

Health & Wellness Action Team Notes – January 13, 2010

The team needs to start with an agreement on what wellness and health is: What will it look like when 'health and wellness' is achieved in Carroll County? Need clarity about the outcome so that the community can join in achieving it – otherwise it is business as usual with the community at arm's length.

- Be the most healthy county in the state. Challenge communities and individuals to get involved for each person to be more healthy.
- Health is wealth – fits with the history of what the county is. le: A place where people live or visit in order to do physical activities.
- Circle of wellness – physical, mental, family & community
- Entire range of health care to be affordable, accessible and integrated; directed toward overall community well-being.

Opportunities for this team in the current landscape:

- Connect with other groups that are also focusing on health
- Connect this work with what is going on at the national level where there is an increased focus on rural health and opportunities to pilot new approaches to healthcare

Role of Action Team

- Bring your individual views & knowledge to the table, but the team is about your collective wisdom and serving the community – not one idea winning over another.
- The work will be about figuring out what we need to do differently in the community to get us to our desired goal. Our current ways of doing things get us to our present state. What do we need to do differently to reach our goals?

February Meeting – Wednesday, February 10 at 6:30 pm (note time change from 6:00)

Goal of meeting:

- Push to complete strong health & wellness statement
- Establish measures (how will we know?)