan

Jessica Yorko, ICHD

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.

**Facilitated Discussion**

1. **What are some things our organizations can do to create health equity?**

Debbie Edokpolo, Deputy Health Officer and Jessica Yorko, Health Equity & Social Justice Coordinator, both from the Ingham County Health Department, facilitated Part 2 of a discussion on health equity and healthy lifestyles.

* 1. Debbie Edokpolo and Jessica Yorko provided a review of October’s meeting **What would *Choosing Health!® look like through a health equity lens?*** This review included what health equity means, disparity vs. inequality, definitions of health disparity, social justice and health equity, the link between health and income, and people of color bearing the brunt of health disparities.
  2. Video – “Allegories on Race and Racism”

In this 20-minute video, Dr. Camara Jones, MD, MPH, PhD, shares four allegories on race and racism. (<https://www.youtube.com/watch?v=GNhcY6fTyBM>)

* 1. Brainstorm Activity: What are some things our organizations can do to create health equity?

Group ideas were categorized into five groups: Paradigm Shift; Leadership Education and Culture; Access to Community Resources; Programming; Community, Relationships and Community Development.

**Paradigm Shift**

* Implement improvement steps within organizations
* Realize your power in your organization
* Analyze our own individual and organizational beliefs
* Put people who understand equity in positions of power
* Identify 3 feasible steps in policy

**Leadership Education and Culture**

* Create a culture of health equity throughout organizations
* Educate organization’s leaders on health equity
* Engage leaders using education tools re: video

**Access to Community Resources**

* Facilitate access to resources
* Wayfinding for health and wellness opportunities
* Work with bus line
* Increase awareness of “free access” to health & wellness facilities and services

**Programming**

* Start a Farmer’s Market at ICHD and other food desert areas
* Develop plan for in-home exercise

**Community Relationships and Community Development**

* Build community partnerships
* Build relationships with leaders of ethnic minority organizations
* Hold focus groups with diverse populations
* Create a data and improvement plan for community
* Actively recruit diverse perspectives and hold conversations

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