

Healthy Klamath Meeting  
November 15, 2018  
8:30-9:30am  
Community Health Education Center

In Attendance: Patty Card (KBBH), Kylinn Hoopes (OHSU School of Nursing), Anne Hiller Clark (Klamath Promise), Renea Wood (SLMC Foundation), Donna Rhoades (CHA), Lacey Jarrell (KCC), Casey Bennett (OIT/OHSU), Jessie Hecocta (BZP), Marc Kane (Senior Center), Cally McCool (SLMC), Valerie Franklin (SLMC), Cord VanRiper (CHA), Marilyn Gran-Moravec (OHSU School of Nursing), Alyson Herrera (KTHFS Youth and Family Guidance Center), Molly Jespersen (SLMC), Merritt Driscoll (BZP), Signe Porter (KHP), John Bellon (City of Klamath Falls), Jennifer Little (KCPH), Dr. Siobhan Cooper (SLMC Wellness Center), Hakeem Broomfield (KCPH), Erin Schulten (KCPH), Dr. John Ritter (OIT Geomatics), Patty Case (OSU Extension), Dr. Glenn Gailis (Community Member)

Agenda Item	Discussion	Action Item
<b>Welcome and Introductions</b> Merritt Driscoll 5 minutes		
<b>Robert Wood Johnson Foundation Culture of Health Prize Update</b> Erin Schulten 15 inutes	<ul style="list-style-type: none"> <li>• Dr. Ritter, Chief Henslee, Monica YellowOwl, Jennifer Little, Robin Pfeifer, and Erin Schulten went to Princeton, NJ for the prize award ceremony.             <ul style="list-style-type: none"> <li>○ Erin will send out links of the prize ceremony recording for everyone to watch.</li> </ul> </li> <li>• Will be planning community celebration event.</li> <li>• Will get letter of support from RWJF to put into grant applications.</li> <li>• Now connected to network with 39 other community winners.</li> <li>• Invited to national rural health conference to present</li> <li>• \$25,000 cash prize- held in Sky Lakes Foundation. Will do community grants. Also looking for matching funds to make it a bigger, better prize amount.</li> <li>• Community stories and video link: <a href="http://www.rwjf.org/prize">www.rwjf.org/prize</a></li> <li>• Watched 11-minute video: <a href="https://www.youtube.com/watch?time_continue=8&amp;v=vLiA7Z106SE">https://www.youtube.com/watch?time_continue=8&amp;v=vLiA7Z106SE</a></li> </ul>	
<b>The Great American Smokeout</b> Valerie Franklin/Calysta McCool 5 minutes	<ul style="list-style-type: none"> <li>• Today is the Great American Smokeout!</li> <li>• It's an event to encourage smokers to plan to quit.</li> <li>• All clinics have quit kits, pledge cards, and promotional materials to distribute today.</li> </ul>	
<b>Downtown Banner Fundraiser</b>	<ul style="list-style-type: none"> <li>• There was not a lot of Christmas décor put up downtown last year. People said that they missed the lights.</li> </ul>	

