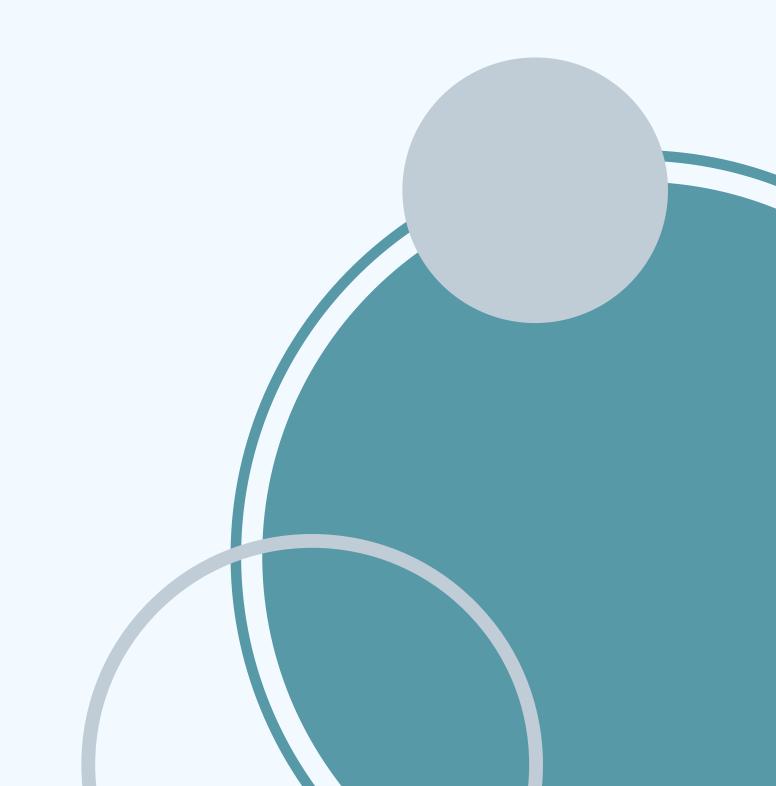
# LiveWell Kershaw Coalition

August 26, 2020



## **GROUND RULES**

Respect -- Speak open and honestly, yet respectfully

Participate—— 100% by sharing your thoughts, asking questions, & contributing to discussions.

Seek Solutions— If you disagree with a proposal or idea...that's okay! Just remember to stay solution oriented.

Seek to Understand--Listen to learn, instead of listening to respond & seek first to understand, then to be understood.



## Agenda

- Welcome & Introductions
- Health Equity Workshop
  - Framing & Instructions
  - Breakout rooms
  - Roundtable Discussion
- Action Team Updates
  - HEAL
  - Emotional Health
  - Access to Care
- Next Steps
- Announcements



## Introductions

- Who are you?
- What organization are you representing?



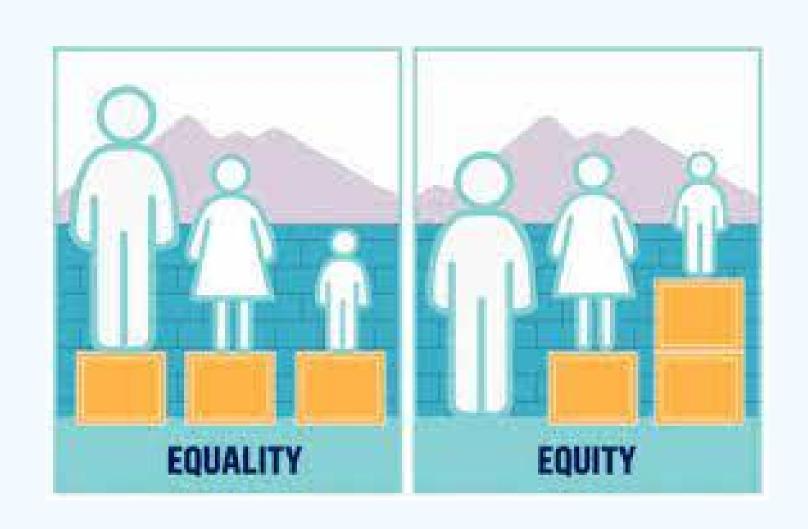
## Health Equity: A Timeline



- 1) Survey to the public
- 2) Report provided
- 3) Formation of Health Equity team
- 4) Video Dr. Camara Jones' "The Cliff of Good Health"
- 5) Health Equity Team discussion
- 6) Action team conversations
- 7) TODAY'S WORKSHOP

