Welcome!
2018 Health Summit
Nurturing Deeper Roots
10th Annual Health
Event Sponsor
La Crosse Medical Health Science Consortium - Partnership

• Formed in 1993

• Founding Partners:
  
  Educational: University of Wisconsin-La Crosse
  Viterbo University
  Western Technical College

  Medical: Gundersen Health System
  Mayo Clinic Health System - Franciscan Healthcare

• In 2009 added: La Crosse County Health Department
  La Crosse County School District
Thank you

Population Health Committee

Matthew Bersagel Braley – Viterbo University
Dan Duquette – UW-La Crosse
Liz Evans – Great Rivers United Way
Lori Freit-Hammes – Mayo Clinic Health System
Betty Jorgenson – Mayo Clinic Health System
Catherine Kolkmeier – La Crosse Medical Health Science Consortium
Barbara Krieg – Western Technical College
Brenda Rooney - Gundersen Health System
Joanne Sandvick – La Crosse Medical Health Science Consortium
Paula Silha – La Crosse County Health Department
Thank you

Health Summit Planning Committee

Matthew Bersagel Braley – Viterbo University
Diana DiazGranodos – Better Together
Dan Duquette - UW-La Crosse
Lori Freit-Hammes – Mayo Clinic Health System
Christe Gillespie – La Crosse County Health Department
Robert Lynn – Gundersen Health System
Aaron Rasch – Western Technical College
Petra Roter – La Crosse Community Foundation
Brenda Rooney - Gundersen Health System
Joanne Sandvick - La Crosse Medical Health Science Consortium
Paula Silha - La Crosse County Health Department
Vanessa Southworth – Coulee Region RSVP
Teri Wildt – Mayo Clinic Health System
Keynote Sponsor

On behalf of The Kresge Foundation’s
Emerging Leaders in Public Health grant
Creative Support

Vendi
10th Annual Health
HEALTH OUTCOMES
Individuals & Community
HEALTH OUTCOMES
Individuals & Community
Making the Healthy Choice the Easy Choice
HEALTH OUTCOMES
Individuals & Community

- Education
- Affordable Housing
- Food Security
- Access to Healthcare
- Stable, Secure Income
- Access to Transportation
EQUITY versus EQUALITY:

- **Equality** implies that everyone starts with the same advantages and opportunities.
- **Equity** acknowledges differences in starting points and provides support where needed to level the playing field.
HEALTH OUTCOMES
Individuals & Community

Policies
Funding & Support
Societal Norms
Laws
HEALTH EQUITY

LEADING CAUSES OF LIFE
It's about the Structure that gets us from here to there
Focus on the life structure. Supports
Life is better
• Upside
• Useful
• 5 billion years
• Resilient
• Accountable
• Better theology
Death is simple
Life is complex.

Life language for

*generative.*
*emergent,*
*dynamic.*
Connection
Coherence
Agency
Blessing
Hope
Life is not a new idea

- But it gets lost in disease and prevention strategies
- **Much that succeeds is better understood as life.**
- Especially adolescent, recovery, behavioral, child, chronic or major transitions.
the point is not new skills but knowing the ones we have are for life.
Generative Leaders
move *toward* life, not just *away* from death by seeking:

- Connection
- Coherence
- Agency
- Blessing
- Hope
You Are the Suspended Span
Alternative Futures

Creative Imagination
Lets us see that

It is not our little programs over against death.

It is life against death.

A fair fight.

All any grown-up could ask for.
Gary Gunderson
Gary.gunderson@gmail.com
Leadingcausesoflife.org
Stakeholderhealth.org

Speak Life
Available
June 20, 2018
HIDING DON’T HELP: COMING TOGETHER TO BOOST COMMUNITY WELLNESS

Michael Brandt, MS Ed., PhD
BEST W

- **BREATHE** - 4 second inhalation/exhalation
- **ENVIRONMENT** - immediately change it
- **STOP** - neg. self-talk, blame, shame, self-pity
- **THANKFULNESS** - gratitude for what’s going well
- **WOW** - recall an awe-inspiring moment
THE NOODLE

- Neocortex: Rational or Thinking Brain
- Limbic Brain: Emotional or Feeling Brain
- Reptilian Brain: Instinctual or Dinosaur Brain
FIGHT - FLIGHT - FREEZE
What's really happening when we go into "Survival Mode"

Learning/Thinking Brain
(Prefrontal Cortex)
The logical smart part of your brain goes "off line"

Limbic System
Lower Brain Functions "Take over!"
WE ARE SOCIAL ANIMALS WHO STRIVE TO BELONG
Survival of the Fittest?
Evolution of the Most Cooperative
“Cooperation is the first requirement of defense, since without it people will not put the group’s interests ahead of their own or be willing to sacrifice their lives in battle.”
Dr. Lawrence H. Keeley (University of Illinois, 2010)

