

## Angelina County Vision 2020

### Quality of Life Foundation-- Healthcare Strategy Committee Meeting

July 20, 2007

The Healthcare Strategy -- Quality of Life Foundation met on July 20, 2007 at 9am at the Chamber of Commerce. Those present included: Tara Watson, Jennifer Stevens, Amy McLeod, Ryan Rex, Danny Rich, Laura Squires, April Snelling, and Jim Wehmeier.

We reviewed ideas of options for improving healthcare service and activities in our community.

1. We discussed getting involved in the school districts in Angelina County
  - a. Healthier lunches
  - b. Screenings
  - c. Parent/children Health fairs
  - d. BMI, childhood diabetes, exercise, education on exercise
2. We discussed that we might look into being a part of the community Senior health fair at the civic center
3. Hope Center/ Churches/ Boys and Girls Club
4. Might get sponsorship with KTRE/ LDN/ La Lingua with our health fairs
5. Send home printed pieces with children from schools about healthy living
6. Get the school health advisory board involved- Marilyn Kegler
7. Pass out Wal-Mart gift cards at fairs—1<sup>st</sup> so many to come get gift cards with education sessions
8. Look at pharmaceutical companies to possibly sponsor events- food, etc.
9. Look at public parks—do some type of circuit training through the parks
  - a. Physical activities
  - b. Exercise equipment with multiple options
  - c. Different obstacles at each park
10. Wrist arm bands- like Live Strong---“Live Lufkin”
11. We talked about ongoing projects with different organizations that we could tag along with or how we could take ideas from other activities and create new healthcare activities.
  - a. Piney woods Purgatory
  - b. Neches River Rendezvous
  - c. Senior Health Fair
  - d. Forest Festival
12. Walking paths- update them and join them together
13. Look at overall dimensions of getting healthy
  - a. Mental health
  - b. Physical
  - c. Diet
14. Spiritual health