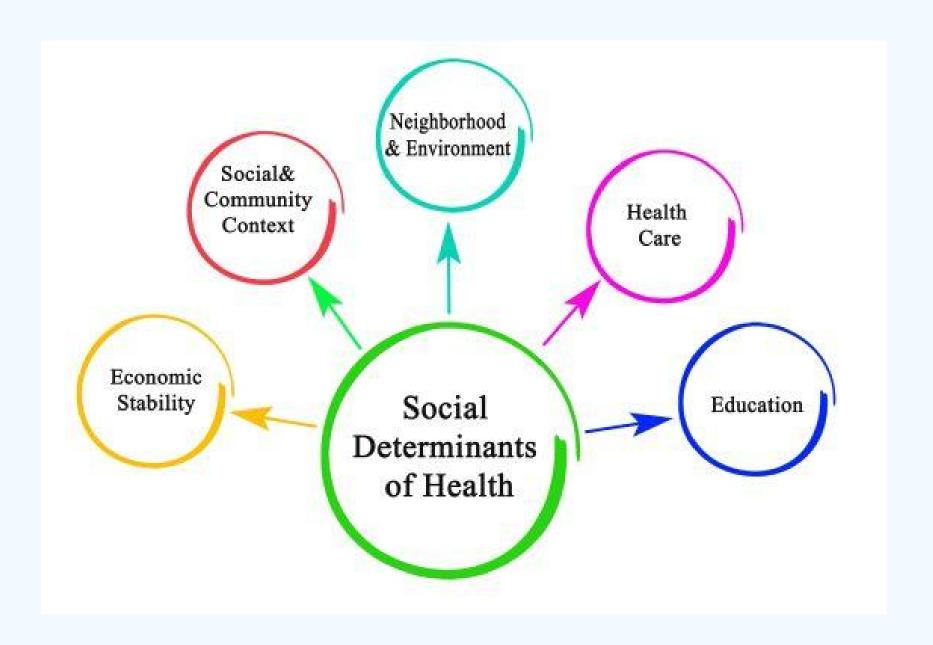
# What questions were asked within the teams?

- What image stayed with you from the video we just watched?
- What lines of dialogue stood out to you?
- What seems to be the most critical?
- Where is more work needed?
- What questions does this raise for the ATC/EH/HEAL team?
- Are there new insights that are beginning to emerge?



## What are we doing today?

- The teams will decide how they will contribute to health equity within their ongoing and future activities.
- As a coalition, we will decide how we define health equity based on the input from our action teams.



### **Access to Care**

- Housing, safety, accessibility
- Income levels<\$50,000 to focus on for transit
- Urgency to address issues
- Must create a system that serves people the way they need it
- Addressing poverty

