

BRIGHT Coalition

January 10, 2023

Meeting Notes

Agenda available ([Appendix A](#)). Accompanying PowerPoint available via email by request to [Rust](#).

Beet Box lunch provided by Barren River District Health Department.

Marina Rust began the meeting by reviewing some announcements:

1. January's Coalition meeting will be on **February 14, 2023** at BRADD. Meeting schedule is attached ([Appendix A](#)) and on [BRIGHT's website](#).
2. The June 2023 event is tentatively set for **June 6, 2023** at The Medical Center-WKU Health Science Complex. Time TBA.
3. The next fiscal year's meeting schedule is being set now. Please take the [Doodle Poll](#) to tell us what days of the month work best for you.
 - a. Don't choose dates based on that specific July date; rather, think of it as the 1st, 2nd, or 3rd Monday, Tuesday, or Wednesday of the month. Currently, for example, we are meeting on the 2nd Tuesday of the month. If the 2nd Tuesday of the month typically works well for you, you'd choose July 11.
 - b. Please choose as many as work with your schedule. This will help us identify the best day for the most people.
4. Rust announced the 2023 BRIGHT Coalition Chair, Annette Runyon, and Vice Chair, Sarah Widener.
5. As we begin to plan for our June 2023 event, committees will be taking on pieces of the event planning as a trial run to bringing back a flexible committee structure for some internal initiatives. Committees are listed below with some identified event responsibilities.
 - a. Finance: event budget, lunch sponsor
 - i. Led by John Lillybridge
 - b. Marketing: advertising the event, giveaways/swag
 - i. Led by Ashli McCarty
 - c. Welcoming: folder materials, introductions for panelists and speaker, identify priority invites
 - i. Led by Amanda Howard
 - d. Data & Survey: data captured at the registration table, policy activity per priority area
 - i. Led by Susan Eagle
6. To accommodate the committee work, our meeting structure next month will look like this:
 - a. Quick Hello (5 min.)

- b. Committee Meetings (20 min.)
 - i. Eat your lunch
 - ii. Plan for June
 - c. Announcements (20 min.)
 - i. Spotlights available but limit of 10 min. for now
 - d. Breakout Groups (35 min.)
 - i. CHIP Updates
 - ii. Planning
 - iii. CHIP Performance Management
 - iv. Website Building
 - e. Report Back (10 min.)
7. One identified potential speaker for the June event, Shelia Schuster, will be part of a webinar on effective advocacy on January 23. Rust invites anyone interested to join. It is free unless you want CE credits.
- a. [Register here!](#)

Rust gave an update on the CHAT Grant/Translation Project. We are in the process of finding translators for the messaging not already available in our key languages (Spanish, Dari, Swahili, Burmese). As of the meeting, the Dari language was the only not found, but there is a lead being pursued. The plan is to have translators identified and their contracts signed by the next BRIGHT Coalition meeting. The next step will be focus groups led by Susan Eagle with interpreters.

Allison Cash from Med Center Adult Day Center presented a success report on how the BRIGHT Community Mini-Grant helped them increase physical activity among the population they serve. Some highlights:

- 50 clients involved in Move It, Shake It, Life It
 - Walking Club offered 3 times per week
 - One class each week is instructed by the client based on what they previously learned
 - Various classes are offered monthly including yoga, cooking classes, cardio drumming, pickleball, and tai chi
- 16 weeks = 700,176 combined steps! WOOHOO!
- 240 medals have been awarded
- One client has lost 8 pounds so far!

Rust shared that there would be another CHIP performance management check-in coming up in March. We do this to see the progress being made, but we will also be reviewing the CHIP to ensure the strategies listed are still appropriate. Rust provided each group with a template to begin working through any needed changes. Rust reminded everyone the CHIP should be seen as a living document, which is why we will be reviewing it annually, at minimum. At the June event, we will have a handout with any updates listed so that we can update all of our community partners.

Other announcements from member organizations:

- Med Center's Health & Wellness Expo is Saturday, January 14 from 8am to 12pm at the Sloan Convention Center in Bowling Green. It is free and open to the public. Lots of screenings, including blood glucose checks and pre-diabetes risk assessment, will be available.
- The Franklin-Simpson Community Health Fair will take place March 4.

The coalition then split into breakout groups. Breakout group notes are below, with the CHIP objective or strategy it reflects noted in parentheses.



Tobacco Use Breakout Group Notes

Projects Discussed: Vaping Education (4.1), Tobacco Cessation (4.2), Smoke-Free Ordinances (5.1)	
Key Discussion Points	<ul style="list-style-type: none"> • Explore Tobacco Intervention/Prevention Programs in BRADD (4.1, 4.2) • Bowling Green and Glasgow have smoke-free ordinances (5.1) <ul style="list-style-type: none"> ○ Allen County? (5.1.1) ○ Franklin, Simpson County is being worked on (5.1.2) • We discovered that there were local cessation programs that we weren't even aware of!
Decisions Made	<ul style="list-style-type: none"> • BRDHD is doing a vaping display at Med Center's Health & Wellness Expo (4.1.2) • Watch changes in city and county officials (5.1) • Simpson County Public Library has information
Next Steps/Needs	<ul style="list-style-type: none"> • Make sure cessation programs are available to all counties (4.2) • Community partners need to help promote existing classes and programs, such as Freedom from Smoking (4.2)
Other	We have programs – we just need to coordinate and advertise!
Potential CHIP Update	<p>Addition to Objective 4.2</p> <ul style="list-style-type: none"> • Strategy 4.2.3: We will increase community and partner awareness about the various cessation programs offered.

