

Second Session Top "10" Topics

Group	Facilitator	Recorder	Topic	Votes	Snow Card Idea
Blue Dot	Elizabeth Nichols	Kim Hinnenkamp	Increase the number of businesses with worksite wellness programs	5	Develop strategies targeted at public, private, and non-profit sectors that focus on what will give biggest impact in each sector, i.e. Chamber of Commerce and insurance companies for the private sector. Form community affiliations/partnerships ex. American Heart Association (how to combat leading causes of death and disability) also agencies and civic minded groups.
				3	Communicate best practices from ND and elsewhere to potential businesses and organizations ex. sample programs, cookbook. Encourage development of a wellness program for legislators during legislative session ex. smoking cessation, increased physical activity, health screenings, nutrition info, etc. Establish a state model program that worksites can implement-create the wheel. Provide technical assistance at the state level.
				2	Develop public information strategy to promote worksite wellness programs. Have a on-c summit focusing on worksite wellness. Health summit participants encourage their sponsoring agencies and organizations to implement worksite wellness programs. Educate business leaders about the financial and productivity benefits of wellness programs. Develop summary reports of benefits of wellness programs with "how to implement" guidelines.
				0	Assess resources available to assist worksites with implementation. Establish a data driven assessment and evaluation process.
				0	Make "it" less bureaucratic/make it easy to do and show that it saves money.
				0	Provide Executive Summary of ND Department of Health's worksite wellness survey to worksites.
				0	Provide wellness dollars for start up to businesses that have a plan.
				0	Provide publicity for the organizations involved.
				0	Provide incentives to worksites who implement a program (example decreased insurance premiums or a rebate) (Look to Worker's Comp's example-decreased Worker's Comp insurance if worksites implement safety programs).
				Blue Star	Susan Mormann
2	Establish a state fund to assist local wellness programs: a. mini-grants to communities, b. a fat tax could be source of funds, c. grants would be given to programs directed toward state established goals.				
2	Implement wellness plan within the Capitol Complex a. encourage through modeling, b. smoking policy at the capital (even right outside the door), c. promote Dakota Diet in the cafeteria.				

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				2	Establish employer based wellness programs: a. employers with programs get a discount on health insurance premiums, b. have to meet state goal to get discount,
				2	Increase "buy-in" and action on health improvement issues via person to person contact through a "Tell Ten People" campaign: a. develop 15-30 sound bite, b. provide explanation and research behind it, c. deceminate to health care providers, d. ask people to tell ten other people.
				1	Increase awareness of health consequences of lifestly choices: a. media campaign/local, b.schools - find ways to insert info into curricula, c. Sponsor "teach-ins" at colleges, shopping areas, etc., d. State DOH to develop media liason to get out health stories and successes.
				1	gather baseline data- community surveys, find what is already being done.
				1	Identify interventions and prevention strategies through community wide collaborations in the development of a wellness plan a. convene local stakeholders meetings b.devlop/utliti a community wide wellness assessment tool, collect data and prioritize, c. compile resources, d. identify what is already existing in the community-what is working.
				0	Promote self esteem in children: a. awareness for parents, b. counseling, c. peer groups, d. mentor programs.
				0	Decrease tobacco in adults: a, cessation classes, b. tobacco support groups, c. hotline, d internet access for those support groups.
				0	Better jobs so more time at home for parents.
				0	Decrease tobacco in schools: a. peer programs, b. counseling, c. link schools, hospitals, government and police (work together), put ordinances in place.
				0	Mental Health support: a. depression screening, b. counseling availability, c. support groups, d. access to dedications, d. third party payors increase reimbursements.
				0	Have local health units assist in coordinating local programs - change name to local health and wellness units.
				0	Have 1 business to start a wellness plan for their employees: a. otherw will follow suit, b. provide public education, c. have survellience, d. get community backing.
				0	Identify community wide wellness programs in existance to strenghten awareness of othe linkages - churches, non-profit organizations, others.
				0	Develop incentives for people to participate in wellness programs: a. financial payments, healthcare discounts.
				0	Increase Physical Activity: a. Walk to work days, b. "walk for health" events, c. bike paths and lanes (extensive like in Calif), d. Use of municipal and private bldgs for winter walking e. media campaign, f. increase PE time in schools, establish walking paths using agency collaboration to access funding, involve school teachers and classroom instruction, establish coalition across several entities to bring their varied expertise to the project, g. increase activity for families - bike pakr in area, learn a new sport, involve mom and dad, family teams, family nights, promote going to church.
				0	Decrease pop to decrease wt gain: a. develop 3 "tell ten" sound bites - calories, satiety, osteoporosis, b. school and work pop machines out, c. pop tax.
				0	Establish importance of a wellness program a. mayors task force Blue Ribbon Task Force coordinate a program and increase visibility, b. market the program, c. media campaigns, service club involvement, e. include schools and churches.
				0	Develop volunteer network where hrs. volunteered are banked, reap bolunteer help in return - similar to Richland Co.