#### **HEAL**

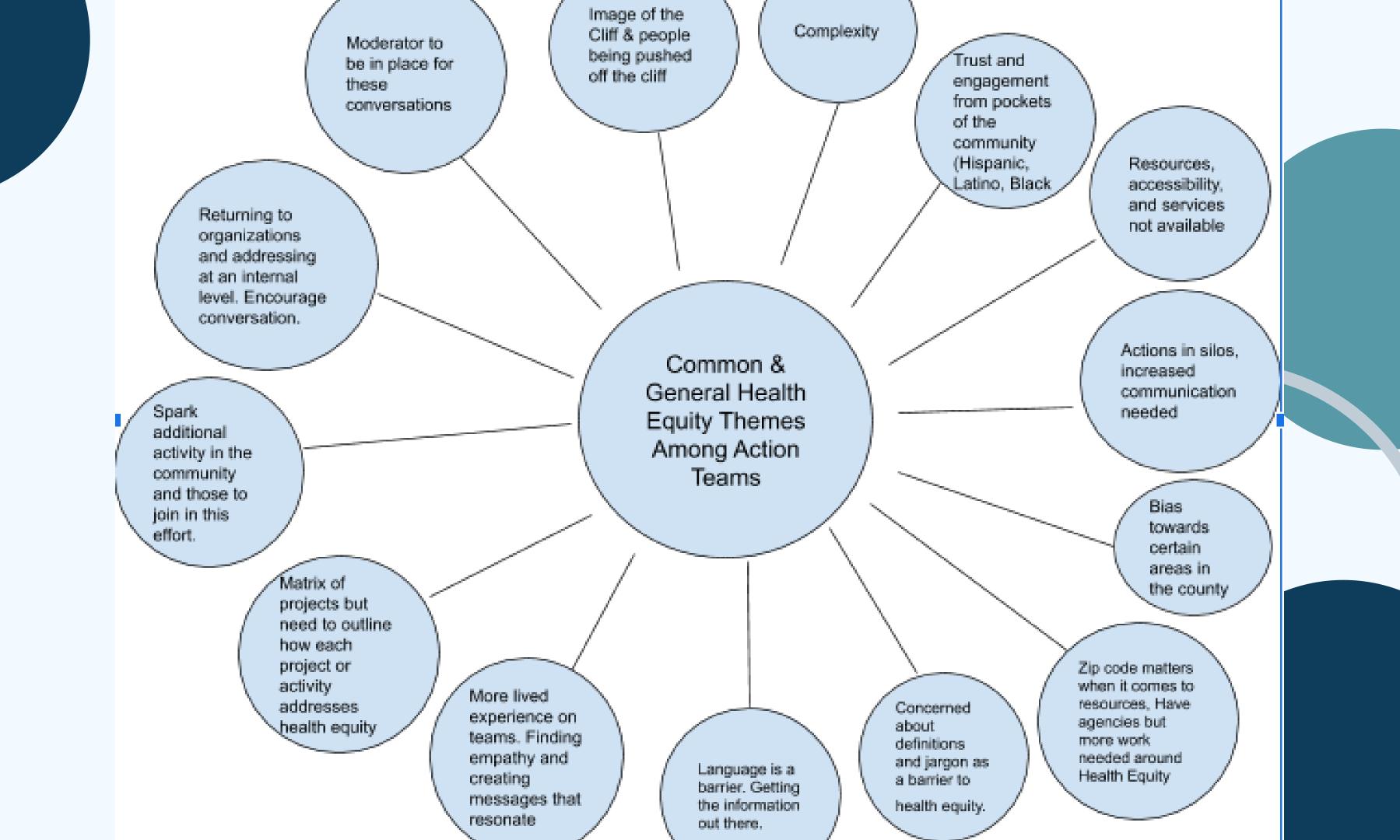
- Putting food in rural/poor communities' hands
- The entire food system
- Economic perspective of food
- Advocate for residents needed for fresh food connections
- Not all have access to gym facility- solution is fitness circuits
- Differences in prevalence of disease across populations
  - Transit/food need to be addressed for excellent nutrition
- Food access is majority disease "promoting" and is the most accessible. Processed food prevalence. Knowledge needed for cooking, growing, and storing good foods

### **Emotional Health**

- Push our MH brochure more to reach all residents
- Looking at different ways to meet needs of school children and community (virtual yoga, meditation, mental health zoom panel)
- Mental health counselors in schools- What's going on?

