

Visioning 2026

Dialogue Group Meeting Notes: Wellness and Health August 22, 2006

Attendees: Dianne Blinn, Cindy Baum, Diane Bryant, Bob Dudley, Ron Forsell

Facilitators: Shellee Honcik, Mike Brogan, Melissa Clausen, Jennifer Adams, Pam Carlson

An overview of Visioning Process Dialogue Groups, Symposium and Focus groups was given by facilitators Mike and Shellee. Visioning was described as the process of moving toward the future as a community looking for connections within itself.

Discussion of Wellness Icebreaker

The group was divided into sets of 3's and 4's to discuss future trends in the form of multiple choice questions.

Trends of voice in and voice out technology, genetic treatments, diagnostics, neural implants as discussed during icebreaker. Also these discussions piggy-backed into discussions of ways of learning, and gap in generations.

Many of the topics discussed overlapped and piggybacked each other. I have tried to organize them into topics.

Questioning Insurance:

Insurance in wellness how is it going to work?

Prevention vs. cure for problem.

Costs of insurance, production of health related items and services outsourced to other countries

Numbers of people who will be relying upon Medicare and Social Security income for support increasing with the aging of Baby Boomer population

Rising costs of health care has led people to leave the US for procedures not covered by insurance to defray costs, some insurance companies are promoting a "Club Med" practice of health care; clients have procedures and recuperate abroad

Aging in Northeast NE:

Discussed that we already have a large population of older citizens Point was made about aging and obesity that there seems to be 2 ends of the spectrum: baby boomers who are very concerned about there health and appearance the overweight population

Recognizing value of health:

Employers and companies paying toward costs of wellness programs. Shift in hospitals and care toward holistic care, healing garden, yoga, and exercise.

Value of care in choosing a place to live, when people are looking into moving to an area they look at the medical services available, what insurance the providers take and specialists who treat in the area

Value of exercise in choosing a place to live was also discussed people look for what type of fitness centers and quality are available for use within the community

Lifestyle as being a factor in health:

Obesity, obesity, obesity...

Understanding of food and its health benefits such as food pyramid Increase in eating fast food because of convenience and cost Decrease in walking and movement as daily routine and survival, how do we get people out walking and moving about as a fit for life motivator

US Culture vs. European US often portrays exercise for children as competition and not fitness for life View of lack of time to exercise Perception and culture play a large role in health

Technology in Health Care

Telemedicine

Diagnosis of disease without leaving home, smart homes & expert systems that will help monitor your health and diagnose problems

Portability of medical records was discussed medical records being linked nationwide to so that tests and information provided to doctors is seamless. Either via flash drive, nationwide networks, skin implants with "bar code type info" to link to network of personal health care info. HIPAA regulations have outlined standards of security in portability of health care records.

Advances in procedures that have led to shorter recovery times and less invasive surgeries and procedures looking to the future with less and less surgery more cameras, pills and preventative measures to end disease

Drug Use and Wellness:

Drug use methamphetamine very big in Midwest, voice of mid-westerns to stop its spread

Changes in Mental Health care:

Norfolk Regional Center and move toward community based treatment

Getting the message out:

Using state legislators to spread the message of wellness, congress person Using regional hospital as wellness center YMCA as wellness center

Other topics

Pre-disease/Prevention:

People seek medical treatment an average of 4 years after the problem really began.

Availability: People can't use if they don't have it, build it they will come i.e. bike paths. Example: popularity of Skyview Lake for walking, running and biking