

**Healthier Berkeley County/Health and Human Services Health Work Group meeting  
Wednesday, July 22, 2009**

We had a very informative call with Irene Tesario, DrPH who has extensive experience with implementing and researching community health initiatives in rural communities. Her initiatives have included programs for women in churches and worksites. Some highlights from the conversation:

- Go to established networks in the community – churches, worksites, small businesses, adult learning centers...
- Use focus groups
- Target a specific population instead of going to the community as a whole
- Lay person training – empowering the group to move forward with the initiative and keep it going
- Social networks are important for behavior change. The more isolated, the harder to change and sustain change.
- Parish nurses are a good resource
- Identify leaders and trusted individuals in the group. Use these leaders to help with program – such as lay trainers – help to empower the group
- Need buy in from directors, leaders, managers
- Let the group name the program, take ownership

These are some the important points presented. If anyone else has thoughts from the meeting, please email to all.

The next step for the group is to start the MAPP process. I have attached the MAPP document. Please read the Introduction and Phase I. At the end of Phase I are worksheets. Please come prepared to discuss and complete these worksheets at the next meeting. I have also attached the Sullivan MAPP project to review.

The group agreed to meet the first Tuesday of the month 10:30am-12noon. I have reserved the 2<sup>nd</sup> floor conference room of the McCormack Center for this recurring meeting. If you would like to meet in a different location on occasion, please let me know.

Next Meeting: Tuesday, August 4 10:30-12noon.