

## Health & Wellness Team Notes – December 14, 2010

**Team Goal: Carroll County is the leading county in NH in supporting its citizens in pursuing and achieving balanced health.**

**Attendance:** Jen Collard, Sheryl Power, Ted Laliberte, Bert Astles, Cyndi Paulin

**Next Meetings:** January 11, February 15 3:30 – 5:00 pm (Tri-County CAP Resource Center)

- Team worked on details for health video
- Bert shared information about the Vision 2020 initiative in Cheshire County.
- Began to discuss next steps after the video

### Video project

- Script looks good.
- Discussed possible 'actors' for video. Suggestions for reaching out to Kennett students through health class and morning announcements. Ted knows some possible kids as well. Bert suggested staff person from Northern (Jane D.) who has some acting skills and would help to make it a great video and multi-generational!
- Resend article inviting provider participation to the Granite State News and Carroll County Independent. They didn't run the article and there is still a window of time before we do the southern video.
- What to do with videos after?
- Run on Valley Vision, Mad TV, Wolfeboro TV.
  - Schedule community presentations to kick-off videos and give people a chance to ask questions.
  - Ask VV if they can 'chunk' the video into parts for posting on websites (transit info, provider info, NH Health Access info.)
  - Put on CDs and distribute to all participants and others. Can 'run' in waiting rooms.

### Framing possible next steps:

- Team likes the idea of how to make the community a healthier place. (If lots of people don't have insurance, how do we help people to stay healthy?)
- Successful health approaches often involve doing things with groups (most of us already have some information about things we should do to be healthier but don't do it.)
- Would like to do something that combines activity and being around other people; connection + fun; create or tap into positive energy such as at the Farmers Markets.  
Existing examples: Sheryl did walking group with students that combined a walk, with healthy food and an activity – it got consistent attendance. VNA did 'March into May' workplace program that had a walking group, healthy potluck among other things. Like trails/paths some other communities do where the social aspect becomes as much of a draw as the activity.

### Vision 2020 in Monadnock region

- Bert shared information about this group.
- There are a lot of parallels with CCU as a whole and the Health & Wellness Team in particular. Their goal is to make Cheshire County the healthiest county in the nation by 2020.
- Their focus areas include health status (specific measures), health literacy, and maximizing access to healthcare, wellness and social capital.

- Example of current project – working with restaurants to provide nutrition information about their offerings. They have tied it into buying local produce (now 25% of restaurant produce comes from local sources!) Also focusing on tobacco reduction for all ages.
- Annual community summit where report on health indicators, etc.

**Other discussion:**

- (From Bert) MWV collaborative has completed their needs assessment. Bert will get a copy. They are currently doing trainings for mid-managers in health care. They are talking about working on community standards for pain management and drug addiction. They are interested in collaborating with this team. They are currently an all volunteer group and are considering the possibility of formalizing under the Memorial Foundation.
- The Carroll County Transit 'small buses' began service last Wednesday and are raising a lot of interest. They have some pretty good ridership already in Conway and getting lots of questions from other routes.