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				0	Strengthen the family bond: a. promote parenting and family time, b. parent classes, c. schools, businesses - identify ways they can promote family time.
				0	Increase awareness of automobile accidents- increased awareness of massive number of years of life and productivity lost from accidents, person to person "tell ten" campaign.
<i>Green Dot</i>	Jill Leppert	Cheryl Stockert	Decrease the incidence of overweight and obesity in North Dakota.	5	Develop a family based approach to incorporate a healthier lifestyle that includes increased physical activity and healthier meals/snacks.
				3	Develop an education and communication plan addressing overweight and obesity, including proper nutrition and methods to alleviate overweight and obesity
				2	Pilot a case management program and base interventions for prevention on evidence based medicine approach
				1	Develop North Dakota accepted standards for the terms of "overweight" and "obesity" and develop information about statistics (state and county) and available resources on the web and monitor all age groups to provide a database including not only height and weight but also health behaviors related to obesity
				1	Develop and implement a statewide health message communicated through the mass media; Governor proclaims "Wellness Week" or month, and do media campaign(s) for awareness
				0	Educate parents about appropriate feeding/nourishment of children and teach proper nutrition to new mothers.
				0	Develop economic incentives for healthy weight and provide incentives to North Dakotans to lose weight by becoming more active and increasing 5 a day in the diets
				0	Develop a statewide community based education and communication plan
				0	Health fairs/screenings for overweight/obesity
				0	Community action committees formed including schools
				0	Nutrition classes for elementary age children
				0	Make nutrition concepts easy for general public to understand i.e. fat tubes are visual or amount of sugar in pop
				0	Make physical education mandatory in schools
				0	Improve school nutrition environment by: offering breakfasts at all individual school buildings, offering healthy low fat school lunches, ensuring schools and day care centers provide healthy meals to students and kids, make available nutrition classes for elementary age children, eliminate unhealthy products in vending machines in schools, and remove pop machines from schools or limit access to after school times
				0	Develop a nutrition hotline similar to Ask a Nurse and develop a statewide referral system for nutrition counseling
				0	Third party reimbursement for weight reduction counseling by qualified (licensed) health professionals
				0	Partner with fast food industry to reduce serving sizes; work with restaurants, etc. to make healthier menu items a "value meal" and offer incentives to restaurants to offer low fat menu choices

