



The 360|Report

FORESIGHT & The Minneapolis Foundation – Minneapolis Regional Report

Envision! A Healthy Community Future

Facilitated by MTI

Events: (7 May 2020), 26 May 2020, 9 June 2020

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The 360 Report | Event Overview

The 360 | Demographics¹

Total Guests – Minneapolis Region | 94 across all events – 22 (May 7),² 37 (May 26), 35 (June 9)

Indigenous or Other People of Color | Approx. 76 (81%)
Youth/Under 24 | Approx. 25 (27%)

Generational Breakdown | *N/A This Region*

Human Survey Results | Self-indicated by participants during facilitator-led virtual check-ins.

Met one new person across race, class, culture | 90%
Met someone with whom you plan to stay in touch/collaborate | 95%
Would participate in/invite others to another event like this | 80%

Table 1. Overview of Key Themes from Minneapolis DIZIs

Keyword(s): *Government and institutions, lack of trust*

- Concerns about government surveillance, information security and privacy, lack of trust in government and institutions

Related/Supporting Theme(s): *Capitalism, exploitation*

- Anti-capitalist sentiments, desire for alternatives to government and economic systems

Keyword(s): *Basic needs, accessibility*

- Centering of basic needs, accessibility of critical resources and ongoing equity issues around housing, healthcare and health insurance; expected to continue into the future

Keyword(s): *Emerging technologies, food and reproduction, ethics of*

¹ **Note:** Percentages above have been rounded up to the nearest whole percent and are therefore approximations.

² This date appears in parentheses in acknowledgement of the fact that the event also functioned as the trial demonstration and learning experience hosted two weeks prior to the official launch of the virtual conversation series. This structure provided an opportunity to learn from and incorporate participant feedback into facilitation and event processes during the later events. Any such changes made to the official Minneapolis-area dates of May 26th and June 9th are cited in this report where relevant.

<ul style="list-style-type: none"> ■ Tensions between discomfort with and interest in intimate technologies (exo-wombs, food created from human cells, CRISPR & gene-editing capabilities, etc.)
<p>Keyword(s): <i>Racial and economic justice, police killings and public safety, George Floyd protests</i></p> <ul style="list-style-type: none"> ■ Seeking racial and economic justice, truth and reconciliation efforts (in the context of Minneapolis and national/global protests following death of George Floyd on May 25th)
<p>Keyword(s): <i>U.S. healthcare system, barriers to accessibility, structural limitations, and cultural challenges to enjoyment of appropriate care</i></p> <ul style="list-style-type: none"> ■ Concerns about the American health care system, overreliance upon employer-provided insurance, affordability and accessibility; medium and long-run impacts of Covid-19; tensions between existing medical system and desire for more holistic, culturally appropriate and integrative options
<p>Keyword(s): <i>Climate change, environment and land use</i></p> <p>Concerns about climate change, environmental degradation, and migratory and other knock-on effects</p> <p>Related/Supporting Theme(s): <i>Food sovereignty, food justice; Cultural knowledge and Indigenous lifeways</i></p> <ul style="list-style-type: none"> ■ Appeal of food sovereignty initiatives, interest in alternative and local food systems, cultural and Indigenous lifeways and collective/community-based agricultural practices in urban and rural contexts

The 360 | Executive Summary, Event(s) Overview

Over the course of three virtual events (including an initial pre-launch demo conversation) hosted via the videoconferencing platform Zoom, Marnita's Table, The Minneapolis Foundation and FORESIGHT brought together 94 community members in Minneapolis and the Greater Twin Cities Metropolitan area for an engaged discussion and visioning session on the future of health and wellbeing in the United States. All conversations in the regional series were open to the community and featured a feast appropriate for all dietary needs from vegan to carnivore, prepared by local caterers and small-business vendors. Meals were provided for all participating households and delivered in accordance with public health guidelines for food delivery during the ongoing Covid-19 pandemic³. Families and other household groups were invited to participate in the conversation together over dinner utilizing either a single shared device or separate personal devices.