## Common Health Equity Themes Among Action Teams

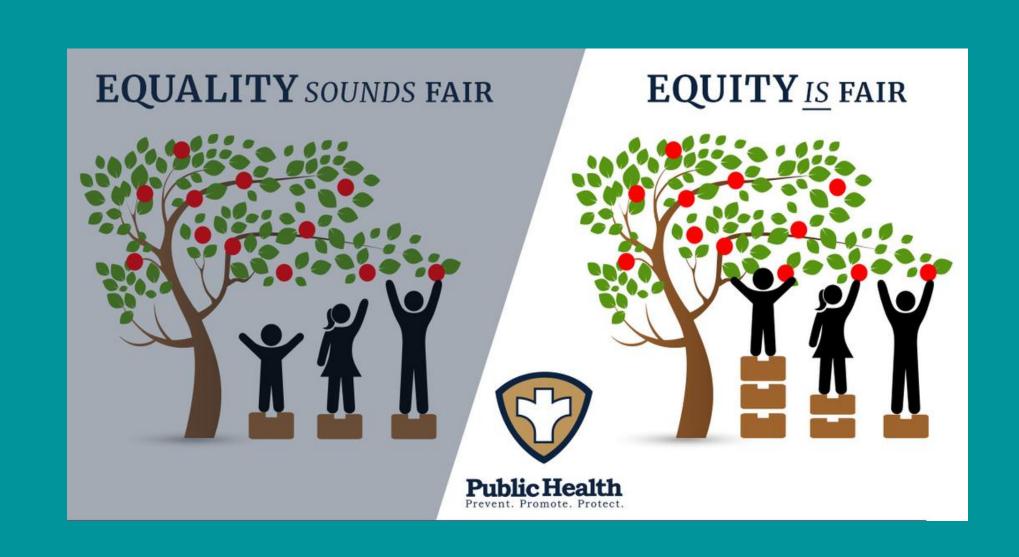
- Zip code matters when it comes to resources
- Actions in silos, increased communication needed
- More lived experience on teams
- Spark additional activity in the community
- Language & jargon barriers



## What is going to happen next?

### **Breakouts:**

- ATC
- EH
- HEAL
- Community
   Organizers



## While in Your Breakout Room...

#### **Action Teams:**

- 1) What are 2-3 things your team will be doing to keep HEALTH EQUITY embedded in your work?
- 2) What recommendation do you have to ensure LWK's work & initiatives are centered around HEALTH EQUITY?

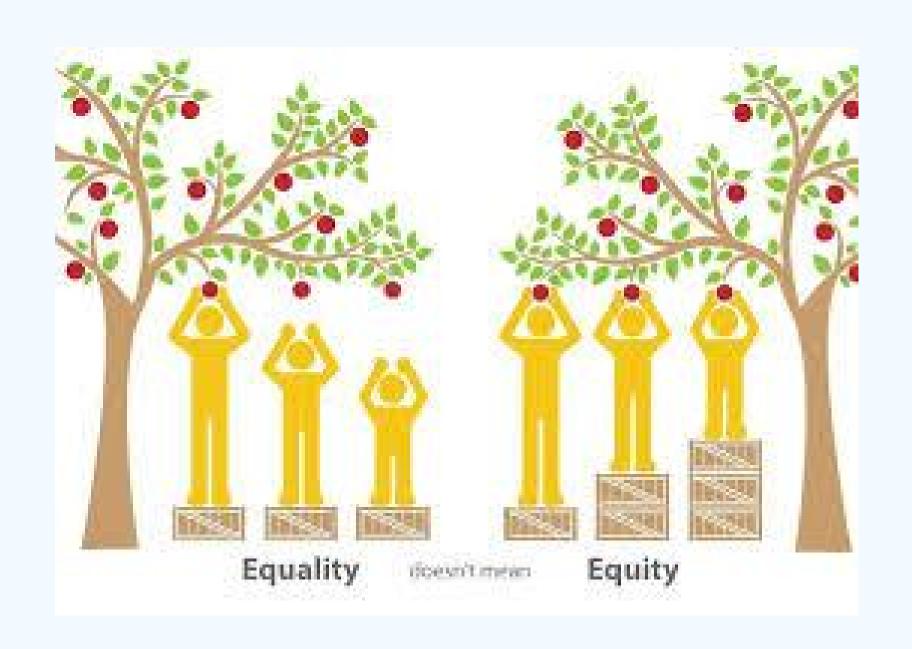
### **Community Organizers:**

1) What will you commit to do in your own work/organization?

2) What recommendation do you have to ensure LWK's work & initiatives are centered around HEALTH EQUITY?

