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

October 10, 2018, 9:00-10:30 a.m., Ingham County Health Department

**MINUTES**

**Participants**

Alicia Armstrong, Playmakers Fitness Foundation

Jennifer Arrell, McLaren Health Plan

Leslie Batchelor, Sparrow Health System

Marvin Cato, COGL

Christine Histed, TCOA

Kathy Hollister, Capital Area Health Alliance

Joyce McGarry, MSU Extension

Brianna Sosebee, Capital Area Health Alliance

Dana Watson, ICHD

Jessica Yorko, ICHD

**Call to Order and Introductions.** Kathy Hollister chaired the meeting and welcomed attendees. Attendees were given the opportunity to introduce themselves. It was noted that Dana Watson was recently recognized as Ingham County Health Department’s 2018 Health Equity Champion.

**Health Equity & Social Justice Exploration Series Review.** Kathy Hollister and Jessica Yorko provided a brief review of the year-long Social Justice Exploration Series and Ingham County Health Department’s Health Equity and Social Justice initiatives. These initiatives challenge many forms of oppression, including racism, heterosexism, genderism and many others.

**Discussion.**  The following statement was presented to guide today’s meeting: *We are here to explore the possibility that we can create equitable health outcomes in our community in ways that are restorative, energizing and rooted in our shared dedication to the well-being of Capital Area residents.*

A quote from James Baldwin was shared by Jessica Yorko: *“Not everything that is faced can be changed, but nothing can be changed until it is faced.”* How do we build a bridge from the different topics discussed to what actions we can each take to help begin to change some of these issues?

**Discussion Questions.** These questions will help guide our thinking about what ownership and accountability might look like for each of us regarding health equity:

* + What is the story you keep telling about the problems of this community? The one that you are wedded to and maybe even take your identity from?
  + What are the payoffs you receive from holding on to this story?
  + What is the cost to you of holding on to this story?
  + What are the gifts YOU hold that have not been fully brought into the world?
  + What is it about your team, people, group or neighborhood that no one knows?
  + What roles will you play in creating the future you wish to experience?
  + What is the promise that you are willing to make to help create health equity in the Capital Area?
  + What measures have meaning to you?
  + What price are you willing to pay?
  + What is a promise you are willing to make that constitutes a risk or a major shift for you?
  + What is a promise or commitment that you are postponing, or that you are unwilling to make when it comes to creating health equity?
* What was something you saw or heard at the HLC meetings over the past year that caught your attention?
* What were some behaviors or responses you noticed in yourself or others during or after the HLC meetings over the past year?
* Where are you feeling clear when it comes to health equity topics, and where are you feeling confused?
* What are you most doubtful about when it comes to health equity?

Attendees participated in a partner exercise, creating a personal Health Equity Action Plan.

**Next Meeting:** TBD