

HCHC Obesity Task Force

May 22nd, 2019

Jasmine Carbajal, Chair

Katie Holmes, Tina Thomas, Jessica Kennedy, Diona Buck, Amanda Solomon, Tony & Cortney Filler

Introduced fitness center owners, Amanda Solomon, Cortney Filler and Tony Filler to the Task Force and explained the connection to the Hill County Health Consortium. Reviewed the most recent Community Health Needs Assessment and the Community Health Improvement Plan that resulted.

OPEN GYM review: Jasmine provided previous mission and vision statements created to address high obesity rates in our community.

The vision from 2011 was: *Residents of Hill County to be physically and nutritionally healthy.*

The 2011 mission statement was: *OPEN GYM promotes our community as a gym where individuals of all ages are encouraged to socialize and exercise while reaping the benefits of physical activity. OPEN GYM would promote physical activities during the year and educate residents on healthy eating.*

New event/program ideas:

- Jasmine presented examples of initiatives developed in other communities including the Building Active Community Initiative & Ravalli County's initiative. The task force members liked the idea of creating incentives for people to take advantage of healthy opportunities available in the community. We discussed several of the healthy opportunities and ways we could track people taking advantage of them. We are aware that gyms like Planet Fitness offer free or reduced-fee access to teens during the summer months.
- The task force also had a lengthy discussion about the need for safe lanes for biking and walking in our community. Tina will reach out to the State Highway Department. We also discussed the need to follow up with City Council. Jessica presented the Complete Streets initiative she was involved in with Mayor Solomon. This discussion also included the need for bike racks at many various locations in our community.
- We also discussed identifying options for winter months. There are gyms and spaces available. The liability insurance needed when accessing these places is a barrier.

Recruiting: We again identified the need to invite more people who are already dedicated to similar visions and missions in our community to our next meeting i.e. PT Down Under, The Zoo, Chris Inman-Havre Parks & Rec, Bonnie Williams yoga instructor, Anne Neal-Dugdale from the Transformational Center, Chad Spangler Health Promotion at MSU-N, Linsey Bennet from Havre Trails, Rachel Dean

Advertising: After a lengthy discussion of a variety of options, the team agreed that a social media campaign would be necessary to promote our activities.

We scheduled our next two meetings:

May 29th at 3 pm in the Timmons Room of the Hill County Courthouse

June 5th at 3 pm in the Timmons Room of the Hill County Courthouse