Physical Activity Breakout Group Notes

Projects Discussed: Passport Challenge/Activity Guide (2.2)	
Key Discussion Points	<ul style="list-style-type: none"> • Sidewalk project – no movement as Karissa or other stakeholders still needs to be invited (2.1) • BikeWalk BG event had a good turnout
Decisions Made	<ul style="list-style-type: none"> • Encouraged all coalition members to promote physical activity events via social media <ul style="list-style-type: none"> ○ Tag or DM to BRIGHT Coalition's Facebook

	<p>for reposts</p> <ul style="list-style-type: none"> • Passport Challenge to include activities in all counties (2.2)
Next Steps/Needs	<ul style="list-style-type: none"> • Create activity passport (2.2) <ul style="list-style-type: none"> ○ Team up with AHEC, BikeWalk BG, libraries, schools, hospitals, etc. to get passport out in the community ○ Especially looking for ways to make passport virtual • Add tourism links to our Physical Activity page on BRIGHT website (2.2.1) • Link BG Parks & Rec Scavenger Hunt (2.2.1)
Other	<ul style="list-style-type: none"> • Heart start playgrounds – grants? • 2 day Bicycle Training Grant

Nutrition Breakout Group Notes

Projects Discussed: Snack Cookbook/Recipes (1.1), Seed Libraries (1.3.1), Raised Bed Gardening (1.3.3),	
Key Discussion Points	<ul style="list-style-type: none"> • Logan Co Public Library (Tracy Houchens) is getting seed library started/finalized; they have seeds (1.3.1) • Extension Offices have been called and either no answer or no one who knows about seed libraries (1.3.1) • Have some recipes collected for snack cookbook – target audience are clients at Adult Day Care (1.1)
Decisions Made	<ul style="list-style-type: none"> • Leeann to reach out to Hart Ext. about seed libraries; Allison to reach out to Metcalfe Ext. (1.3.1)
Next Steps/Needs	<ul style="list-style-type: none"> • Recipes for snack cookbook to Elizabeth Howard by next coalition meeting (1.1) <ul style="list-style-type: none"> ○ 3rd Grade Reading Level ○ Be mindful about the kitchen appliances needed ○ Simple and healthy! ○ Page in cookbook for allergens ○ To be completed by March 13th
Other	<ul style="list-style-type: none"> • Laura Beth @ WCPL said she would help other libraries get their seed library started (1.3.1) • Jo Payne-Giddens has recipes from Ext. Office to provide for cookbook (1.1)

Diabetes Breakout Group Notes

Projects Discussed: All (3.1, 3.2)	
Key Discussion Points/ Potential CHIP Update	<ul style="list-style-type: none"> • Reviewed strategies <ul style="list-style-type: none"> ○ On target for all at this time. ○ Will evaluate changing CHIP objective related to DPP as we go.

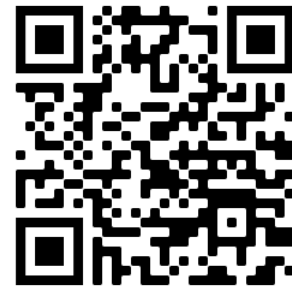
Substance Use Breakout Group Notes

Projects Discussed: SSP + Mobile SSP (6.1)	
SSP (6.1.2)	<ul style="list-style-type: none"> • Hart Co Syringe Services Program (SSP) is operating! (6.1.2) <ul style="list-style-type: none"> ○ Tuesdays (Warren & Barren Co on Thursdays) ○ A billboard will be going up this month to advertise in Hart Co
Mobile SSP (6.1.1)	<ul style="list-style-type: none"> • Still pursuing a mobile SSP in Cave City (6.1.1) • New location for Warren Co SSP Mobile Unit → Riverwalk, every Monday (6.1.1)
New Member Organization	<ul style="list-style-type: none"> • Live the Proof (Franklin, Simpson Co) <ul style="list-style-type: none"> ○ Non-profit ○ Assisting and linking unhoused population to resources (transitional housing, soup kitchens, drop-in centers)

Appendix A

Meeting Agenda

January 10, 2023, 11:30am – 1pm



scan me! ↗

- Announcements
 - Next month – BRADD
 - FY24 Meeting Schedule
 - 1st, 2nd, or 3rd Monday, Tuesday, or Wednesday
 - 2023 Chair & Vice Chair
 - Bylaw Updates & Committees
 - June 2023 Event
 - Finance, Data & Survey, Welcoming, Marketing
- CHAT Grant Project (Oct. thru June)
- Community Mini-Grant Success Reports
- Breakout Groups*
- Report Back
- Dismissal

*Groups based on our CHIP priority areas: Nutrition, Physical Activity, Diabetes, Tobacco Use, and Substance Use. When we breakout, sit wherever you feel most comfortable to contribute!



2022-2023 BRIGHT Coalition Meeting Schedule

Every Second Tuesday of the month
11:30am to 1pm CT
Location TBD @ brightcoalition.org

July 12, 2022 @ BRADD

August 9, 2022 @ BRADD

September 13, 2022 @ BRADD

October 11, 2022 @ HSC Room A

~~November 8, 2022~~

December 13, 2022 @ BRADD

January 10, 2023 @ BRADD

February 14, 2023 @ BRADD

March 14, 2023 @ BRADD

April 11, 2023 @ BRADD

May 9, 2023 @ BRADD