**VISION 2065 HEALTH GROUP**

**Session Six**

**Ideation/Brainstorming**

**Part Two**

**Physical, Mental, Social Well Being**

**February 4, 2015th**

**11:30 a.m.-1:00 p.m.**

**Café A**

**Meeting Notes**

* During this meeting we welcomed students from the Life Sciences Academy to our group.
* An overview of the journey was provided to the group.
* The group discussed the WHO definitions of health.
* The group broke into three groups based on survey input: **Physical, Mental, and Social Well Being.**
* With their respective groups, the teams performed to table top exercises.
* Look at the previous big ideas regarding health and working to categorize them into the most appropriate sub-category (**Physical, Mental, Social Well Being)**
* Working within group, brainstorm on those new and additional ideas within each subcategory (**Physical, Mental, Social Well Being)**

**Next Steps**

* Research and provide the group with a more detailed definition of health within the three subcategories.
* Inquire of GOEDC an example of the expected “putting it all together” document or event.
* Research and provide a sample of a visioning document that may be helpful if developing the final report out for the Vision 2065 Health group.
* Compile the information from the table top exercises for consideration at the Session Seven meeting on March 4th.

**New and Existing Ideation Items to Physical, Mental, Social Well Being**

***(From Table Top 1 and 2 Exercises)***

**Physical Well Being**

***(Table Top 1: Previously developed ideas)***

* Complete eradication of hunger
* Model community for health policy
* Total culture of wellness
* Overall needs being met
* Lowest rate of various health disease incidents in state
* Preventative research
* Efficient care for the vulnerable
* Community of health culture
* Identification of food borne illness/diseases

***(Table Top 2: New ideas)***

* Sustained self-mobility through aging by way of medical advancement, greater access and technological improvements
* 100% Smoke free environment
  + All forms of smoking
* Community walks
  + Community gardens
* Openly discuss individual health with one another in conversation
* Schools, churches, workplaces to be consistent on physical well-being
* Eliminate or replace products used to create addictive drugs

**Mental**

***(Table Top 1: Previously developed ideas)***

* Not yet completed

***(Table Top 2: New ideas)***

* Education
* Increasing positive thinking
* Security
* Mental health assessments
* Easy access to services
* Intergenerational community
* Management classes for mental well-being
* Create environment without walls
* Prevention

**Social Well-Being**

***(Table Top 1: Previously developed ideas)***

* Complete eradication of hunger
* Model community for health policy
* Total culture of wellness
* No reliance on cars
* Most efficient and effective access to education
* Leading research within the community
* Community of health culture
* Vibrant agricultural aspect of the community/Building a sustainable community
* Identification of food borne illness/diseases

***(Table Top 2: New ideas)***

* All inclusive planning and decision making process
* Culturally aware policy makers
* Diversity-Melting Pot Community
  + Cultural Inclusion
* Focus on empowerment and building leadership
* Focus on interpersonal relationships (social support)
* Eliminate Silo’s cross community connections
* Eliminate rural/urban divide – non departmentalized
* Open to outside people and ideas
* Centralized media attention