## The Process:

- 1) Cyber Shuffle
  - Breakout room with action team
- 2) Spend 12-15 minutes answering your assigned questions
  - Use shared google sheet to help you
- 3) Cyber shuffle back to main room
  - 25 minutes to report on
  - We will need at least one spokesperson from each team



## debrief

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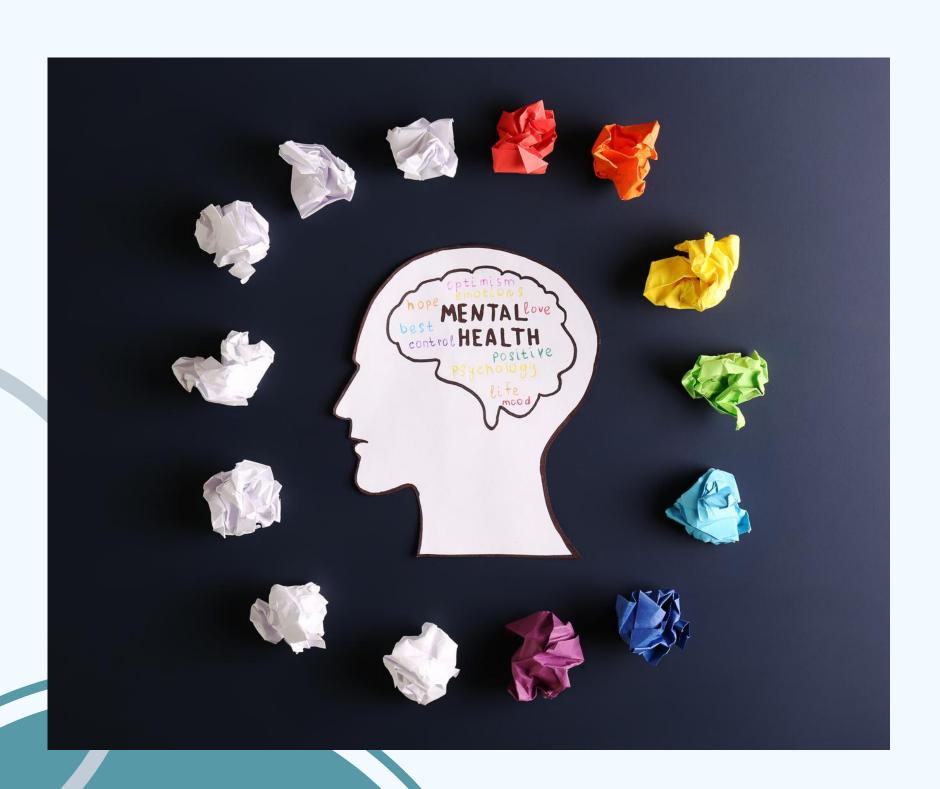
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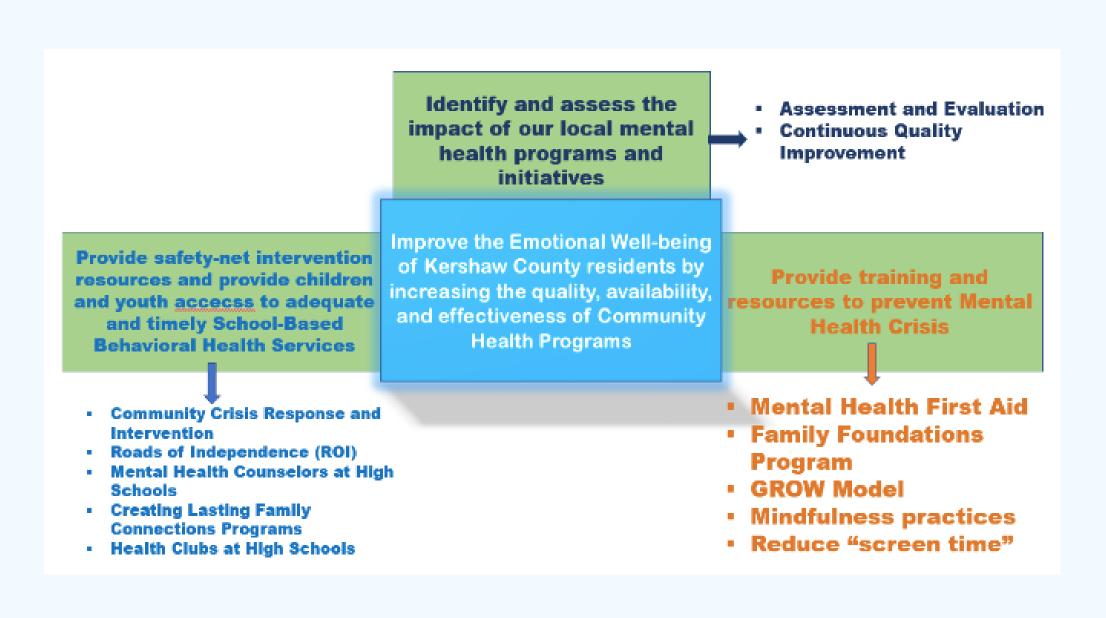


