

## Stevens County

### Key Concepts from Community Conversation held June 17, 2013

#### Factors contributing to the ability to be healthy:

Social determinants of health:	Poverty Employment Housing
Individual lifestyle choices:	Nutrition Physical activity
Individual health factors:	Access to insurance, medical care Mental health Genetics Education and knowledge
Community characteristics/resources:	Convenient, affordable access to physical activity opportunities

#### Motivators:

Group activities  
Influence of parents, family, friends

#### Inhibitors:

Access:	Facilities for physical activity Good, nutritious food Affordability
Overscheduled:	Too busy Demanding work schedules
Social changes:	Technology vs physical activity Change in family structures

#### Future issues:

Mental Health issues: ***Significant***	Lack of services Social consequences
Aging demographics	
Health impact of poor lifestyle choices:	Poor eating habits Lack of physical activity Use of drugs and tobacco

### **World Café Facilitators:**

Tobias Spanier, Extension Educator, Leadership & Civic Engagement  
Extension Center for Community Vitality  
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Sandy Tubbs, PHN, Director  
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John Rau, President/CEO  
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Kerrie McEvilly, Director of Finance/Information Systems  
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### **World Café Participants:**

Tamy Reese  
Michael Syltie  
Matt Konz (table host)  
Barb Tomoson  
Kelly Asche (table host)  
Gpe Salguero  
Henry Fulda (table host)  
Brent Barnstuble  
Joanie Murphy  
Kay Grossman  
Pat Quackenbush  
Marty Ohren  
James Pew  
Ginny Heintzelman  
Lorraine Aanerud  
Karen Folkman  
Erica Mumm  
Kyle Billett  
Diane Strobel  
Jodi DeCamp  
Maria Naranjo  
Luci Riffel  
Anita Marty  
Citlalli Ibanez  
Amy Brown  
Deb Hengel (table host)