During each event, participants viewed a set of two scenarios – or stories of possible futures – based on a scan of the health and well-being horizon conducted by FORESIGHT's professional futurists. These scenarios were created by a cohort of about 50 people – representing a diversity of perspectives – over the course of two separate workshops whereby participants prioritized the trends, opportunities and challenges identified in the futurists' scan. The priorities identified by workshop participants were then woven into four scenarios and turned into a short video. Two of the four scenario videos are shown at each event and all videos are shown at least once in all regions. These short, animated videos, designed to provide support to participants in conceptualizing the future 30 years from the present date, were primarily utilized during the small-group discussions to provoke thoughtful conversation about the future of health in the United States and have been made available in five languages. The virtual Minneapolis area conversations were conducted in two languages – English and Spanish – according to the community-specific needs of the region and all conversations included speakers of both languages as well as interpretation and facilitation support. The Mindstorm small-group focused conversation was

³ For participants who were either unable or unwilling to receive delivery at their home or other location from which they participated in the virtual conversation, gift cards were provided for a meal of their choice.

designed to elicit community feedback on concerns, anxieties and hopes for the future which will be used to inform an emergent community-sourced vision to guide the action-planning phase of this project.

Participants discussed an array of social and environmental determinants of health and wellness as well as a range of technological, economic and political factors relevant to the future of these issues in the U.S. through a guided conversation which placed the discussion in the context of community participants' experiences and personal perspectives. Some groups focused on identifying individual or community priorities, resources and needs, and collectively strategized solutions for barriers and challenges highlighted in the process. Others posed thoughtful questions or centered regionally-relevant current issues with the potential to impact health and wellness in the future, including the effects of the Covid-19 pandemic and the highly visible protests against police brutality following the murder of George Floyd in a south Minneapolis neighborhood on May 25th, one day before our first official gathering in the region. In response to such emergent events of local, national and ultimately global significance, a new question was added to the Mindstorm (Question 3) and space was created within the virtual event program for incorporation of key regionally specific insights and local context to be provided by participants of all regions hosting these events. Those changes were incorporated into the May 26th event and will continue to be reflected in future events across partner regions.

The Minneapolis-area events represent the first in a series of regionally-centered engagement and research events conducted as virtual experiences between May and October of 2020 in support of the Phase I emergent learning processes of FORESIGHT. The series was co-hosted by the Minneapolis Foundation, one of seventeen foundations across the U.S. partnering with FORESIGHT. Facilitation was provided by Marnita Schroedl of Marnita's Table in the model of Intentional Social Interaction (IZI). Project coordination, logistics and outreach were led by senior project director Sammie Ardito Rivera with support from outreach specialist and Spanish language coordination lead Marlene Rojas Lara and training director Lauren Williams. Materials design, research, evaluation and analysis were conducted under the supervision of research director Elexis Trinity with support from operations and evaluation manager Lars Goldstein and other members of the MTI team.

The gathering concluded with a ritual Circle Share-in session in which participants were asked to share one hope they hold for the future of health and wellbeing. Comments from participants drawn from this session were transcribed by members of the MTI research team during each event and can be found at the conclusion of this report (see: page 37). The following report consists of qualitative discussion data collected from the above activities and the thematic analysis of their results conducted by the Marnita's Table research team. A selection of comments demonstrating the thematic range of the regional discussions and highlighting several key themes of the small group (Mindstorm) conversations is presented in Table 2 below. The full text of the discussion notes submitted by each small group can be found on page 21 of this report.

Table 2: Thematic Highlights from Minneapolis Small-Group Conversations

Mindstorm Question(s)	May 7	May 26	June 9
Q1: <i>Is there anything you saw today that inspired you? What, if anything stood out to</i>	"I loved the wellbeing factor [as a substitute for GDP] being more	"When I think about the future, I think about my kids, I think about the community and I think	"About the future in relation to robots, I think in some way we are living already

