



COMMITTEE: Healthy Lifestyles

DATE: March 17, 2009

LOCATION: Teleconference

Members present: Gretchen Clark, Diane Peck, Debbie Michael, John McCleary, Janelle Gomez, Patty Owen, Sally Levensgood, Gail Stolz, Karol Fink, Sandra Carroll-Cobb, Cindy Norquist, Julie Cassio, Lori Smith, Diane Russo, Lakota Murray, Sarah McConnell, Diana Redwood, Russ Stevens, Tami Bell.

ITEM	DISCUSSION	ACTION/FOLLOW-UP/ASSIGNED TO:
1. Welcome and Introductions:	Russ Stevens	
2. Take Heart/Obesity Partnership Merger	General agreement on the decision to work together and reduce duplicity/time.	
3. Take Heart/Healthy Lifestyles Overview	None	
4. Compare/Contrast Healthy Lifestyles & Obesity Plans	Similar Objectives: <ol style="list-style-type: none"> 1) Quality Physical Education 2) Community, school, and employer support for physical activity & nutrition; 3) Promote use of traditional Alaskan foods; Not in Take Heart Plan: <ol style="list-style-type: none"> 1) Awareness of Obesity epidemic; 2) Need to maintain healthy weight; Just because Take Heart Alaska is a cardiovascular health coalition that doesn't mean that the Healthy Lifestyles group can't address weight management/obesity. Infact, obesity is a risk factor for heart disease – we just may want to focus on policy/environmental change projects.	
5. Open Discussion	Work plan ideas: <ol style="list-style-type: none"> 1) Assist in creation of physical education content standards; 2) Event calendar that bridges Health Futures, MOA runners, running club 	

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	<p>north, and AK Public Health Association;</p> <p>3) Healthy lifestyles resources for rural areas – link to our website? Link to ANTHC (Teresa Hicks), First North (Canada) and Cooperative Extension.</p> <p>4) Legislative Action – Several bills are up for consideration in the near future. Should we write letters of support?</p> <p>5) Events/Other – We should continue to promote Bike to Work Day in May; Start Walking Day – April 8th, “Get Outdoors Anchorage” could turn into “Get Outdoors Alaska”.</p>	<p>Russ will compile and send out details of the three bills. Depending on the dates, we may consider drafting letters of support.</p>
<p>6. Next Meeting date/Time</p>	<p>The next meeting will be in Anchorage on April 21st via teleconference. Mays meeting will be in Anchorage - date and location TBA.</p>	