

Chelan-Douglas Coalition for Health Improvement  
Meeting Minutes  
June 9, 2021 at 3:00 to 4:30 PM

Introductions and Icebreaker-All

The Charge:

The mission of the Chelan-Douglas Coalition for Health Improvement (“Coalition”) is to foster authentic community engagement, create an ongoing pathway for gathering input from diverse groups of community members, and identify local projects that could support the overall goals of the Medicaid Transformation Project.

- This coalition is important because 80-90% of a person’s health is contributed outside of medical care. This coalition helps improve the health of the community by having all different sectors come together and work on the social determinants of health.

North Central Accountable Communities of Health Board Update-Kaitlin Quirk

- The first Narcan vending machine in Washington State will be piloted in our region. The spaces where the Narcan vending machines will be located can provide wrap around services.
- Updates from strategy workgroup at the NCACH Board meeting.
- Colville Tribes: Recovery treatment wellness and health center
  - New clinic in Omak

Summertime Recreation and Safety-Eastmont Parks and Rec.

Opportunities-

Summer Camp:

- Play games, be active and interact with others

Swimming:

- splash pad-safe place to interact with others
- Family swim time
- Swimming lessons- 6 months old to 17 years old
- Working on adult lessons-bridge the gap
- Adaptive swim lessons-Children with special needs
  - Partners with The Brave Warrior Project

Golf lessons:

- Partnering with Highlander
- Learn a lifelong skill

Cheer Camp:

- Outside and helps with engaging in movement

International Soccer Camp:

- Not sure if it will be able to hold it due to COVID-19

#### Football Camp:

- Performance Academy Football Camp
- Active all week

#### Skateboard Camp:

- Located Kenroy Park and Eastmont skate parks

#### Bicycle Safety:

- Bike Rodeo usually in the May
- Bike Safety and helmets are given away
- Partner with Safe Kids, Velo, Confluence Health and Molina Healthcare

#### Health and Outdoor Recreation-Sahara Suval

What is Recreation:

Recreation is an activity of leisure, leisure being discretionary time. The "need to do something for recreation" is an essential element of human biology and psychology. Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be "fun".

#### ***2005 California State Parks Report, "The Health and Social Benefits of Recreation"***

- **Curbs obesity** [The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity 2001 (HHS, 2001)]
- **Diminishes risk of chronic disease (hypertension, osteoporosis, heart disease, type 2 diabetes, etc)** [(Haennel & Lemire, 2002).]
- **Boosts immune function** [(Mooney et al., 2002).]
- **Increases life expectancy** [(Paffenbarger, et. al., 1991)]
- **Reduces depression and increases self esteem** [(Tarrant et al., 1994) & (Frank & Gustafson, 2001).]
- **Improves and strengthens sense of self and sense of belonging** [(Haggard & Williams, 1991) & (Driver et al., 1991)]
- **Strengthens communities** [source, CA State public opinion surveys]
- **Reduces crime** [*Fight Crime, Invest in Kids* California]
- **Promotes social bonds** [(Zabriskie & McCormick, 2003) & (Orthner & Mancini, 1991)]
- **Supports youth development, seniors, and individuals with disabilities** [(Estes & Henderson, 2003), (Chodzko-Zajko, 1998), & (Johnson et al., 2001)]
- **Encourages volunteerism and promotes stewardship** [(Busser & Norwalk, 2001) & (McDonald & Schreyer, 1991)]

Read full report here:

[https://www.nps.gov/goga/learn/management/upload/1536\\_ca-health\\_benefits\\_081505-2.pdf](https://www.nps.gov/goga/learn/management/upload/1536_ca-health_benefits_081505-2.pdf)

#### Accessing Recreation in NCW:

##### **Public Lands:**

- Parks – local, city, regional, county, and national
  - *In our region:* National Forest, National Park, Bureau of Land Management, Department of Natural Resources, PUD, Conservation areas, wildlife refuges, designated wilderness....
- *For Hikes:* Check out: [WTA.org](http://WTA.org)

**Recreation orgs, agencies, and institutions:**

- Chelan-Douglas Land Trust
- Chelan County (Parks & Rec)
- Douglas County (Parks & Rec)
- City of Wenatchee Parks
- East Wenatchee Parks
- Other municipal / city parks

**Other ideas:**

- Local libraries
- Chambers of Commerce
- Social / service groups
- Trails associations, mountain bike associations, Outdoors for All, Out There Adventures, etc
- Clubs & teams
- Senior centers & community centers
- Commercial enterprises (e.g. ski areas, theme parks, bowling alley)

**Breakout Sessions-All****A few themes that came out of the breakout room discussion:****Barriers that can prevent community members from accessing recreation:**

- Financial cost for passes and activities
- A need for more scholarships or financial assistance
- A need for more understanding around safety
- Lack of accessibility for those who do not have transportation to trail heads
- Lack of accessibility for those with disabilities

**How recreation impacts health and well-being:**

- Exercise can affect mood and overall well-being
- Helps improve physical and mental health
- Creates connections with others
- Can help with chronic conditions

- See breakout session document

Meeting Adjourned