

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



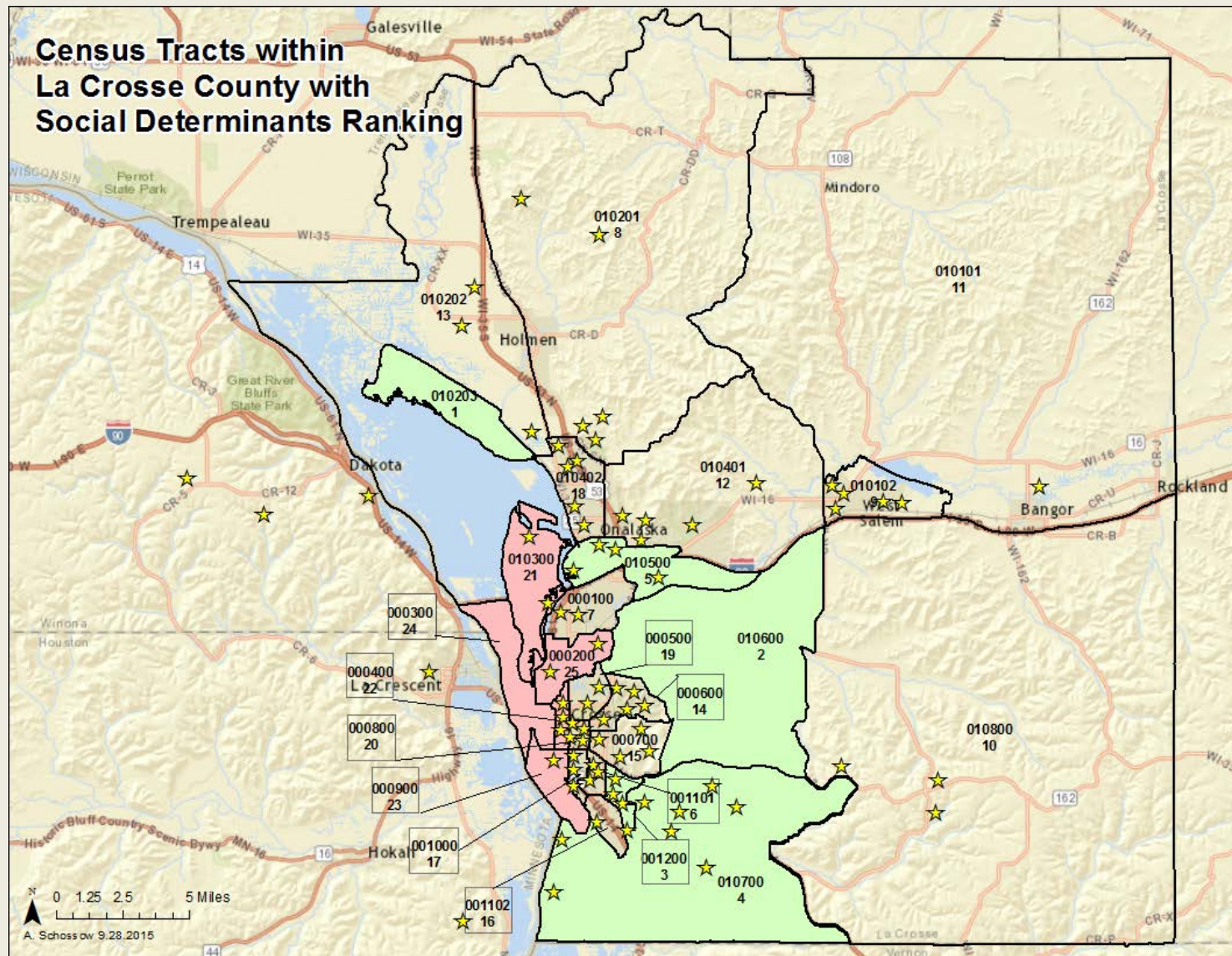
**Making the Healthy
Choice the Easy Choice**

