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

March 14, 2018, 9:00-10:30 a.m., Michigan Osteopathic Association

**MINUTES**

**Participants**

Jennifer Arrell, McLaren Health Plan

Barbara Ball-McClure, MSU-CHM

Ellen Dreps, HGB/AL!VE

Surae Eaton, Delta Sigma Theta

Mary Anne Ford, Mary Anne Ford Consulting

Christine Histed, TCOA

Kate Hodgkins, ICMCF

Joel Hoepfner, CMHA-CEI

Kathy Hollister, Capital Area Health Alliance

Ana Hornburg, Michigan Health Council

Jaclynn Lloyd, ICHD

Sherri McConnell, CADL

Brianna Sosebee, Capital Area Health Alliance

LaTara Steele, Blue Cross Complete

Casey Thompson, YMCA

Dana Watson, ICHD

Lisa Wegner, BEDHD

Jessica Yorko, ICHD

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

**Approval of minutes.** The minutes from February 14, 2018 were approved.

**Review of February Meeting.** Jessica Yorko, Health Equity & Social Justice Coordinator, Ingham County Health Department provided a review February’s presentation *Spectrum of Prevention: Approaches to Reducing Health Inequities and Improving Health Outcomes.* The six levels of The Spectrum of Prevention were discussed (Strengthen Individual Knowledge & Skills; Promote Community Education; Educate Healthcare & Service Providers; Foster Coalitions & Networks; Change Organizational Practices; Influence Policy & Legislation.) It was mentioned that coalitions need to focus on each of these levels for them to be effective. Inclusion vs. exclusion, and segregation vs. integration were reviewed.

Jessica Yorko facilitated a discussion on:

**Four Forms of Oppression and Change Framework.**

* Personal – Feelings, beliefs, values
* Interpersonal – Actions, behaviors, language
* Institutional – Rules, policies, procedures
* Cultural – Collective ideas about what is normal, true, right, beautiful

Attendees participated in a small group exercise, categorizing several scenarios into one of the four levels of oppression and change.