

Health and Wellness Team Notes – February 10, 2010

Homework

Team agreed that they were very close on their goal statement and measures.

- Email conversation to finalize goal statement by Friday, February 19th.
 - Look at language of goal statement. Is it meaningful to the community? Will the statement engage the community/will people see their own responsibility/place in it?
 - What end result do we want to see? Carroll County is a community that empowers our citizens to find wellness . . .to . . .result in what?
 - Can we strengthen the statement by using a word other than empowers? Something clearer, more active?
- Think about the top three measures that will have the most impact toward achieving the goal statement looking at what the team already discussed. Bring these to the March meeting.

DRAFT Team goal statement

Carroll County is a community that empowers our citizens to find wellness

- DRAFT measures - three things the team would measure that would make the most impact
 - Obesity
 - Mental Health
 - Substance Abuse
- The team agreed they want the goal statement to capture movement; where are we → where are we going? Capture shared responsibility of community and individuals for health and wellness.
 - Indicators that might help to track those measures: suicide rate, police reports (drunk driving, domestic violence), age of death and rates, hospital & dept. of health statistics
 - What is the root? Basic needs not being met.
 - Health is more than physical. Prevalence of depression. People self medicate with food, alcohol.
 - Chance for life. Chance to transition; change your life one step at a time.
 - Where start? People feel threatened a lot of the time; threatened that they will lose their job, lose their health care or not have access to health care when they get sick, lose their home. People are turning inward.
 - Cost of healthy food is much more expensive than it used to be. Unhealthy foods can be more economical for cash strapped families.
 - Paradox – this is a place where people come to recreate, to do healthy activities (ski, bike, boating, camping . . .) and often the local people cannot afford what is here. Can live at the base of the ski mountain and not afford to get out on the mountain.

- Have to think about more than just money or we will just stop there. There are lots of things we can do as a community that don't cost money.

March Meeting – March 3rd, 6:00-7:30 pm

- Finalize goal statement and measures
- Outline the business plan for how to get there. What are the levers, measures and action items?