HEALTH OUTCOMES

Individuals & Community









HEALTH OUTCOMES

Individuals & Community



HEALTH OUTCOMES

Individuals & Community



HEALTH EQUITY



LEADING CAUSES OF LIFE

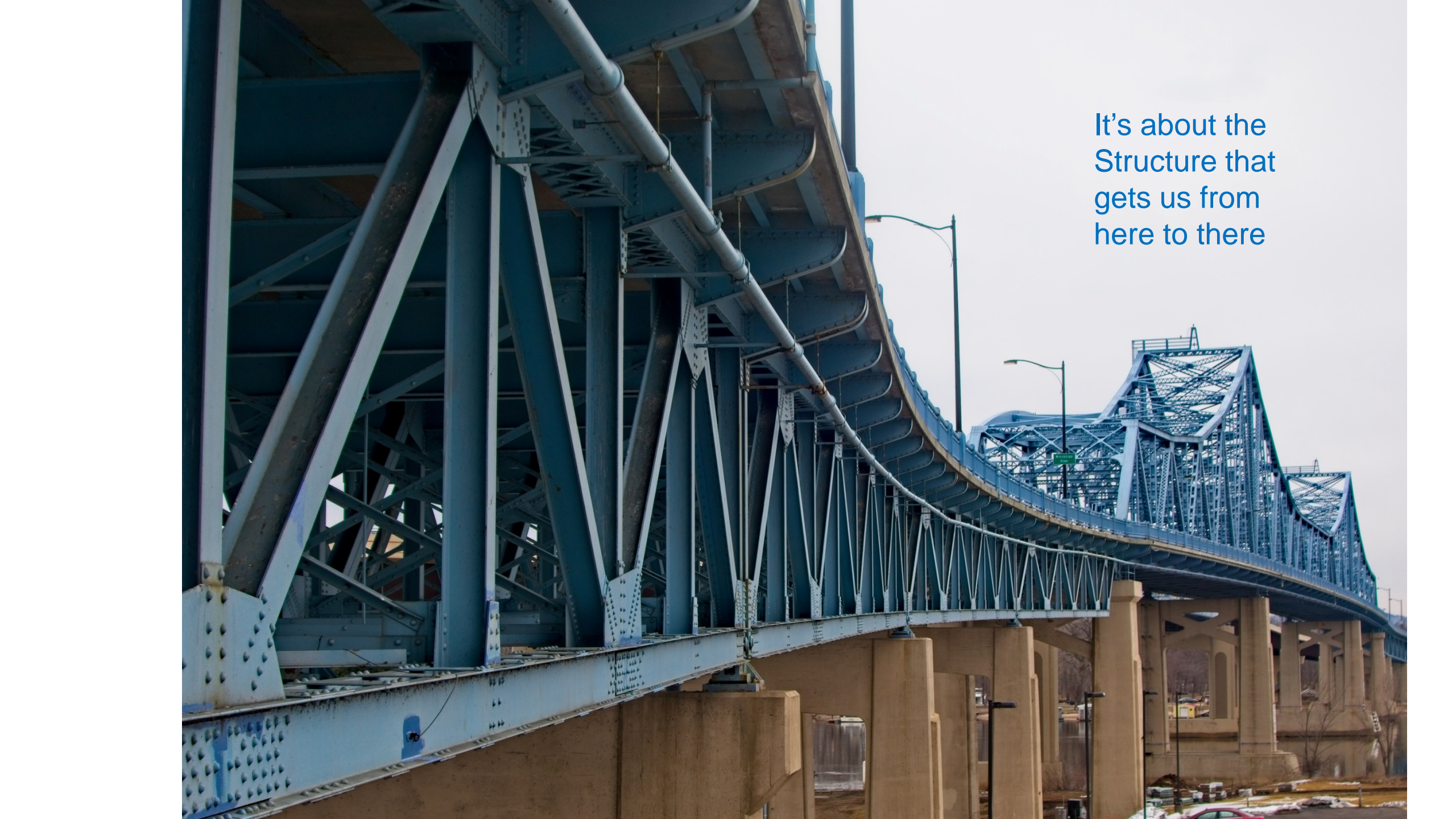
A photograph of a blue steel truss bridge spanning a wide river. The bridge has multiple concrete piers supporting its structure. In the foreground, the branches of a tree with small, dark buds hang down from the top left corner. The river reflects the bridge and the sky. The background shows a hilly shoreline with some buildings and more trees.

Speak Life

Proactive Mercy In a Hard-Hearted Time

La Crosse April 2018

Gary Gunderson



It's about the
Structure that
gets us from
here to there



A photograph of a pigeon perched on a horizontal blue steel beam. The beam is part of a larger structure with vertical and diagonal supports, all painted blue. The pigeon is facing left, with its head slightly turned. The background is a bright, out-of-focus sky.

Focus on the


life

structureSupports



Life is better

- Upside
- Useful
- 5 billion years
- Resilient
- Accountable
- Better
theology



Death is simple
Life is complex.

Life language for
generative.
emergent,
dynamic.

