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**Capital Area Health Alliance - Healthy Lifestyles Committee**

July 11, 2018, 9:00-10:30 a.m., Michigan Osteopathic Association

**MINUTES**

**Participants**

Alicia Armstrong, Playmakers Fitness Foundation

Surae Eaton, DST

Christine Histed, TCOA

Kathy Hollister, Capital Area Health Alliance

Ana Hornburg, Michigan Health Council

Leslie Polack, Sparrow Health System

Brianna Sosebee, Capital Area Health Alliance

Dwight Washington, Clinton County

Jessica Yorko, ICHD

**Call to Order and Introductions.** Kathy Hollister chaired the meeting and welcomed attendees. Attendees were given the opportunity to introduce themselves.

**Partner Updates.**  Ana Hornburg shared information about the [2018 Michigan Nursing Summit](https://www.michigancenterfornursing.org/summit-2018), to be held at the Crowne Plaza in Lansing on October 18 and 19.This year’s Michigan Nursing Summit is themed *Taking Health Care Upstream* and will focus on skills and perspectives that nurses benefit from as they impact their communities for positive change.

**Health Equity Social Justice Exploration Series.** Kathy Hollister provided a brief review of the Social Justice Exploration Series.

**The Power of Narrative, How It Shapes Us and Impacts Health Inequities.**  In preparation for today’s topics of implicit bias, narratives of our country, the notion that race was created (not biological) and stereotypes, Jessica Yorko presented three Learning Zones: Comfort, Stretch and Panic. Attendees discussed some feelings that are associated with each zone.

**Video Excerpt: “The Story We Tell”.**  *“The Story We Tell”* is the second episode of *Race - The Power of an Illusion,* athree-part documentary series produced by [California Newsreel](https://en.wikipedia.org/wiki/California_Newsreel) that investigates the idea of [race](https://en.wikipedia.org/wiki/Race_%28classification_of_human_beings%29) in society, science and history. "The Story We Tell" traces the origins of the racial idea to the European conquest of the Americas and to the American slave system. It explores how deep and enduring social inequalities came to be rationalized as natural, reflecting not our social practices and public policies but nature's way.

**Discussion Questions:** What is a word, phrase or image from the video that stuck out to you?

 Did it remind you of anything else you’ve heard or seen before?

 What are some reasons it is important to understand race relating to health?

 What are some lessons we took away from this story as we move forward?

**Next Meeting:** August 8, 9:00-10:30 a.m., Ingham County Health Department