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				0	Increase the number of businesses with worksite wellness programs by: developing and encouraging worksite health and wellness plans to help adults incorporate healthy habits their daily lives, including workplace exercise facilities and time for completing activity and bring consultants/community health staff in workplace to help employees set personal fitness goals
				0	Make fruits/vegetables less costly for all (would help senior citizens, low income, average income)
				0	Educate physicians (especially pediatricians and family medicine practitioners) regarding the new BMI standards and the importance of early appropriate interventions and referral
				0	Educate the population about the dangers of food diets, weight loss supplements and other "quack" approaches to fast weight loss and educational programs for youth and adults and through health fairs and screenings
				0	Develop statewide standard for handling obesity (i.e. drug regimen, exercise, dietitians)
				0	Help communities develop a plan to incorporate physical activity and nutrition information and ideas to their citizens; encourage communities to increase physical activity, i.e. open gym, paved walking paths; form community action committees including schools
<i>Green Star</i>	Mary Ann Foss	Pat Anderson	Increase physical activity in youth	4	Require physical activity at least 3 hours per week in schools K-12, and post secondary.
				2	Non-competitive activities should be available in all schools. Such as setting & achieving personal fitness goals.
				1	Use technology and curriculum to promote better health habits. (watches, pedometers, games that can be used while exercising, vignettes developed by students.
				1	Develop strong partnerships with schools, Youth service agencies, Parent Support group, Youth organizations, out of school.
				1	Implement PA curriculum that teaches life long skills & personal fitness (circuit) improvement.
				1	Have primary care providers educate parents on AAP, TV/media guidelines. ie no TV less than 2 years, TV less than 1-2 hours per day, older than 2 years. No TV/computers in childrens bedrooms.
				0	Support increased outdoor activities and infrastructure (trails, paths, greenways)
				0	Special focus on difficult situations such as obese youth.
				0	Have a statewide school campaign re: 10,000 steps, or a similar type program or Fitness Frenzy (MN-Feb.)
				0	Provide incentives for participation in physical activities at various age levels - revitalize the presidents fitness program.
				0	Community information forums to increase awareness and create action.
				0	Partner with state school board association to implement education campaigns that PA = higher test scores.
				0	Integrate Adult (parent, mentor) participation model.
				0	Integrate strong "no TV" Reduce TV/computer in all state regulated programs that serve children, WIC, Child Care, etc.

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<i>Purple Dot</i>	H. David Wilson	Ann Lunde	Reduce tobacco use by youth in North Dakota	5	Implement comprehensive tobacco policies in all schools, K-12. Including a 2 Strike Rule for tobacco use on school property. 2nd time is mandatory smoke cessation program, K-
				3	ND State sponsored HRA - Online - Spring & Fall modules on smoking, drinking, mental health sexuality. Provide appropriate follow-up or referral . Include supply of terminals/Pi for access.
				2	Smoke-free, alcohol-free community center for kids to hang out
				1	Create a strategy that includes / invites youth to help develop it. Have the message come from the youth.
				1	Increase the excise tax on tobacco products (youth are particularly sensitive to price)
				0	Include youth participation in policy development process
				0	Technology - terminals in isolated communities
				0	Publicity campaigns; message of smart decision-making ; Invite youth to develop the campaign
				0	Incentive programs - Healthy activities; - Fitness activities ; Social activities; In schools a community also in churches
				0	Health Education in schools & community 1. role modeling; 2. school policy on health, e
				0	Implement tobacco cessation and education programs for youth (After-school programs)
				0	DIGI-Walkers: 1. prevention; 2. mentorship 3. incentives
				0	Ban (tobacco) smoking in all public places. On school grounds hospital grounds, etc.
				0	Youth leadership training and mentorship programs: Include Native American Youth; Girls and women; Equip them with the skills to lead; Intervention for prevention.
				0	Values approach - Mind/Body/ Spirit - Eliminate smoking
				0	Eliminate disparities in tobacco use among youth
				0	VIP - Very Influential People middle/High School) - Voted by students to identify movers/shakers. Letter sent to top 10 and a gift certificate for participation; to be part of a focus group. To create a platform.
				0	Community-wide youth health facility.
				0	Fund media (public education) campaign directed to youth . Budget \$\$\$ directed to this.
				0	Reduce tobacco use by youth in ND by: 1) education, 2) awareness, 3) incentive program 4) buddy system, 5) Health and wellness program. Implement evidence-based curriculum for tobacco prevention in K-12
				0	If you smoke, cannot participate in high school activities, with referral to principal (other 'drugs', ie., alcohol, marijuana, have a requirement that when a student is caught, it must be reported to the school, tobacco doesn't have this requirement)
				0	Increase third party payor coverage for tobacco cessation (counseling and NRT) for youth
				0	Cultural awareness - protocols
				0	Eliminate exposure to second - hand smoke in all sites where youth are present

