

Break Out Rooms Session

Chelan-Douglas CHI: July 14, 2021

Health & The Great Outdoors



Breakout Room Group 1:

Did you learn something new today? What are your takeaways from today's presentations?

Maybe more preparedness resources or emergency management. Chumstick fire, red cross

Learned a lot about Fire seasons even during "off" seasons woodstove impacts, agriculture burns

How does environmental health impact your health and wellbeing?

- Effects everyone in "urban" and rural areas
- Recreational activities are limited, which are good for mental health, physical health and long-term health, less time unplugging
- High population of cardiopulmonary department and treatment in the valley, impacts any clients who are going through treatment, only one in the area

•While reflecting on the information provided, what can we do to improve environmental and community health?

•At the individual level? Idle less, think about small ways to improve indoor air quality, being mindful of littering, leave no trace, understanding the impact of small actions and individual actions.

•At the community level? Support local organizations that are doing this work and participate in their activities and programs

- Focusing on educating Low socioeconomic populations about preventative measures

•At the State level? - support bills that have preventative fire and environmental safety measures and environmental policies

Breakout Room Group 3:

Did you learn something new today? What are your takeaways from today's presentations?

How does environmental health impact your health and wellbeing?

•While reflecting on the information provided, what can we do to improve environmental and community health?

•At the individual level?

•At the community level?

•At the State level?

-Trainings for childcare providers & centers on air quality / idle free zones.

-Asking environmental agencies to partner with childcare groups / preschools / etc to provide environmental-health focused curriculum for kids

-Barrier: lack of funding to help support development of new enviro health programs / curriculum / etc (esp for public agencies).

-Barrier: Not everyone "cares" about environmental health - hard sometimes to have discussions or move to action without more agreement.