

Session Title:

Integrating
Health & Wellbeing
Efforts

Presenter: STEVE KAP

NOTES:

STEVE: INTRO: INFORMAL EFFORT BY LEFUCY TO INTEGRATE HEALTH & WELLNESS (H&W) IN CITY GOVT

- CAN IT EXPAND MORE BROADLY?
- CAN IT LOWER COSTS?

JOE (UNITED WAY): HOW TO INTEGRATE SMALLER GROUPS INTO A LARGER EFFORT?

DAVID (UK): CAN SMALLER GROUPS JOIN INTO A LARGER WHOLE
SUE (UK TREE FNDN): TREE ADVOCATE - IMPROVES HEALTH.

MUNDY (UK HEALTH DEPT): GET SMALLER GROUPS TOGETHER.

JESSICA (GIRL SCOUTS): HEALTHY LIVING FOR GIRLS.

SALLY (" : INFO MGR): " : BEYOND GIRL SCOUT

ROBERT (COMM. ACTION COUNCIL): VOLUNTEERISM:

SUSAN (THERAPIST): FOCUS ON WELLNESS: PROMOTE BETTER MENTAL HEALTH

BILL (UK HUMAN AID ACADEMY): CAREER TRAINING: YOGA, FITNESS, ETC.

TRACY (UK PEDIATRICS CLINIC): DEVELOP A CULTURE OF H&W IN FAMILY

DILL (UNITED WAY): HEALTHY LIVING AS PROACTIVE APPROACH TO SOCIAL ISSUES

JEFF (URBAN PLANNER): PLANNING FOR HEALTH.

LARRY (ARCHITECT): UK HOUSING AUTHORITY: HOPE VI LEADS THIS YEAR
• WHAT TO DO?

STEVE: H&W GOES IN MANY DIRECTIONS - WHAT IS EFFECTIVE
MESSAGE IN GROWING LARGER AUDIENCE?

(COVER) →

- START w/ BETTER COMMUNICATION
- CONVINCe PEOPLE H&W IS A PERSONAL ISSUE. NEED TO ACT ON IT.
- ? HOW TO REINFORCE HEALTHY LIVING?
- MAKE SAFER NEIGHBORHOODS SO PEOPLE GO OUT.
- MAKE OBESITY AN ISSUE → FOR A COMMUNITY, NOT INDIVIDUAL.
- BOULDER, CO: HEALTH IS CULTURALLY INGRAINED.
- NEED PLACES TO GO TO BE ACTIVE - AROUND KY.
- KY. RIVER CORRIDOR: WHY NO ^{RECREATIONAL} ACTIVITY?
- BETTER PUBLIC KNOWLEDGE OF RESOURCES NEEDED.
- NEED BETTER FOOD IN SCHOOLS.
- ADDRESS INSTITUTIONAL BEHAVIORS THAT DON'T HELP H&W.
- LARGE NUMBER OF HUNGRY CHILDREN IN LEX.
- NEIGHBORHOOD FOCUS: IDENTIFY GAPS & ASSETS - NOT BY PROGRAMS.
- ASK THE COMMUNITY WHAT IT NEEDS.
- COUNCIL TO ASSESS EXISTENCE PROGRAMS - LOOK FOR GAPS IN ASSETS/INFORMATION. : WHAT'S DONE, WHAT'S ~~DOING~~ WHAT'S NEEDED? DOING :