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

September 13, 2017, 9:00-10:30 a.m., Michigan Osteopathic Association

**MINUTES**

**Participants**

Kellie Banko, PHP

Marvin Cato, Lansing Congregation Health Network

Don Comer, Greater Lansing Food Bank Garden Project

Surae Eaton, Delta Sigma Theta

Debbie Edokpolo, ICHD

Christine Histed, Tri-County Office on Aging

Kate Hodgkins, ICMCF

Joel Hoepfner, CMHA-CEI

Kathy Hollister, Capital Area Health Alliance

Kelsey Krieger, Peckham

Abbi Lynch, BEDHD

Felicia McMullen, American Cancer Society

Denise Paquette, Allen Neighborhood Center

Leslie Polack, Sparrow Health System

Janine Sinno, ICHD

Brianna Sosebee, Capital Area Health Alliance

Casey Thompson, YMCA

Peggy Vaughn-Payne, NorthWest Initiative

Dana Watson, ICHD

Cathie Webb, McLaren Health Plan

**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 July 19, 2017 were approved.

**Discussion**

1. **Partner Spotlight**
2. **NorthWest Initiative.** Peggy Vaughn-Payne presented on NorthWest Initiative’s Mobile Farmer’s Market, which is in its pilot year through a community development grant. The goal of the Lansing Mobile Farmers Market is to help northwest Lansing residents in food desert regions gain better access to fresh healthy foods by bringing and selling locally grown foods into the neighborhoods where they reside. A variety of fresh fruits and vegetables are offered; residents can purchase with EBT cards, Double Up Food Bucks Program, WIC & Senior Market Fresh Coupons, as well as debit/credit cards and cash. The Mobile Farmer’s Market has received a positive response from the neighborhoods it has travelled to thus far, particularly the senior citizen complexes it has visited. Its goal for 2018 is to expand to a year-round schedule.
3. **Greater Lansing Food Bank.** Don Comer presented on Greater Lansing Food Bank’s Garden Project. The Garden Project provides access to land, how-to education, free seeds and plants, tool lending, a networking hub and more so that all community members can have access to fresh healthy food through gardening opportunities. Founded in 1983, it started with 9 gardens; today the Garden Project supports 129 community gardens located in 7 counties and 500 home gardens, helping to feed over 7,000 people. Some of the community gardens serve large refugee populations, others integrate school curricula, some are for donation, and others still are simply neighborhood gathering spaces to grow a stronger community. The Garden Project recently conducted a Garden Survey, asking participants what benefits they received from gardening. Responses included lower grocery bills; being more connected to the community and food supply; and eating more fresh fruits and vegetables.
4. **YMCA.** Casey Thompson presented on YMCA’s Healthy Living Mobile Kitchen, which was launched in 2016. The YMCA began a summer feeding program in 2011 for children in their camps. In 2013, they started to feed children during the school year at its afterschool program sites. In 2015, the YMCA served more than 30,000 meals and snacks during the summer feeding program. The organization then began development of the Healthy Living Mobile Kitchen. The mobile kitchen, a 54 passenger, handicap accessible bus, serves meals to children and families year-round in partnership with the Lansing School District’s food vendor Sodexo and the Greater Lansing Food Bank and was retrofitted with a demonstration kitchen. The demonstration portion of the kitchen provides valuable hands-on education, showing individuals how to read food labels and prepare seasonal foods, and allows children to experience tasting new fruits and vegetables. In 2017, the mobile kitchen served over 8,000 meals at 10 locations.
5. ***Choosing Health!® through a Health Equity Lens.***

The topic “what would *Choosing**Health*!® look like through a health equity lens”, was introduced. How can we ensure that every member in our community has the opportunity to choose health? What things in our community are not conducive to people being able to choose health? The Ingham County Health Department is partnering with the HLC on this endeavor, and the launch will be at the October meeting.

1. **Community Educational Resource.**

The committee is exploring the idea of developing a community educational resource on ways to cope with chronic pain with non-medication treatment options. Resources currently exist for providers but not the community, and there are programs already in place but not a resource for organizations to distribute as needed. Members discussed the need for this resource to be evidence based.

1. **Monthly Healthy Resources.**

The monthly healthy resources collection has not had high level of participation, and the committee

decided it is not necessary to continue electronically distributing these resources. Community wide healthy living resources will continue to be listed on the CAHA website.

1. **Potential Future Topics**

Potential future topics and presenters for Partner Spotlights this fall and winter include: Project

Assert; Tobacco Cessation; Mental Health First Aid; Stress Management; Meditation; Sparrow

Mobile Health Clinic; Barry Eaton District Health Department; Opioid Prevention Coalition.

1. **Partner Updates.**

Updates were given by representatives from Delta Sigma Theta, Sparrow Health System, ICHD,

YMCA, Tri-County Office on Aging, CMHA-CEI, McLaren Health Plan, Lansing Congregation Health

Network, Allen Neighborhood Center, ICMCF, BEDHD and American Cancer Society.

**Next Meeting:** October 11, 9:00-10:30 a.m., Michigan Osteopathic Association