

Chelsea Wellness Coalition Meeting

December 5, 2013

Agenda:

1. Recap the new structure developed in the November meeting		10 minutes
2. Basic information about teams	See supplementary document, overview and Q&A	10 minutes
3. Rename the Chelsea Wellness Coalition?	Yes, no If yes, brainstorm new names. Decide in January	10 minutes
4. Focus of coalition – 2-3 health/wellness issues (see next page for list from Y2 Plan)	Review of list in Y1 & Y2 plans Brainstorming Decision in January	20 minutes
5. Ideas for teams for the coalition.	Brainstorming: Team for each intervention? What other tasks do we have, potential teams?	15 minutes
6. Membership form with pledge or creed.	Do you need one? If yes, what should be included, see strawman example.	5 minutes
7. Any other items?		5 minutes
8. January Coalition meeting	Please read reports prior to the meeting. Reports will be place at www.5healthytowns.org , click on the picture which will take you to the CWC page, look under Reports, 2013-14	
9. February coalition meeting, Feb. 6 th .	Please read the intervention tables prior to the meeting. Discuss the list of new and continuing interventions for the 2014-15 (Y3) plan. Please rea	

<p style="text-align: center;">Upcoming Due Dates:</p> <p>A. December 20th. <u>Intervention reports</u> – please send Ashley your completed or draft report. Ruth can help you fill out the form. See the Report form send in the email.</p> <p>B. January 23, 2014. <u>Intervention tables</u> – draft intervention tables for the 2014-15 (Y3) plan are due January 23, 2014. Send to Matt@5healthytowns.org. Matt can also help you fill out the form. Email him to set up a time.</p> <p>c.</p>	<p style="text-align: center;">Poster sheet will be up for:</p> <p>A. Announcements & upcoming events</p> <p>B. Congrats to _____ for doing a great job with _____</p> <p>C. Volunteers needed for:</p> <p>D. Parking Lot – items to be discussed at future meetings.</p>
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The 2010 HIP, NEAT, PAC and MiPHY data identify some clear opportunities to improve the health and wellness of our community, including the following. These data continue to be the driving force for recommendations in Year 2.

General Health:

Reduce current combined overweight and obesity rates (39% of youth; 63% of adults).

Increase access to healthy options when there are geographic and/or financial barriers.

Move More:

Improve sidewalks, paths and/or trails to neighborhoods, schools, and the business district.

Increase awareness and use of community resources for walking, running and biking.

Increase physical activity in the workplace for adults.

Manage and reduce screen time of electronic devices with youth.

Eat Better:

Increase awareness for balanced diet, particularly five or more fruits and vegetables daily.

Engage and improve healthy food options with restaurants and grocery stores.

Avoid Unhealthy Substances:

Reduce current alcohol drinking rates (37% of teenagers and binge drinking in 34% of adults).

Reduce current adult smoker rate of 21%.

Reduce Percentage of youth reporting alcohol or marijuana use in the past month (new)

Increase the age of onset that youth report first use of alcohol and other drugs (new)

Connect With Others:

Improve access and awareness to existing community networks for healthy connections.

Recruit and retain a network of community volunteers for organizations and services supporting healthy living.

Reduce current teenage bullying (experienced by 78-94% of youth).