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				0	Institutionalize tobacco prevention, cessation protocols among health care providers
				0	Implement smoking (tobacco) bans in worksites, public buildings
				0	Have a class in high school just like drivers Ed or part of the requirements for graduation.
				0	Adults as role-models tobacco-free home environments
<i>Purple Star</i>	Stacy Johnson	Melanie Metz	Improve school nutrition environment	6	<p>Improve Nutrition Education for students & staff: 1)employ school nurses to assist with th education 2)incorporate information into classes - science/math, etc. 3)balance with exercise 4)somehow include parents. Update/educate teachers about healthy foods and current knowledge (provide curricula & training). Increase knowledge of eating disorders (signs/symptoms/treatment). Integrate physical activity/healthy eating/mental health into one message of healthy lifestyle. Parent education: 1)nutritional course for parents; 2)orientation to choices in schools 3) parent awareness of child's choices. Education on nutrition: 1)include education on nutrition in science courses. 2)consider including information on "metabolism" to include nutrition in the physical education curriculum.3)consider adding information into social studies on: food processing, label reading, good vs. bad choices 4) having "professional" guests discuss and show example of effects of good vs. bad nutrition. Classes for students on healthy eating and exercise. Make a nutrition class a pre-requisite class for participating in a sports activity. Educator 1) incorporate good nutrition subjects into the curriculum. 2) Place a poster with good nutrition in various locations in the school. Discourage use of food as reward/punishment teachers. Offer suitable alternatives by educating the teachers. Place a challenge at the beginning of school for each class or student to eat healthy with weekly check-ins. Promote healthy food choices in schools. 1)each week, they discuss healthy food for the week and try it. 2) Provide incentives to eat healthy food for kids (create motivation). 3)Show and model healthy food choices by school staff and students. Integrate nutrition education in the curriculum (math, science) using tested curricula and trained teachers as partners. Cooking Classes 1)teach techniques for healthy preparation. 2)balancing meal 3) Appetizing presentation</p>
				4	<p>Remove vending and pop machines from elementary/middle schools. Remove candy from schools. Provide healthy snacks at schools events. 2)use marketing to show the benefits of healthy snacks. 3) education in classrooms each week on healthy snacks. Incentive program 1)remind students/teachers to eat healthy. Class parties 1)restrict unhealthy fast foods/sweets/sodas. 2)provide an "acceptable" list for parties. School Shops: 1) only allow them to sell items on an acceptable list. Eliminate school stores from selling food. Pop/other vending machines only running after school. Provide healthy food sales instead of pop and candy.)marketing of benefits of healthy food. 2)education of benefits of health food. Remove pop machines 1)replace with juice machines. 2)replace with milk machine 3)replace with water machines. 4) market the benefits of drinking milk and water.</p>
				2	<p>Lunch menu: Use healthy food products in preparation of food: ie ND beef, grains, honey 2)read labels. 3)Don't use processed foods, frozen dinners, and other foods high in sodium, etc. 4)make sure fast food products are healthy - use good oil, lean beef. School lunches 1)remove "a la carte" lines. 2)Increase choices in "reimbursable" line. 3) Make appearance more attractive. 4) Ensure that provided lunches meet USDA regulation. Mandatory school lunch or bring your own. Improve quality of food served at school lunch program by monitoring preparation.</p>
				2	<p>Assess what kids are actually eating rather than standard menu/ do plate waste studies. Assess school lunch program. 1)what is currently practiced in school lunches. 2)what is needed to correct problems found, ie vending machines, selections with too much fat. 3) there adequate time to eat? 4) Special needs students, allergies, etc. being addressed.</p>

