

Zone 1 Blitz! Wellness Team Meeting

In attendance

Brooks Miller, co-coach

John Twitty, co-coach

Jim Schmidt with Library District

Melissa Haase, City of Springfield Public Information Office

Kristen Milam, City of Springfield Public Information Office

Ben Hunt, Springfield-Greene County Health department

Mary Kromrey, HLA

Melissa Bondi, Bass Pro

Rob Gronniger, The Summit

Kathleen Cowens NAC, West Central President

Maria Johnston, Park Board

Purpose: To create a wellness initiative in Zone 1 that offers a healthy balance of components that engages the mind, body and spirit. Utilize health data to determine specific desirable outcomes, incorporating the resources of Zone Blitz partners. Plan should address which community partners have primary responsibility for each action.

HLA correlation; been around for a number of years with smoking cessation programs, weight loss, etc. HLA now moving into second phase. Parallel

Active living, healthy eating, preventive health care, tobacco cessation are main focuses. Encourage medical home. Good foundation laid with HLA already.

Active living is where HLA's focus is now.

Action item 1: John Twitty would like inventory of already-existing wellness initiatives in Zone 1. Hlaspringfield.org?

Action item 2: Take list and identify wellness gaps to try to bridge.

Action item 3: ID "wellness extenders" or "wellness champions" in Zone 1 neighborhoods.

CHLI – community healthy living index tool.

Barriers

Negative attitudes

Apathy

Low sense of ownership in neighborhoods. Too few engaged citizens doing too much for the rest.

High turnover rate in neighborhoods and schools.

Ideas

Assess neighborhoods to find out what type of wellness programming they are interested in. HLA volunteers to help.

Block captains – host neighborhood walks once a week.

Discounted memberships to Doling/Y for Zone 1 residents.

More greenspace

Serve fruits/veggies/healthier options than chips and hotdogs at neighborhood events.

Host family nights at neighborhood association meetings at parks.

Open houses at schools consist of “scavenger hunts” that would result in fitness center memberships.

Building social capital in neighborhoods to encourage wellness.

Encouraging walking.

Encouraging drinking water.

Maria: Lots of Grant Beach activities. Currently working on programming for Nichols Park with funding from grant. Looking to go into these neighborhoods and do some programming that they want.

Tom Watkins: Free tennis day at park. Equipment available at park.

Melissa B.: How are we defining wellness?

Kathleen: Start with schools to get children involved.