<p><i>you across all of the scenarios? Was there anything you liked?</i></p>	<p>focused on community wellbeing – that gave me hope, it struck me as a strategy we could all get behind.”</p> <p>“...I was excited to think that in the 2050s, most of the food won’t come from animals, which is good as long as you can make it taste good!”</p> <p>“Something I thought was really interesting, was the 3-D printed housing! I never thought something like that was possible.”</p>	<p>about equality. I wish for a free health system for all. Only then, everyone will have a good life. In my opinion, having this communication is important, the pandemic has been opening the eyes of the communities. The marginalized communities are suffering more at this moment of the pandemic. To change this and improve the lives of the minorities, we need to see more people of color representing us in Congress.”</p>	<p>in the present with the new technology. This meeting is an example of how technology is influencing everyone. In my opinion, we need to adapt into the new future that is coming. I am not scared about it – we all need to adjust and adapt to these changes.”</p> <p>“More education for the community is important, so people are informed about things happening within the system...people will be able to know how they can participate for the changes we want to see in the future.”</p>
<p>Q2: <i>Is there anything you saw today that you didn’t like? What if anything stood out to you across all of the scenarios? Was there anything you found alarming or upsetting?</i></p>	<p>“Concerned about surveillance, need to be more self-sufficient, get off the grid.”</p> <p>“Will we ever get to the point where leadership cares about the haves and have-nots equally?”</p> <p>“I’m okay when things aren’t corrupt, and people are trustworthy but if the government hasn’t proven that then who’s hands do you place your life in to</p>	<p>“Climate migrants, sad to think about it.”</p> <p>“In order to have health, we need people to have relationships with land beyond just ownership”</p> <p>“To have access – not ownership, but equitable access – to land is resilience, wellness can come from those relationships – to build relationships.”</p> <p>“I would like to see a future in which we imagine different ways of relating than just ownership – it’s the dominant way,</p>	<p>“The whole exo-womb thing really scared me...”</p> <p>“The farther we get from what is natural in our bodies, the more I get concerned. I think of convenience foods and the health crises they have created that we couldn’t anticipate beforehand and weren’t prepared for – cancer, diabetes.”</p> <p>“There’s also the role of capitalism – they have a demand and our bodies are the supply...”</p>

	<p>be safe? There are reasons to have surveillance... I just want to know it's in the hands of someone who cares about the wellbeing of the country and who's in it.</p> <p>"One of the things that I observed is that here we are really focusing on the individual freedom instead of the collective wellbeing. If you want to do something regardless of what it means to your neighbor, it just seems that it doesn't matter that much because that's your freedom and here in the U.S. we focus a lot on the individual freedom which is very narcissistic in some ways. I don't see other people protesting [the wearing of masks to ensure public health and] safety."</p> <p>"Playing around with food and tests into human cells didn't sit right with me, that was weird."</p>	<p>but not the only way I think about that in relationship to urban living – how apartment dwellers can get access to land (or not) or pots / space in a community garden"</p> <p>"The designer baby thing is really crazy to me. I was talking to a friend, where they might be able to edit out depression, addiction mental health challenges. I was thinking about how many artists that have mental health challenges, and people still contribute so much to the world and are valued, and it concerns me to think about someone making those kinds of decisions to edit out genes."</p> <p>"...White supremacy is killing everyone."</p> <p>"Capitalism exploits the environment, but health and wellbeing depend on the climate"</p> <p>"I'm worried about the police/surveillance state."</p>	<p>The other thing about an incubator to create babies is that we won't have a say, control...We don't know what will go into creating those babies...and what families they'll go to. What if mental illness is used to justify ending a life, or if people try to select for someone with blonde hair and blue eyes (i.e., racialized reproductive preferences). How will that impact existing inequities?"</p> <p>"Thinking about AI and us being very reliant upon AI and then getting used to not using our bodies or natural abilities – how does that affect our bodies and capabilities?"</p> <p>"I also think that the new technology wants to replace humans...I feel that we do not have a voice."</p> <p>"I think the technology only benefits rich people. Many people do not have access to healthcare because they are undocumented."</p>
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<p>Q3: <i>Is there anything we can do right now to ensure a healthy and equitable future 30 years from now? Do you have a vision for community safety in a healthier future? How might public institutions and systems shift or be designed in order to ensure the outcomes you envision?</i></p>	N/A	N/A	<p>“Do we need access to healthcare that we don’t trust? Will that mistrust of the health and pharmaceutical industries persist?”</p> <p>“I still don’t really trust or believe in vaccines, though the public health emphasizes it, because of my experiences as a Native American.”</p> <p>“Will big finance still be a big part of healthcare? Will doctors be trained in cross-cultural competence?”</p> <p>“Will there be a return to indigenous ways, medicine and learning? Connection to food and land and the ground is medicine from an indigenous point of view.”</p> <p>“The movement to defund the police is giving me hope – part of that initiative is to give money back to health and education and other community support systems...”</p> <p>“It’s interesting to see how public health is being brought into this conversation for black and brown people, police brutality and public safety is a public health issue.”</p> <p>“I’ve been working in prison reform for ten years, so I’m trying to learn and educate myself – there are people out there who have ideas and are ready for the future and imagining different possibilities.”</p> <p>“I am unsure because there is a lot of stuff coming to surface with police brutality and we can deal with those issues and move forward stronger or it can be tumultuous...”</p> <p>“...Some days I see people banding together and other days I’m just taking it one day at a time.”</p> <p>“I’m feeling like I have to go to work and act like I can function normally. I’m scared to leave the house.”</p>
<p>Q4: <i>Name two things you want or need in your future to</i></p>	N/A		<p>“The rebuilding of some sort of commons – we’re</p> <p>“How do we take time to get away from work, and not just as people</p>