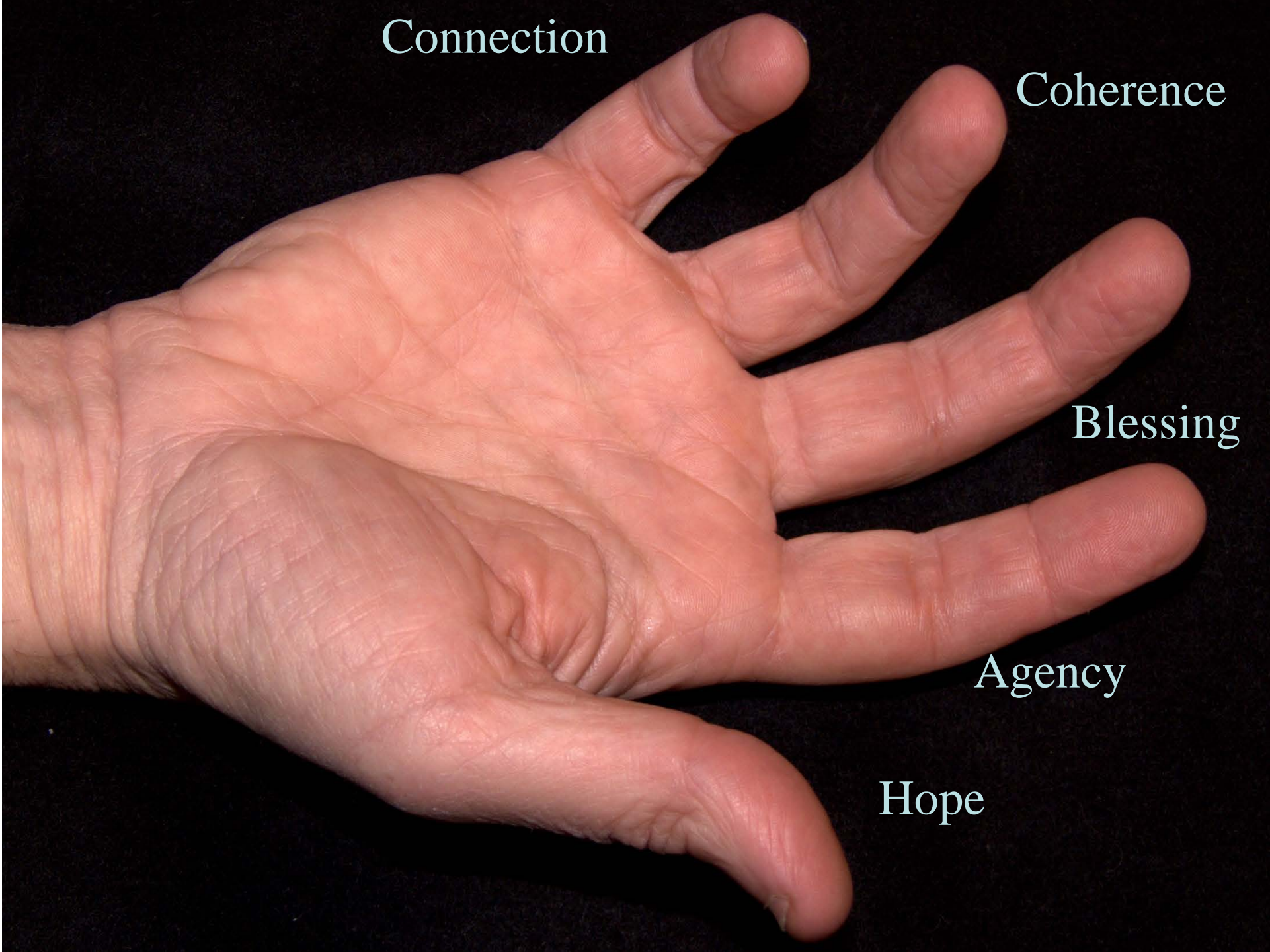
Connection

Coherence

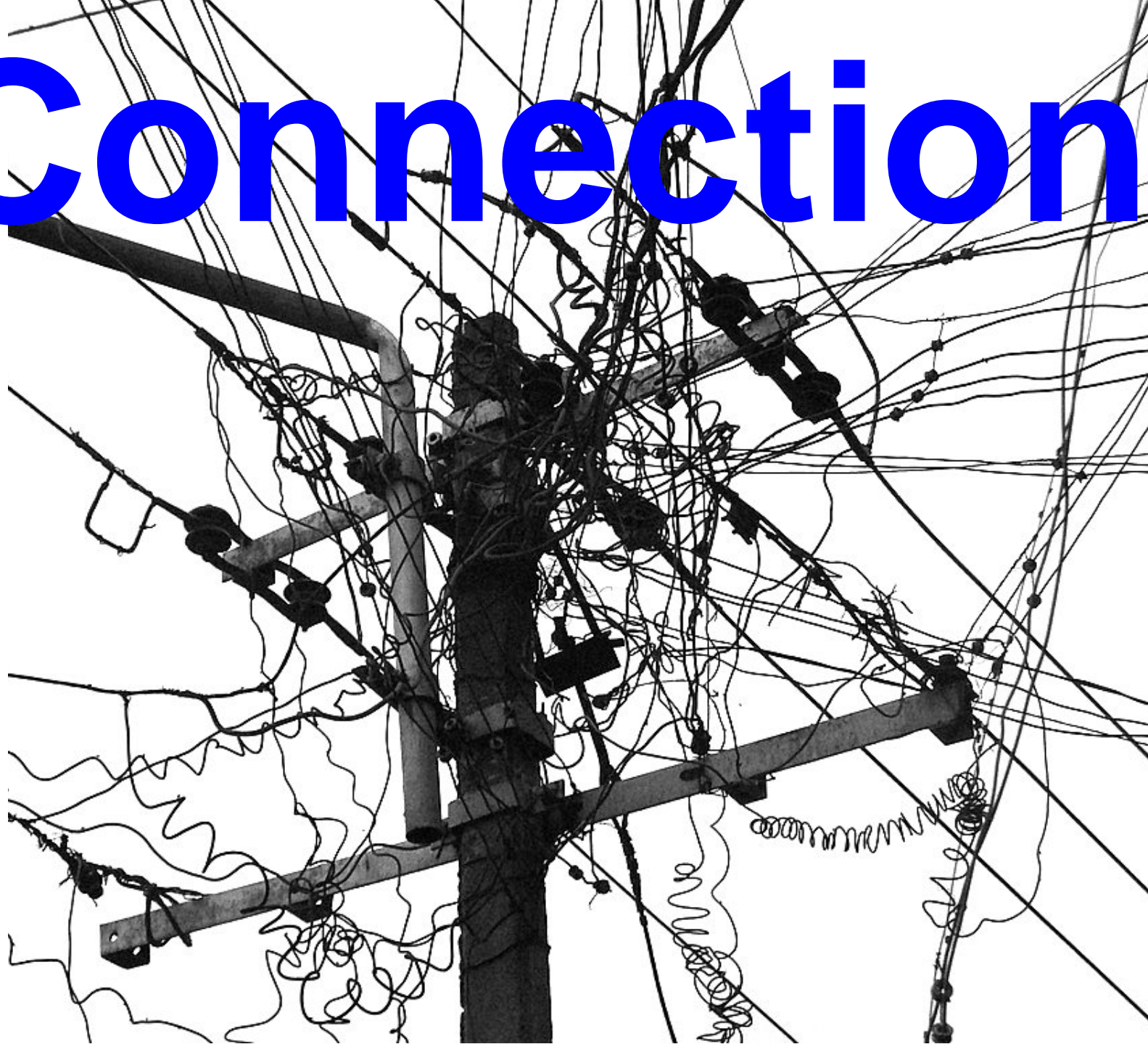
Blessing

Agency

Hope



Connection



A photograph of a person sitting on a grassy bank, looking out at a body of water. The person is seen from behind, wearing a dark jacket. A large tree is on the right, and another person is visible in the distance on the opposite bank. The word "Coherence" is overlaid in large white letters at the bottom.

Coherence



Agency



Blessing

The image features a full-page background of a sunset or sunrise. The sky is filled with horizontal bands of clouds, which are illuminated from below, creating a vibrant orange and yellow glow. The top of the image shows a clear, pale blue sky. At the bottom, there is a dark silhouette of a landscape, including what appears to be a tree and some low-lying vegetation. The word "Hope" is centered in the middle of the image in a large, black, sans-serif font.

