



MINUTES

LiveWell Kershaw Coalition Meeting
Wednesday, September 26th, 2018
8:00-9:30 AM, Kershaw County School District

Attendees: Amy Kinard, April Wach, Breanna Grant, Clathyn Williams, Darlene Lynch, Felicia Elliot, Julian Burns, Julie Trott, Kat Spadacenta, Mary Anne Byrd, Mary Hill, Mike Conley, Penry Gustafson, Rose Montgomery, Roy Fakoury, Susan Didato, Susan Witkowski, Tiffany Warren, Yolanda Roary

Please sign in at our meetings, so that we can accurately capture attendance.

Purpose: To provide updates regarding the accomplishments of the summer Health Ambassadors and activities being implemented at the high school level. To share a Visioning Session report that included key contacts from each high school and the school district. To report feedback from coalition members regarding structure and function of the coalition moving forward.

Health Ambassador Updates:

Kathryn shared information on what the student interns have accomplished over the summer and shared slides completed by Mary Reames highlighting their work. The interns presented their Brain Breaks program to school administrators and faculty at schools. As a result, both LEHS and CHS are moving forward with implementation. LEHS has made Brain Breaks a required part of curriculum. Teachers have been provided with packets of resources, tools, and demonstrations on activities to conduct. NCHS is now in week three of their fruit cart as provided by the WISE grant. Rose Montgomery shared about the process of students preparing the food, all the way to tweaking the way the fruit is distributed. Approximately 80 pieces of fruit are being given out twice a week at this time. Rose has developed a sign-up sheet for local organizations and businesses to purchase or donate fruit on a weekly basis. Please reach out to Rose to sign up for a week of fruit donation. Darlene Lynch brought up looking at sustainability through implementing policy, systems, and environmental changes. An idea was suggested that unused fruit at the end of a lunch period be collected using a large basket and then offered to any student at no charge. This would be an example of a sustainable change that has potential to impact the entire student population at that school.

Moving forward, interns are collecting and tracking data on their implemented strategies to improve the health and well-being of their peers. **See slides for more information.**

Visioning Session:

Through our involvement with the Institute for Healthcare Improvement, coalition members and key school contacts were invited to take part in a visioning session to answer the question, "What do we want to see in place in two years at our high schools as a result of our actions?" The broader goal of this meeting was to bring these contacts into the room for continued dialogue and brainstorming on what our vision for youth includes. Additionally, school contacts identified what is needed from the coalition moving forward. **A full report on this meeting can be found in the attachments.** Holly Hayes facilitated this meeting as part of her role as a coach to the Southeast Change Agents, as Institute for Healthcare Improvement faculty.

Coalition Member Feedback:

Coalition members were given the opportunity to sign up for a fifteen minute phone call with Kathryn Johnson in lieu of holding a coalition meeting in the month of August. The purpose of the phone calls was to gather feedback on our journey thus far and concerns moving forward. Questions asked on these calls included:

1. *What word or feeling would you use to describe your involvement with LWK Coalition thus far?*
2. *Where is more work needed? (In regards to coalition development, implementation strategies, leveraging resources, providing support, communication, structure, etc.)*
3. *What questions do you still have relating to our journey? At what level of involvement do you see yourself/your organization?*
4. *Cast a long-term vision for LiveWell Kershaw Coalition. How do you see us developing in the next five years? What are we really committed to?*

Nine individuals participated in these calls. Members responded to these questions by sharing that they feel inspired by the progress already made in working with youth, however it is difficult to understand what the group is working towards or the broader goals, as well as what actions coalition members can be taking in between meetings. Participants would like to see more communication between meetings to keep the momentum going, as well as more inclusion of participating organizations' offerings. Relating to our journey, members want to know what it is they can do now, as well as more highlighting of what health activities are going on throughout the county. Some note that they feel we are leaps and bounds ahead of where they thought we would have been at this point in the process. In regards to coalition structure, members want to know if there is opportunity to be involved at a subcommittee level or have different groups within the coalition report out the work that has been accomplished. Members would also like to know if we will be moving beyond youth engagement and addressing the health of youth.

Kathryn opened the floor for additional comments and feedback from the larger group. Comments included:

- Continued engagement of non-governmental and governmental groups at the county level.
- Moving into engaging teachers in our work
 - Some expressed caution in placing any burden on teachers to do activities, when already overwhelmed
- Defining the coalition, revisiting mission statement, and looking at changing up the meeting structure to be less of an information session and more of a working session
- Determining how local business fits into our work and continuing to change the culture of our county by ensuring health is a valued piece in local business
- Look to other more developed coalitions, such as LiveWell Greenville to come in and share their progress and journey.

Final Thoughts:

- Begin thinking about the structuring of LWK Coalition and where you see your level of involvement in a leadership team, etc.
- If you think you might be missing something, reach out to Kathryn for an update
- Continue to follow us on social media to see posts and updates from the interns on activities implemented

Kathryn Johnson can be reached at 803-900-1691 and kjohnson@cmcofkc.org for any additional information.