<p>experience health and wellbeing. Do you feel that you have a role in building the future you imagine? Is there anything you need to see in your future in order to thrive?</p>		<p>willing to give and work hard, and we want to thrive”</p> <p>“I’ve been working in human rights for over 30 years, I hope by the time we come to 2050 we don’t have to do that anymore – I don’t want my grandchildren having to fight the same fight for their own grandchildren”</p> <p>“I hope that our communities will come together around a common goal – that we work together to make sure that our families are safe, that they have food and healthcare – it takes all of us working together toward a common goal.”</p> <p>“Originally I had a negative perspective of the future and in this conversation about things becoming grimmer and grimmer, but it does feel like it’s possible for a values shift – I think about my family in Hawaii and how there is this orientation toward thinking about the collective and the community, what you can do for your elders.”</p> <p>“Housing should be guaranteed for health and wellbeing.”</p>	<p>who produce deliverables, but people with inherent value, and our relationship to the earth, and beyond making money?”</p> <p>“I keep getting hung up on two things. What is our framework for how we talk about health and wellbeing? We don’t use a holistic model. ...It doesn’t consider the mental, spiritual, aspects of health. Using a holistic model would open up so many things and change the way we value different interventions and different things. And encourage people to be wholly well. And move away from capitalistic model of making money off of peoples’ health. I think we’re missing a huge thing. What I really want is a holistic framework, for doctors, therapists, pharmacists, to work from a perspective of mind-body medicine.</p> <p>“I’m in mental health, and I think about being in right relationship and our mental stability. How do we not just kill the planet that is our life source? How do we not commit this</p>
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		<p>“More preventative medicine (eat to live), foods that help us thrive...”</p> <p>“If you do not have land, you do not have life – if the land is being sprayed and we’re killing the medicines that they call weeds then we don’t have access to health.”</p> <p>“Treaties and territorial homelands have to be honored. U.S. has to think about their responsibility to South Americans and slaves.”</p>	<p>cannibalism that we are doing right now? And it comes down to being money-driven as opposed to people driven.</p> <p>When we build pipelines to advance a capitalistic gain, rather than to advance people, we lose so much of ourselves. I’m on the verge to relocating to be closer to people. I’m going to that pod idea, where I need a clan. People who will help my kids, and trade basic needs with me. I think we have to go back to smaller and village mentality.”</p> <p>“When I think about the future of health, I think about healthcare because there have been gains and retreats on that front. I hope that people take action on it so that by 2050 it isn’t a debate, but instead it is a right. A basic threshold.”</p>
<p>Q5: What would you like to see in the future more broadly? Is there anything happening in your community now that is promising for the future? Is there anything you’d like to see more of? Less of?</p>	<p>“I live in North Minneapolis, where disparities are known to be pretty bad, but I’m seeing a movement of women and collectives finding locally-based ways to connect</p>	<p>“The way of calling people into accountability and relationship to each other and to land – I’d love to see that done in ways where representational government isn’t responsible for that change.”</p>	<p>“Frankly, we already know how to make things better – the ideas and solutions are already here. What it comes down to is who is listening to our ideas. I’ve worked in</p>