Hope

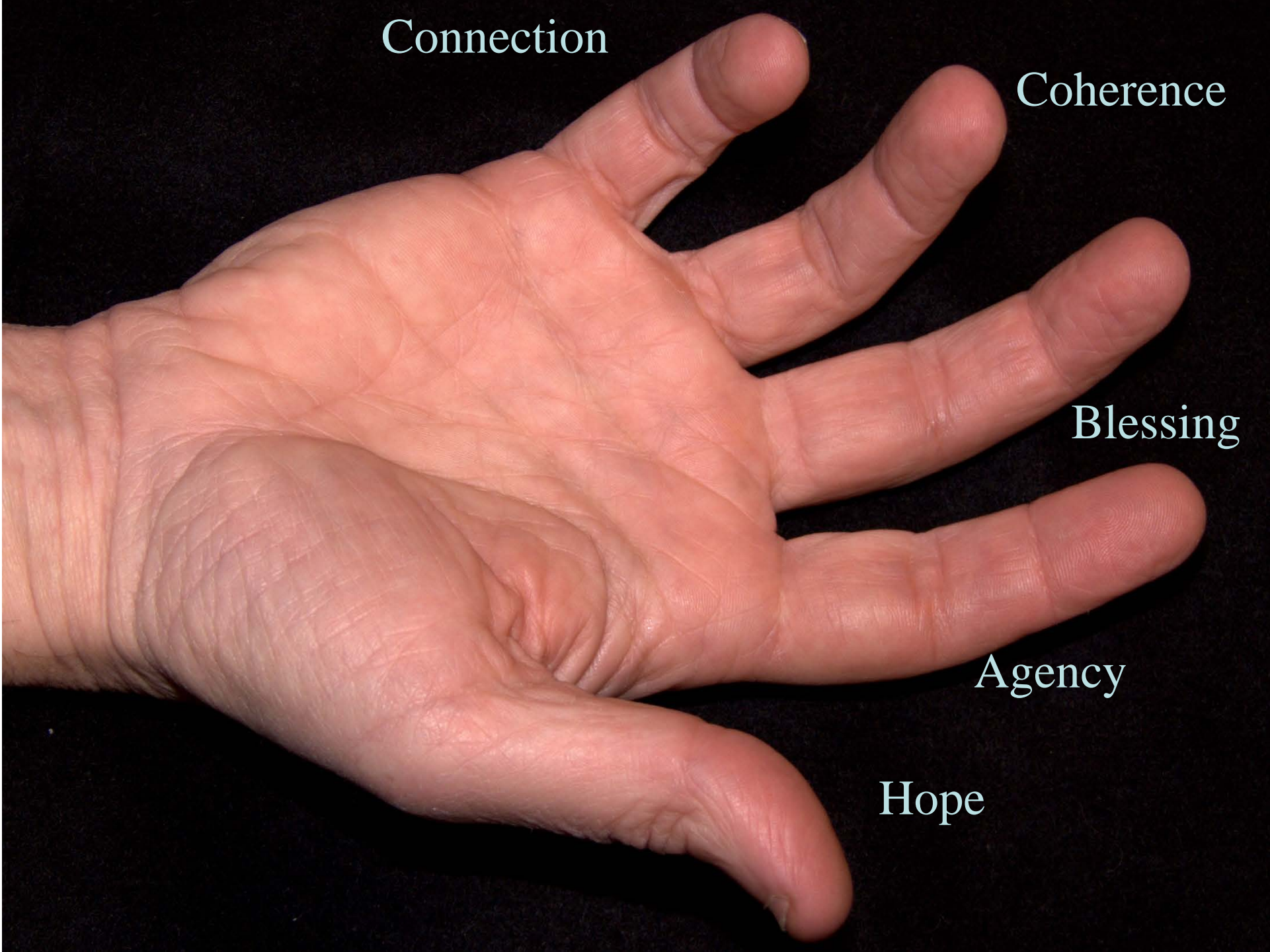
Connection

Coherence

Blessing

Agency

Hope



Life is not a *new* idea

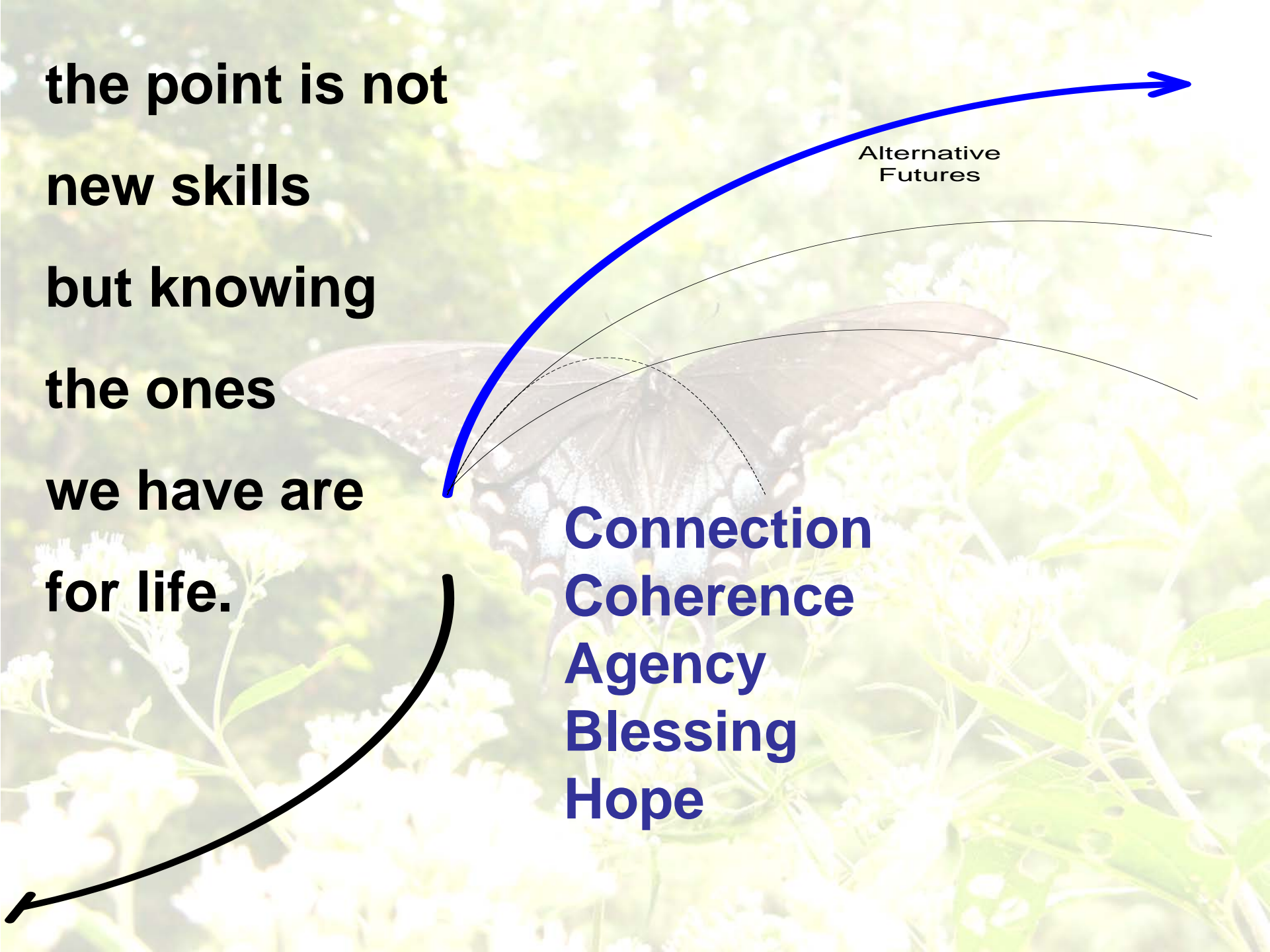
- But it gets lost in disease and prevention strategies
- **Much that succeeds is better understood as life.**
- Especially adolescent, recovery, behavioral, child, chronic or major transitions.



