

## PiHL Community Leadership Team Meeting

### MINUTES

Kanabec County Courthouse  
Room 3 & 4  
18 North Vine Street  
Mora, MN 55051

Thursday, August 28, 2014

<p><b>Present</b></p>	<p>The meeting was held at the Kanabec County Courthouse, Rooms 3 &amp; 4.</p> <p>Those attending were: Melissa Carstensen – Isanti County Public Health, Kate Mestnik – Kanabec County Public Health, Kirsten Kennedy – Chisago County Public Health, Nicole Linder – Fairview Lakes Clinic in North Branch, Deb Wright – FirstLight Health System, Lori Swanson – Kanabec County Public Health, Travis Wojciechowski – Mille Lacs County Public Health, Jenifer Rancour – Kanabec County Public Health, Darcy Rylander – First Light Systems, Lisa Perlick – Pine County Public Health, Joy Wuestenhagen – Kanabec County Public Health, Allison Heinzeller – Minnesota Department of Health.</p>
<p><b>Welcome &amp; Introductions</b></p>	<p>Welcome and introductions.</p> <p>Announcements:</p> <p>The “Bike Rack” was pointed out to members to share a <i>like</i> or <i>wish</i> from the meeting by writing it on a post-it note. Also, the members were informed that they should use these post-it notes to share ideas or ask any questions relating to SHIP activities.</p> <p>Will be meeting every other month.</p> <p>Introductions were made.</p>
<p><b>Review Action Item</b></p>	<p>Identify a local Health Inequity and be prepared to share back.</p> <p>At the last meeting the members were asked to look for Health Inequity in their communities and how they can create a framework to reach all of their population. They were asked to look through the community to identify Health Inequities.</p> <p>The following were identified as Health Inequities or areas that may be susceptible to health inequity in the coalition member’s communities:</p> <ul style="list-style-type: none"> <li>• In order to stay proactive, think about: – immigration along our highways 35E and 169 which have immigrant populations over the summer periods.</li> <li>• The East African population is increasingly emerging in Mille Lacs County area and there are currently no interpreters. Thought should be given to how SHIP can better help engage this population.</li> <li>• The Latino population is increasingly emerging in Mille Lacs County area and there are currently no interpreters. Thought should be given to how SHIP can better help engage this population.</li> <li>• There should be some time spent studying the tobacco use in the housing of the American Indian community in the northern end of Mille Lacs County. This is difficult because of the use of sacred tobacco in the Indian culture, traditions and ceremonies.</li> <li>• The LGBTQ community also needs more support of their youth and to raise awareness.</li> <li>• Businesses that are typically open from 8:00 – 4:30 pm are not convenient to people that need to utilize their services. They are unable to get to those businesses because they are working or have limited transportation.</li> <li>• The average transportation in rural areas is around 10 miles more than those who live in town or the city. This adds on an average of 20 miles for those people living in rural areas.</li> </ul> <p>There is a Health Inequity presentation that is now available on the website at <a href="http://www.partnersinhealthyliving.us">www.partnersinhealthyliving.us</a>.</p>
<p><b>Mini-Grant Updates</b></p>	<p>The following Partners were funded to support their new tobacco policies to put up signage and</p>

	<p>enforcement support for non-smoking areas:</p> <ul style="list-style-type: none"> <li>• Dala House Apartments, Mora</li> <li>• Pine Crest Manor Apartments, Mora</li> <li>• Vasa House Apartments, Mora</li> </ul> <p>Also, funded were:</p> <ul style="list-style-type: none"> <li>• City of Lindstrom – For their community garden space.</li> <li>• Isanti Family Farmers Market – For promotion and marketing to raise awareness and community participation.</li> <li>• Pine Technical College – Their community garden for students, staff and community</li> </ul> <p>Mini-grants will continue to be reviewed throughout the grant period. First round ends October 31, 2014; the second round begins November 1, 2014. The PiHL Community Leadership Team members are encouraged to collect successes stories and pictures to be captured for the website and news articles.</p>
<p><b>Presentation and Activity Exploring Our Assets One on One 101</b></p>	<p>Allison Heinzeller, a community specialist from the Minnesota Department of Health, provided the Partners in Healthy Living (PiHL) Community Leadership Team with training on Mobilizing for Action through Planning and Partnerships: A Community Approach to Health Improvement (“MAPP”). Allison led the group in an asset mapping exercise focusing on identifying supporters and potential supporters and champions for worksite health and wellness. This approach leads to the following:</p> <ul style="list-style-type: none"> <li>• Measurable improvements in the community’s health and quality of life;</li> <li>• Increased visibility of public health within the community;</li> <li>• Community advocates for public health and the local public health system;</li> <li>• Ability to anticipate and manage change effectively; and</li> <li>• Stronger public health infrastructure, partnerships and leadership.</li> </ul> <p>Participation in a MAPP process results in the following benefits from community partners were discussed:</p> <ul style="list-style-type: none"> <li>• Increased recognition within the community and among peers;</li> <li>• Access to accurate and current data;</li> <li>• Improved focus on priorities;</li> <li>• Reduction in the duplication of services within a community;</li> <li>• Increased collaboration on projects and activities; and</li> <li>• Increased in financial resources.</li> </ul> <p>The PiHL Community Leadership Team participated in a training exercise to practice one on one interviews and visits. This allows for:</p> <ul style="list-style-type: none"> <li>• Help to build relationships</li> <li>• Uncover others’ self-interests</li> <li>• Develop Clarity</li> <li>• Gather Information</li> </ul>
<p><b>Action Item</b></p>	<p>Schedule a one on one opportunity with a potential supporter AND/OR Research if your employer has a worksite wellness committee</p>
<p><b>Meeting Evaluation, &amp; Adjournment</b></p>	<p>Attendees were asked to post a like and a wish from the meeting on the Bike Rack chart.</p> <p>Next PiHL meeting is Thursday, October 23, 2014, at Isanti County Government Center in Cambridge, MN, from 2:00 – 4:00 pm.</p> <p>Meeting adjourned at 4:00 pm.</p>