“Our empathy is innate and cannot be changed or long suppressed.”
Dr. de Waal (Oxford University, 2014)

“A group of human children will use all kinds of words and gestures to form goals and coordinate activities, but young chimps seem to have little interest in what may be on their companions’ minds.”
Dr. Tomasello’s (Duke University, 2014)
REPRESSING A BIOLOGICAL DRIVE LEADS TO MEDICAL AND PSYCHOLOGICAL COSTS

SOCIALIZATION

SLEEP

APPETITE

THIRST

AFFECTION
WHY IS OUR INCLINATION TO HELP OTHERS SOMETIMES REPRESSED?
MANY REASONS:

POLITICAL
- _____________
- _____________

ECONOMIC
- Divisions/derisions regarding wealth
- Resource scarcity

SOCIAL
- Racial
- Gender
- Religious
- Ethnic
Biological/Cognitive Dissonance
SELF-CENTEREDNESS
Denying our biological drive to cooperate and connect
ANTEODETE:

- HIDING DON’T HELP
- GET CONNECTED AND BECOME ENGAGED
COMING TOGETHER AS A COMMUNITY OVER OUR HEALTH: SURVIVAL OF THE MOST COOPERATIVE

Meetup.com
As the world's largest network for special-interest groups, it's tough not to be inspired by the fun things people are signing up for on this site. You can find anything from a local hiking group to meet-ups for exercising with your pets.

LivingSocial/Groupon Deals
Thanks to the deeply discounted prices for fitness-related classes, it's easier than ever to sign up for anything from yoga classes to rock-climbing lessons.
Community Resources

Ask Your Trainer/Coach
Talk to a professional at your gym to see if she knows of anyone who is interested in finding a workout partner. The trainer will know both of your skills and interests — and it never hurts to go through a mutual acquaintance.

Reach Out to Neighbors
This may seem obvious, but working out is actually a great way to spend time with friends who you seem to lose touch with or go months without seeing. Instead of letting your busy lives get in the way of bonding time, you can take a monthly or weekly class together to stay fit — while you catch up!
Community Resources

FindanExercisePartner.com
The title says it all, right? All you have to do is enter your city and a little information about yourself, and you might find a perfect match!

WorkoutBuddies.com
WorkoutBuddies is the hottest new social workout application available for smartphones! Connect with new fitness oriented friends while searching for local workouts to join. Accelerate your results with products from our great partners.
Community Resources

Work
Have a coworker who seems like she's just as interested in healthy living as you are? Talk to her about it! You may find that you have fitness goals in common, and because you see each other every day and have similar schedules, it will be easy to plan time to exercise!

Church
Mention your desire to walk with others or begin a yoga practice with members of your congregation.

School
Mention your desire to run, jog, walk, weightlift, or eat healthier with a classmate.
Community Resources

Facebook

If you would love a local exercise buddy, post on Facebook that you're looking for someone to exercise with, and mention the time you're available and some locations you have in mind. Example: “Does anyone want to meet up at Stoney Creek on Mondays and Wednesdays at 7 p.m. for a 3-mile walk?”
La Crosse Resources

- La Crosse Recreational Department: www.cityoflacrosse.org/parksandrec

- Bluff Busters: www.bluffbusterstriteam.com

- River City Running Club: www.rivercityrunningclub.com

- UW-L Triathlon Club: www.uwlax.edu/triathlon

- La Crosse YMCA (North and South)

- La Crosse Area Gyms and Other Organizations
MOTIVATIONAL TIPS TO REDUCE ‘HIDING’

1) Identify and Magnify Your ‘Why’ (Post-It Notes)

2) S.M.A.R.T Goals
   Specific, Measurable, Attainable, Relevant, and Time-limited

3) Identify All Barriers and Corrections for Reaching Goals

4) Visualize Completion of Goals

5) Solicit Support
EXAMPLE OF A MOTIVATIONAL PLAN:

1) Magnify Your ‘Why’ - walk with another person in order to increase my energy level and socialize; will put 8 Post-It Notes “Energy/Socialize” around my home and watch 5 min. motivational YouTube presentation about walking.

2) Specific - walk with another person on MWF from 7AM -7:30AM
   Measurable - will walk for 30 min.s
   Attainable - will mark-off on calendar
   Relevant - will monitor energy level 0-10 TID
   Time-limited - trial for 3 mos.

3) Barriers | Corrections
   Too tired | Will have cup coffee
   Interruptions from others | Will let them know that I am available after 7:30AM
   Sore ankle | Will ice before and after walk

4) I see myself having more energy to do fun things after work and being able to talk about my day with my walking buddy.

5) I will share my goals with my sister and co-worker.


HEALTH EQUITY

LEADING CAUSES OF LIFE
Thank you!