**the point is not
new skills
but knowing
the ones
we have are
for life.**

**Connection
Coherence
Agency
Blessing
Hope**

Alternative
Futures

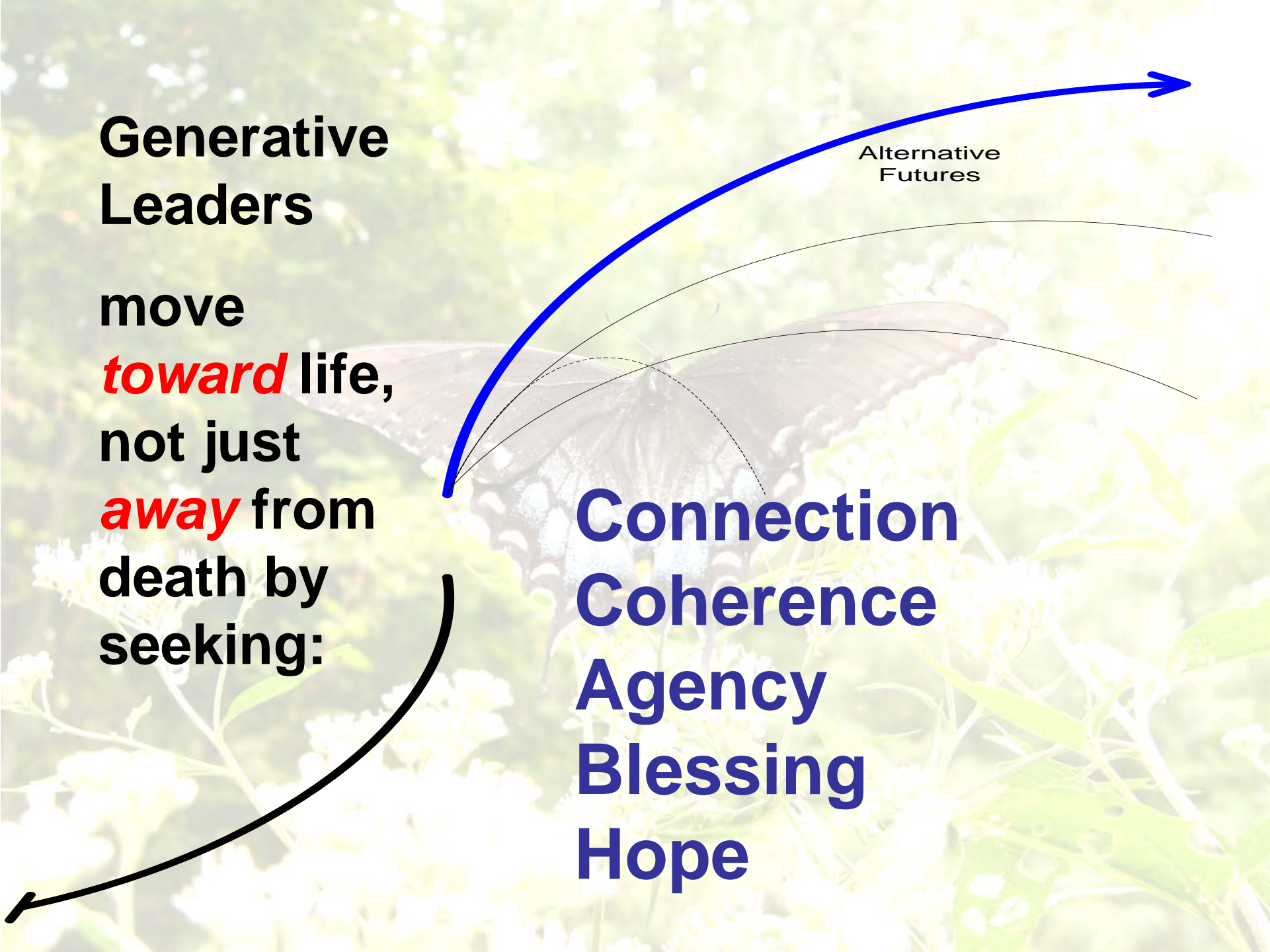


**Generative
Leaders**

**move
toward life,
not just
away from
death by
seeking:**

**Connection
Coherence
Agency
Blessing
Hope**

Alternative
Futures



A photograph of a wooden beam, possibly a model of a bridge or a structural component, resting on two red plastic supports. The beam is light-colored wood with visible grain and has two U-shaped cutouts. The supports are bright red plastic. The entire setup is on a dark, patterned carpet. A person's hand is visible on the left side, holding the beam. The text "You Are the Suspended Span" is overlaid in red on the left side of the image.