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				0	Teach children about media literacy: 1)cartoons vs. food ads 2)"selling" principles. Increase awareness of healthy food. 1)marketing in school, walls, newsletters 2)Do competitions on knowledge of healthy foods. Use multi-media to campaign and educate good nutrition: Video, posters, interactive discussion, projects, physical examples.
				0	Work to change school policies: 1)activate PTA/PTO organizations. 2)Do broad ranging assessment of schools in ND 3) School policy development activities in classrooms.
				0	Peer pressure: 1)student council to focus on eating healthy 2) set by example includes teachers as well as students. Involve youth in decision-making process (establish coalitions in schools that include students, teachers & administration) Consider policies.
				0	Encourage breakfast consumption (increase # of programs in ND, educate parents and students of benefits.
				0	Improve student self-esteem so food is not comfort, etc. 1)employ school nurse to assist with this aspect. 2)monitor "picking on" other students - teach acceptance of all - race, size, color, etc.
<i>Red Dot</i>	Terry Bohn	Marilyn Hoff	Increase the role of third-party payers in prevention and health promotion	4	encourage worksite wellness programs that include incentives eg provide technical assistance, premium reduction
				2	Premium discounts for lifestyle choices and increase coverage for following medical advice. cover hypertension meds if compliant with exercise prescription
				2	Continuous exploration of prevention best practices and implementation as appropriate learn what is research based and cost-effective
				2	encourage use of data and information to define and monitor the health status of ND; provide data to communities on health risks to use in their risk-reduction plans
				2	Explore ways to reimburse school nurses and child care health consultants for prevention and health promotion activities ie., health screenings, immunizations, counseling on health and nutrition
				1	Public/consumer education 1. prevention messages 2 how lifestyle affects premium costs
				1	Tobacco cessation support 1. Quit Line 2. Replacement coverage
				0	provide reimbursement for nutrition and activity for those individuals that are overweight/obese.
				0	Insurance coverage for fitness center access and financial incentives for goal attainment
				0	provide a health promotion arm- a health educator for communities; designs for coalition designs for worksite wellness
				0	Public awareness of health risk factors through collaborative media activities
				0	Partnership with matched dollars - there needs to be some risk to the client/patient
				0	Involve insurers substantially in the state wellness plan development and implementation
				0	Hold providers accountable for prevention in every patient encounter as condition for reimbursement
<i>Red Star</i>	Rodger Wetzel	Kathy Moun	Reduce health disparities in American Indian and minority populations	3	First and foremost address the mental health and social issues and needs first. (housing food, clothing, safety)

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				3	Emphasize in school lifelong sports rather than only competitive sports
				3	Create regional community-based task forces whose mission it is to address native american and minority health issues. Task force to include health, faith-based organizations, education, private sector employers and tribal leadership.
				3	Throughout process, use and build on HP2010 plan
				3	Require nutrition education k-12, mandatory curriculum
				2	Utilize the six domains from Hawkins and Catalano to implement community plan (ind., fam., peers, school)
				1	Use a strengths/resiliency based approach
				1	Identify target groups, All other ethnicities, age, gender issues, sexual orientation, other groups targeted in HP2010
				1	Conduct a needs assessment, look at database info, focus groups, qualitative and quantitative
				1	State health department establish a Native American liaison position to facilitate minority and NA health disparities issues
				1	Use existing systems: child care, head start, schools, to influence life long changes and behavior modifications
				0	Dietary change - Provide programs/incentives for home vegetable gardens
				0	Provide seed grants to regional task forces with intent of building self sustaining efforts embraced by the community
				0	Form a specific plan for each targeted group
				0	Include native habits foods and activities in education tools provided by state
				0	Educate minority people as health care providers and send them to the minority populatic communities to live and work. Provide them with incentives ie: loan repayments, housing vehicle, child care.
				0	Blend and enhance all possible funding sources to accomplish the plan
				0	Increase activity level: Community activities, include cultural activity
				0	Encourage ownership in ND programs, keep the spirit and culture but own the best in bot and share
				0	State provide initial on-site technical assistance on health related disparities, ie tobacco use, obesity, nutrition, to assist in engendering local leadership
				0	Assign initiatives to specific organizations for oversight
				0	Assess progress periodically (quarterly, 2x/yr)
				0	Publicize: Educate the public, Educate target group, Educate providers
				0	State create a policy that as a matter of practice, include local tribal leadership as a matter of policy and practice to engage and engender buy-in and involvement across state agencies
				0	Continue to decrease prejudging, between all groups, native to non-native, non-native to native