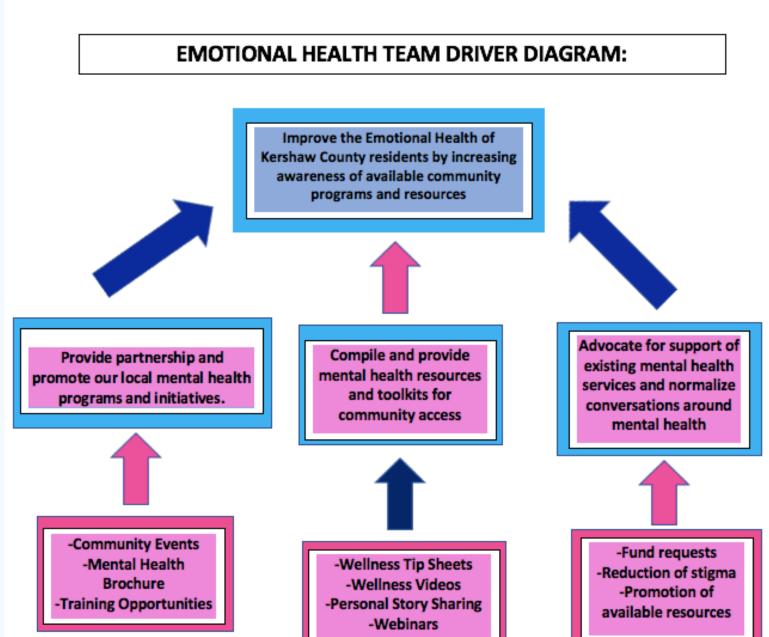
# Action Team Updates



# Emotional Health Updates

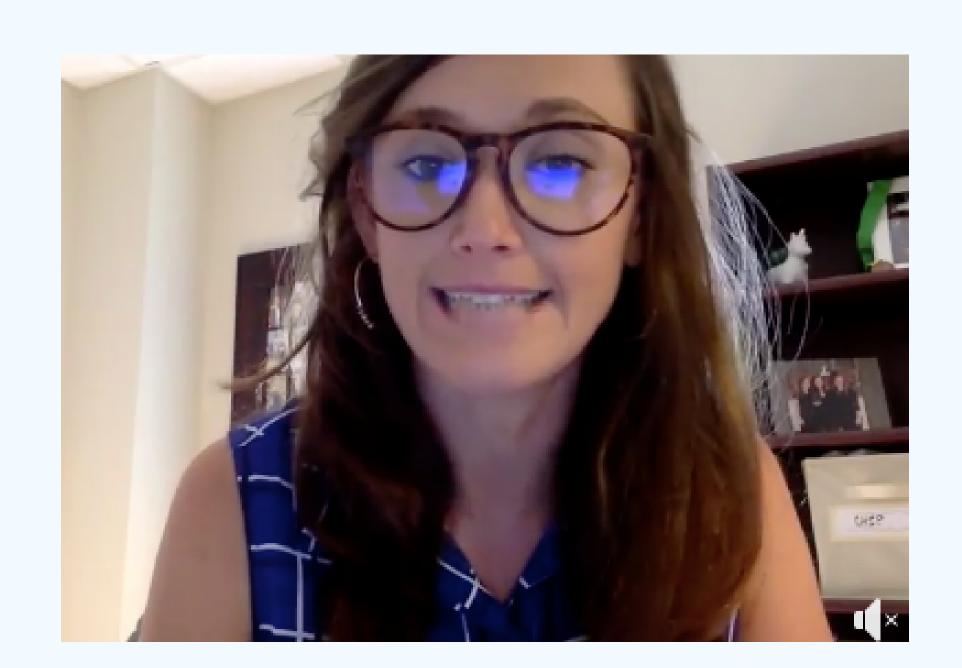
## Driver Diagrams





# Wellness Videos

- Short videos on how to stay healthy mentally, physically, emotionally, etc. to be shared via social media & LWK website.
- We need more volunteers!



## Wellness Video Instructions

- If it's under three minutes, please use this link:
  - https://app.videopeel.com/kc2567fa
- Presentation will be longer than 3 minutes...
  - Connect with Keri Boyce. (kboyce@cmcofkc.org)
  - She can meet with you to record longer presentations!

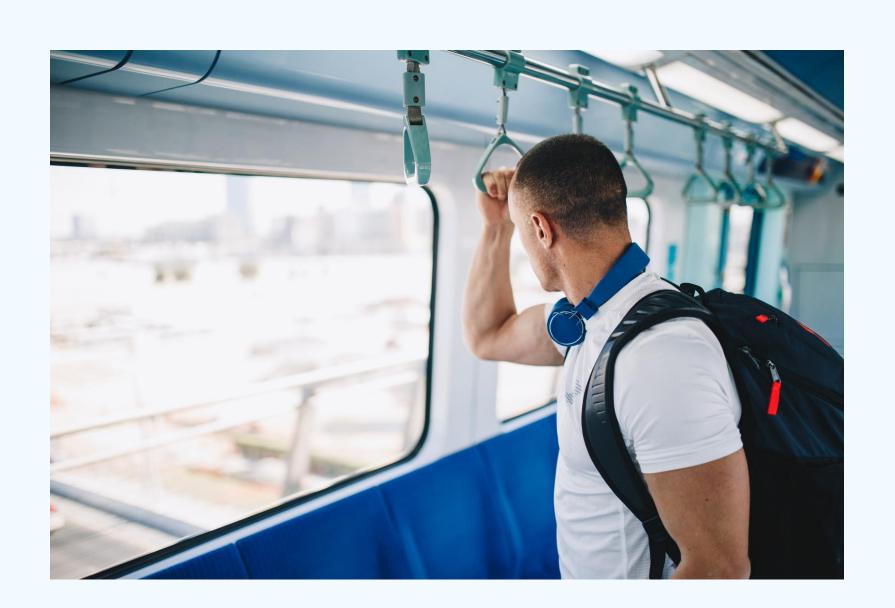
# Access to

# Care Updates



## Transportation Updates:

- Lots of internal workings
   between Santee Wateree RTA
   and Central Midlands COG.
- More details have been worked out over the past week.
- Still no clear timeline but sooner rather than later.
- Progress is being made.
- ATC team working on transit survey.
- Any other updates?





# Healthy Eating Active Living (HEAL) Updates

## Community Fitness Circuits

- Currently: Kendall Park, Kirkwood Community
   Park, KC West Complex in Elgin, Potter Park, F3
   Route in downtown
   Camden, & Boykin Park.
- Next:
  - Goodale State Park
- More circuits ordered!





## FITNESS CIRCUIT

MOM

**OPEN** 

THE KENDALL PARK FITNESS
CIRCUIT IS BACK!
CAMDEN, SC

Monday, August 24th-Monday, September 7th, 2020

What is it, you ask?
A fitness circuit is an outdoor workout that provides all members of the community access to a free, fun, and guided physical activity

(BONUS...It's a great way to get outside!!!!)