<p>Mayor Carol Westfall 5 minutes</p>	<ul style="list-style-type: none"> <li>• In response, the Mayor formed a committee- “The Twinkle Committee” to put the twinkle back into Christmas!</li> <li>• The City made capital improvements costing \$60k to add power outlets to lampposts. The City also purchased snowflakes that will light up.</li> <li>• Now trying to get money for the banners. Solicited money for this, but fell short on funds. DHS stepped up and helped with funding. DHS asked to add a quote on it for children- “Home for the Holidays”</li> <li>• The banner and snowflakes are ready to go. The plan is to decorate Main St. and Klamath Ave.</li> <li>• Community members donated boxes of ornaments and East Main Street will use those donations to decorate.</li> <li>• “Everyone deserves to have a lovely environment for the holidays”</li> </ul>	
<p><b>CHA/CHIP Update</b> Erin Schulten 5 minutes</p>	<ul style="list-style-type: none"> <li>• Still working on narrative piece of the Community Health Assessment (CHA).</li> <li>• Making fact sheets so easier to capture snippets of information.</li> <li>• Next will be a Community Health Improvement Plan (CHIP) prioritization meeting in the upcoming months.</li> <li>• The State is also working on their improvement plan.</li> </ul>	
<p><b>Blue Zones Project Update</b> Merritt Driscoll 5 minutes</p>	<ul style="list-style-type: none"> <li>• Hosted progress assessment site visit for Blue Zones Project national team and Nick Buettner. <ul style="list-style-type: none"> <li>○ Held 31 meetings in two days to audit work over last three years.</li> <li>○ Looked at success, challenges, and recommendations for the future.</li> <li>○ The national team is currently putting together a series of recommendations for the work moving forward.</li> </ul> </li> <li>• Received Well-Being Index (WBI) Survey Results: <ul style="list-style-type: none"> <li>○ WBI is a national survey that measures well-being in 5 different areas: community, physical, social, financial, and purpose</li> <li>○ Klamath Falls fared better than the national average. The U.S. has declined since 2015, and Klamath demonstrates resiliency by holding steady.</li> <li>○ Klamath showed statistical improvements in 3 out of 5 elements: Purpose, Financial, and Community.</li> <li>○ There was also a 14.7% increase in community pride, 14.5% increase in feeling safe in community, and 24% decrease in smoking.</li> <li>○ Survey showed 70% of residents are aware of BZP, and only 31% are actively engaged. Individuals engaged in BZP show higher levels of produce consumption, exercise, community pride and purpose.</li> </ul> </li> </ul>	
<p><b>Healthy Klamath Update</b> Erin Schulten 5 minutes</p>	<ul style="list-style-type: none"> <li>• Starting in February 2019, the HK meeting will be held every other month.</li> <li>• The meeting helps share information and helps align work with the CHIP.</li> </ul>	

	<ul style="list-style-type: none"> <li>• The calendar invitations were sent out by Jennifer Little.</li> <li>• Check out the website: <a href="http://www.healthyklamath.org">www.healthyklamath.org</a></li> <li>• Digital resource guide for community information will be added to website. Seeking interns to help with this project.</li> <li>• New Logo is currently being created for Healthy Klamath.</li> </ul>	
<p><b>Other Updates</b> 20 minutes</p>	<ul style="list-style-type: none"> <li>• Why are we all here? We are working to improve our communities' health! (Dr. Glenn Gailis) <ul style="list-style-type: none"> <li>○ Wellness Center is seeing tremendous outcomes. Seeing people normalize their A1C levels.</li> <li>○ If you know of people that are struggling with diabetes, please encourage them to change that.</li> <li>○ One gentleman lost 106lbs, but its not just about weight loss, it's about lifestyle changes.</li> <li>○ Do not just focus on awards as a community, but work to make a true difference.</li> </ul> </li> <li>• Air Quality. (Jennifer Little) <ul style="list-style-type: none"> <li>○ People are following recommendations and burn notifications. We appreciate the change and we are seeing a positive difference.</li> <li>○ If we are put into non-attainment, then industries have serious restrictions that cost millions.</li> <li>○ The fact that we are maintaining our air quality standards is keeping people here.</li> </ul> </li> <li>• Wellness Center will start a pilot program for families and kids. (Dr. Siobhan Cooper) <ul style="list-style-type: none"> <li>○ A 6-month health and wellness program. Looking for families with a willingness to engage and change.</li> <li>○ Program includes mindfulness classes, shorter activities for kids. Stress management, physical activity. Interactive programming that kids will enjoy.</li> <li>○ Weight management program is now called Lifestyle Change program. Wellness Center also reduced minimum age to 16.</li> </ul> </li> <li>• Sky Lakes Foundation is working on grants and leading the charge for the Sagebrush Rendezvous that will support various organizations like CARES, Friends, Special Olympics. (Renea Wood) <ul style="list-style-type: none"> <li>○ Tickets are available on the Sky Lakes website. The event will take place January 26 and 27, 2019.</li> </ul> </li> <li>• The annual banquet for Klamath Basin Senior Citizens Center is February 1, 2019. This dinner will support senior activities. (Marc Kane)</li> <li>• Food policy council and OIT have worked on community food assessment, OIT will publish report by end of the month. Another study is going on around the food hub. We will have great food systems data in next 6 months. (Renea Wood)</li> <li>• "You Matter to Klamath" is a suicide prevention coalition. This coalition will be bringing a Connect training for first responders to</li> </ul>	

	learn how to help people in prevention, intervention, and postvention. (Patty Card)	
Next Meeting: February 28, 2019		