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				0	Develop a way to identify and locate all minority people
				0	Continue statewide cultural events but add wellness programs
				0	Reduce barriers and misconceptions about IHS, its role and capacity
				0	Provide incentives for dietary change, personal responsibility and financial
				0	Educate healthy lifestyles across age groups starting in schools, community, retirement communities
				0	UND med school train family physicians in health risks for AI and 4 doctor rotation, 1 year on each reservation
				0	Provide for and encourage dialogue
				0	Learn their culture, develop a plan that fits their culture (don't try to make our system fit th needs)
				0	IHS learn more about NA medicines, herbs and roots used
				0	Develop a health wellness plan at community level with stakeholders, payor, providers at the table
				0	Educate health care professionals: disparity/ needs, culture/values of American Indians, minority groups
				0	Gather all tribal health directors, IHS, diabetes staff, CHRs together to develop a comprehensive health plan through assistance of students and staff from school of medicine UND
				0	Focus groups for each identified target group
				0	Increase quality employment opportunities for American Indian and minority populations
<i>Yellow Dot</i>	Nancy Vogeltanz-Holm	Jessica White Plume	Sustain and support the Healthy North Dakota Initiative	5	comprehensive public relations and marketing program
				4	checkpoints and timelines that are reviewed and modified, achievable, and simple action steps; with timely meetings and update reports
				2	leadership (eg ongoing governors support, Kupchella, or tribal leaders) commitment and involvement, ID leadership via election
				1	communication network identified available and accessible info
				0	build an evaluation component to assess objective goals eg. creates good baseline and outcome data perhaps involve the ND Healthcare Review, keep data published and curre
				0	obtain support from govt and non govt org.s, public and private support Inc; eg. reach ou to boy scout groups/girls create badges for nonuse/health
				0	HNI in educational curriculum-multidisciplinary ways eg for point of good diet bring into history and other courses not just health
				0	everyone with stake should be involved and represented, consider people communicate ir different ways, and make sure with follow up to assure representation
				0	host an annual summit to assess progress and next steps
				0	provide group specific tools to help carryout objectives

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				0	create a specific marketing entity to serve as the promotions vehicle
				0	well defined marketing plan eg stars promoting project
<i>Yellow Star</i>	Tracy Miller	Kristi Miller	Reduce tobacco use by adults in North Dakota	4	provide incentives for employees to quit smoking - more money back at end of year at workplace. Lower the premium they would pay if they quit. Provide incentives to tobacco free employees. Encourage different payment structures for employee-paid insurance costs
				3	Make North Dakota a smoke-free state. No smoking in establishments. In ND dining, bars, auditoriums should be smoke free. Increase the number of buildings and areas that are smoke free and make sure it is enforced. Increase the number of tobacco free public places (malls, restaurants, event centers, etc.)
				2	Increase tobacco tax with money dedicated to effective prevention programs. Increase taxes on tobacco. Increase tax and use money for advertising.
				1	Pay cash for test to identify tobacco in urine. Lower insurance premiums for conitine-free urine.
				0	Have all individuals including state employees to pay a part of health insurance costs. With paying for insurance, they would take a more active role in trying to keep healthy behaviors to help lower their premiums.
				0	Some grocery stores have done a great job in tobacco education for employees (age limit role modeling, etc.) Perhaps a "101" available training for business owners - especially where tobacco is sold - everyone on the same step in prevention.
				0	Implement a quit line.
				0	Develop "sound bites" for physicians to use with patients who use tobacco.
				0	Prevent youth from starting.
				0	Uniform employee risk profiles. How much will a smoker cost this business? I'll hire a no smoker instead.
				0	Promote vigorous exercise.
				0	Increase number of workplaces with tobacco free buildings and grounds.
				0	Increase number of cessation programs available and provide some incentive for the smoker to want to go through program. Implement proven effective tobacco cessation programs at the community level. Encourage insurance plans to pay for smoking cessation. Provide employers with program to assist with cessation. Create nicotine dependence centers.
				0	Youth peer programs - YMCA, Big Brother/Sister, Scouts, etc. Directionally focused at members younger brothers and sisters in the family - we reach out to others easily - we need to apply to our own families - talk to younger siblings.
				0	Continue to use media to show the negatives of smoking. Regulate the way smoking is portrayed in movies, TV shows, as something glamorous, etc. Reduce the number of times we see adults smoking on TV and movies.