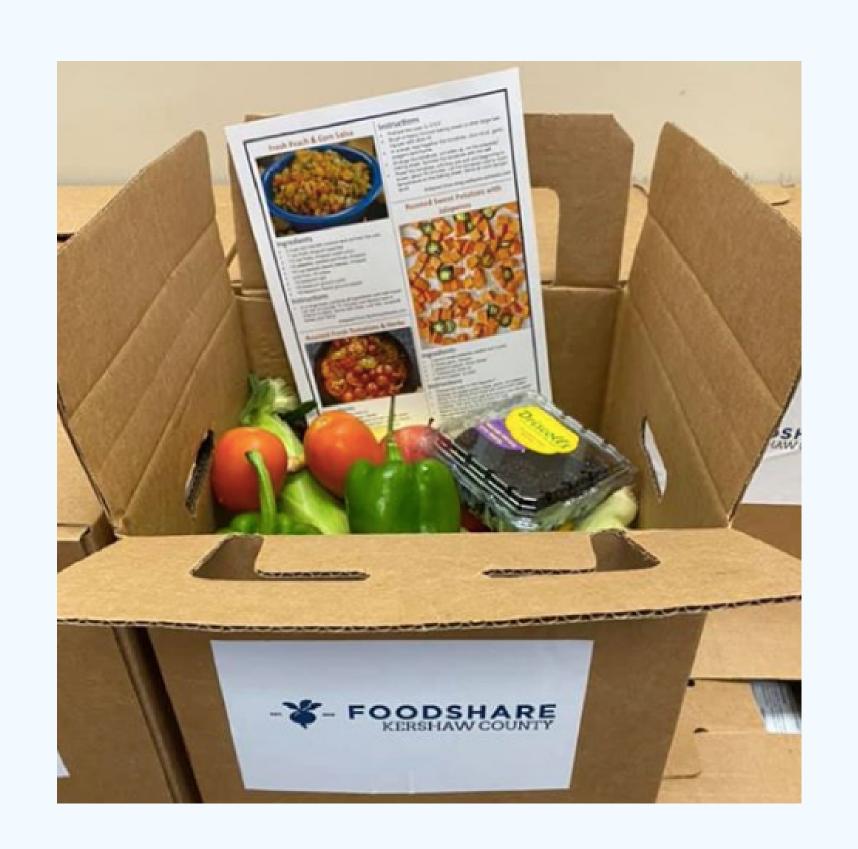






## FoodShare

- Taking orders for September
   Food Share boxes.
  - Please have your orders to United Way September 4th.
  - You can stop by United Way in person or call 803-432-0951, ask for Jennifer.
  - Boxes are \$5 when using a snap card or \$15 dollars cash





# Church Wellness Zoom

#### CHURCH WELLNESS PANEL:

HOW TO ADAPT DURING COVID-19 AND BRING HEALTHY LIVING TO THE FOREFRONT.

# Join Us September 10th, 12:00 pm via Zoom as we discuss:

- Church re-entry/re-opening plans & strategies
- Safety guidelines and concerns
- The importance of staying physically and emotionally healthy during this time
- How to engage church members in practicing healthy living while at home

If interested in attending this event, please contact us at <u>Isimmons@cmcofkc.org</u>



## Great news from Eat Smart Move More & KC Trails:

- Thank you very much for the work of Bob Giangiorgi and Fiona Martin in securing this mini grant in the amount of \$1,500.
- Received \$5,000 grant from HSDKC promote trail awareness in Kershaw County

Trail Updates:

- County River Park Trail finished & kayak/canoe put-in is under construction.
- County Will start working on the first leg of a trail from CCTC to Camden downtown.
- County future plan trail from River Park north to the dam.
- City Nature park trail and kayak/canoe put-in finished



## ANY QUESTIONS, COMMENTS, CONCERNS?



# Helpus improve.



Check the chat box for link.

## <u>ANNOUNCEMENTS</u>

- Next virtual LWKC Meeting is September 23rd from 8:00-9:30 am.
- City Camden Parks opening in August:
  - Permanent Fitness Circuit at Scott Park.
  - Camden Environmental Riverfront
     Park
  - Wateree River Veterans Park:
    - Ribbon Cutting: 10:00 AM,
       Thursday, August 27TH
- Mary Reames has an exciting announcement!



## OUR TEAM

#### KATHRYN JOHNSON, MPH

Director kjohnson@cmcofkc.org



#### LATRICE SIMMONS, MPH

Community Health Improvement Lead Isimmons@cmcofkc.org

