COMMITTEE: Healthy Lifestyles
DATE: June 16, 2009
LOCATION: Teleconference

Members Present:
Paula Recchia – AK Chronic Disease Prevention and Health Promotion
Deborah Corker – AK Health Fairs
Tracy Speier – Muni Health Dept
Tammi Meissner –SEARHC Wrangell
Betsy Nobmann - Guest
Annette Coyle – YK Diabetes
Laurie Smith – YK Diabetes
Pam Sloper – SEARHC Haines
Lisa Schwartz – SEARHC Haines
Sandra Carroll-Cobb - UAA
Sarah McConnell – UAF Troth Yedda
Jordan Lewis – UAF Troth Yedda
Nancy Davidian – Fairbanks PHN
Shawn Tausz Meyers – WIN for Alaska
Gretchen Clarke –SEARHC Sitka
Leslie Shallcross – Cooperative Extension Service
Yvonne Howard – Tanana Chiefs Conference
Suzanne Zaw - PHN Itinerant
Janelle Gomez - Alliance for a Healthier Generation
Wilson Justin
Emily Burgman
Diane Peck – AK Obesity Program

ITEM	DISCUSSION	ACTION/FOLLOW-UP/ASSIGNED TO:
5/15 Meeting Review	The goal of the face-to-face meeting was to prioritize strategies and begin developing a short-term work plan. The top strategies fell into 2 categories: "Customary, Traditional and Local Foods" and "Physical Education Training". Discussed having 2 groups working on these issues.	Sandra Carroll-Cobb and Gretchen Clarke will work on physical education. Nominated Russ Stevens to join them.
Traditional Foods Work Plan	Diane and Karol spoke with Jennifer Johnson re: The Traditional Food Guide for Alaska Native Cancer Survivors. Jennifer worked gathering information for the book and said that the content came from a broad range of sources. Several foods did not have nutrient analysis and had to be estimated. Some foods were missing because they couldn't possibly list all foods. Jennifer wrote "We do need more testing of foods from a scientific standpoint, but we already know that these foods are nutrient dense. I think education campaigns can go ahead right now before any more testing of foods is done.	The group identified more resources that could be added. Possible places to check: ▪ CANHR – several studies focusing on traditional foods (Jordan has contact) ▪ Kodiak Marine Technology Research (Leslie has contact) ▪ Patricia Cochran with AK Native Science Commission

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	There is a shortage of educational materials – anything you can do to add to these in a useful way would be great and could have an impact on health." Betsy Nobmann also participated in the development of the "Traditional Food Guide" and has conducted extensive research on traditional foods. Betsy said it's important to know who needs nutrient data and what format do they need. Betsy suggested that people working in different communities list foods that they typically use but can't find information on. This group may be able to help find information or appropriate alternative data.	
	Sarah McConnell and Diane Peck worked on the "Alaska Traditional Food Resources" since the 5/15 meeting.	Resource list could be posted on the new Take Heart Alaska website, and possibly, AK Public Health (ALPHA) website.
WISE Families	Annette Coyle said that people in Bethel know traditional foods are healthy, but the art of hunting and gathering has been lost. People need to know how to identify plant and animals and how to correctly hunt and gather them. She said a frame work for how to teach people about identifying and gathering traditional foods would be useful. Different communities would fill in their own local resources.	
	Discussed the WISE Families model that SEARHC is doing. Tammi Meissner talked about the projects she's doing having local elders conduct classes for younger people. She's video-recording elders' stories and activities and will probably do a cookbook in the future.	Discussed looking into how WISE Families could be replicated in other areas of the state.
Traditional Foods in Schools	Discussed working with schools to increase traditional and local foods served. State examples include: • Dillingham has partnership with canneries to serve salmon • Yukon Flats has developed policies • Wrangell is pushing for traditional	

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	foods • Effie Cochran School in Fairbanks has a moose camp and may serve in schools Materials are available from the AK EED. School staff and food service may need education and assistance.\	
Next Meeting	**July 21 at 2:00**	