You
Are the
Suspended
Span



Creative Imagination
Lets us see that

Alternative
Futures

It is not our little programs over against death.

It is **life** against death.

A fair fight.

All any grown-up could ask for.

A serene sunset scene over a calm body of water. The sun is a bright, glowing orb on the horizon, casting a warm orange and yellow light across the sky and reflecting on the water's surface. A dark silhouette of a forest line separates the water from the sky. In the foreground, the dark, slender leaves of reeds or grasses are visible, some reaching upwards and others leaning over the water.

Gary Gunderson

Gary.gunderson@gmail.com

Leadingcausesoflife.org

Stakeholderhealth.org

Speak Life

Available
June 20, 2018

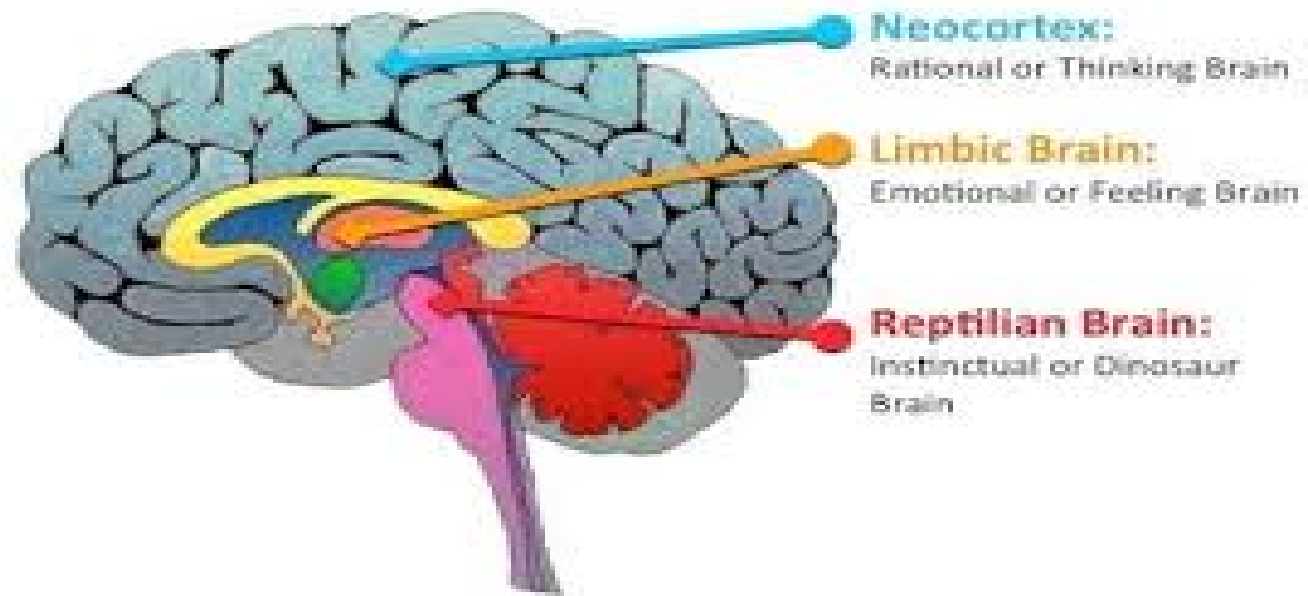
HIDING DON'T HELP: COMING TOGETHER TO BOOST COMMUNITY WELLNESS

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





FIGHT - FLIGHT - FREEZE

What's really happening when we go into

"Survival Mode"

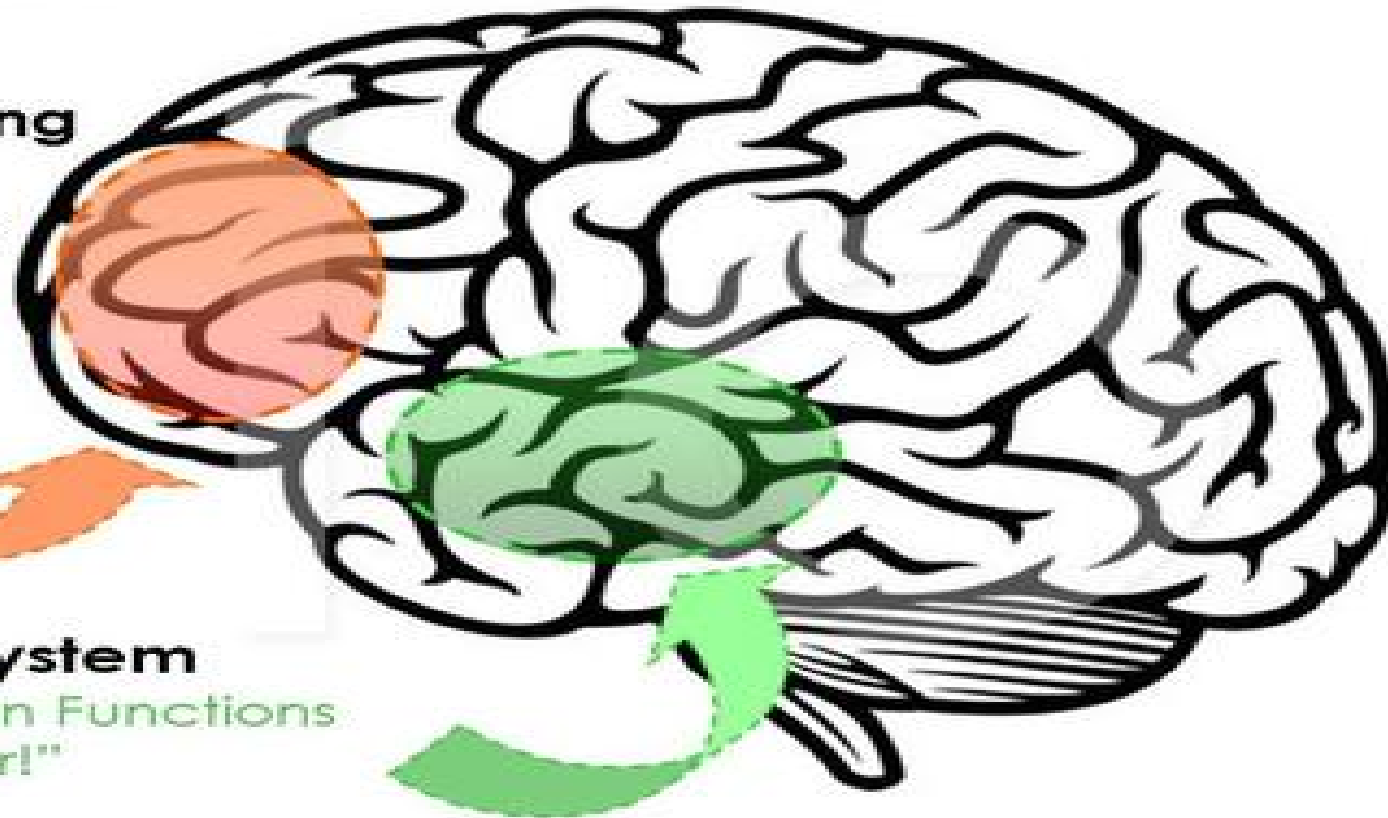
Learning/Thinking Brain

(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



SCIENTIFIC VIEWS

“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



ANTEDOTE:

- 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)

<u>Barriers</u>	<u>Corrections</u>
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.

Bibliography

Barkow, Jerome H., Leda Cosmides, and John Tooby (eds.) (1992). *The Adapted Mind: Evolutionary Psychology and the Generation of Culture*. New York: Oxford University Press.

Bear, Mark F., B. W. Connors, and Michael A. Paradiso. 2016. *Neuroscience: Exploring the brain*. 4th ed. Philadelphia: Wolters Kluwer.

Brand T, Pischke CR, Steenbock B, Schoenbach J, Poettgen S, Samkange-Zeeb F et al. What works in community-based interventions promoting physical activity and healthy eating? A review of reviews. *Int J Environ Res Public Health*. 2014;11(6):5866-88.

Carlson, Neil R., and Melissa A. Birkett. 2017. *Physiology of behavior*. 12th ed. Boston: Pearson.

Centers for Disease Control and Prevention. The Power of Prevention. Atlanta, GA: US Department of Health and Human Services; 2009.

Gould, Stephen Jay (1991). Exaptation: A Crucial Tool for an Evolutionary Psychology. *Journal of Social Issues* 47, pp. 43-65.

Khavjou OA, Honeycutt AA, Hoerger TJ, Trogon JG, Cash AJ. Collecting costs of community prevention programs: Communities Putting Prevention to Work Initiative. *American Journal of Preventive Medicine*. 2014;47(2):160-165.

Lev J, Liu QM, Ren YJ, He PP, Wang SF, Gao F et al. A community-based multilevel intervention for smoking, physical activity, and diet: short-term findings from the Community Interventions for Health program in Hangzhou, China. *J Epidemiol Community Health*. 2014;68(4):333-9.

Toby, John, and Leda Cosmides (1990b). The Past Explains the Present: Emotional Adaptations and the Structure of Ancestral Environments. *Ethology and Sociobiology* 11, pp. 375-424.

HEALTH EQUITY



LEADING CAUSES OF LIFE

Thank you!