	<p>with other people and share resources.”</p> <p>“Group of people who have designated themselves to be moving about and helping to protect and support others and solve problems, even as they social distance themselves. There’s a lot that people are thinking about to support parents, elders, provide childcare alternatives.”</p> <p>“The most important thing is for each of us to keep showing up and coming to the table – everyone has to be involved in solutions.”</p> <p>“I heard from a Native American person that land is our best resource and responsibility for healing.”</p> <p>I’d like to see more focus on intersectionality and how...needs and concerns are affected.”</p>	<p>“So how is listening created? How do we practice forms of restraint – particularly those of us who have access to more? What are the means that are going to help us shift to this world view or practice of communal living?”</p> <p>“I’ve seen the wisdom of generations – across cultures – being heard and listened to in ways that weren’t in my history textbooks when I was growing up in the 90s.”</p> <p>“It gives me hope to see the stories my children are having access to.”</p> <p>“How will suffering give way to new solutions? Maybe creative listening and softening folks.”</p>	<p>education for over 20 years now and colonization, colonialism, imperialism, capitalism – these are the problem, and realistically, they’re not going to be abolished.”</p> <p>“...There’s an abusive relationship with colonizers that retraumatizes us as African descendants of slavery. How much more damage are we doing to ourselves by trying to get them to understand?”</p> <p>“That’s why it matters to have clinics and systems that understand indigenous and black historic trauma – all those therapists and healthcare workers, you go to see them, but it doesn’t feel like help.”</p> <p>“...Unfortunately, I don’t have faith in any systems. I’ve turned away from systems to build my own communities of support.”</p> <p>“...We’re facing unprecedented issues as well as historic and systemic issues, so we</p>
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			<p>really have to stay grounded, connect with self and build community.”</p> <p>“I keep thinking about how people who are put in power in our society are just people who learned how to do something – doctors, politicians. We talk all the time about where change will come from and who will act on it. That’s part of the work I think – as someone said earlier, we have the ideas. Who is listening? Who has the power to effect change?”</p> <p>“I want equality, true equality, not to have to deal with racism and prejudice every day.”</p>
<p>Q6: What else should we know? <i>Is there anything we didn’t ask, that we should have? If so, please share both the question(s) you have identified and your group’s response(s).</i></p>	N/A	<p>“What is happening to capitalism and how does that impact us? It’s a system that exploits the environment that doesn’t care about the environment and that impacts human health and wellness...”</p> <p>“...Preventative medicine, where we are educated to do the things, taught to eat for health, what do we need to thrive, learning how to care for ourselves</p>	<p>“I think we have to – as a nation, we have to be honest that we are a racist country. That we set up this whole empire to benefit certain people. To admit that we committed genocide against Native Americans. South Africa, Germany weren’t able to move forward without telling the truth about who they are. When</p>

		<p>so we don't need crisis care."</p> <p>"Thinking about capitalism in its current form isn't working, what kind of changes can we make today and inform a different form of capitalism if we want to get to where we want to be. I loved the consideration of the climate and I don't think we have a health and wellness without consideration of the climate."</p> <p>"...I don't want to live in any type of world where corporations are exploiting workers."</p> <p>"...Nothing in this country works unless we deal with the issue of capitalism."</p> <p>"Health starts individually, but as someone that identifies as an indigenous Latina woman, there is an integration for everything. Health for me, health for my community, health for the land, and health that goes beyond the borders."</p>	<p>people demand justice and change, you have to start with where you haven't been telling the truth.</p> <p>I'm supporting a radical presidential candidate and doing this and asking that we have to start with the truth of who we are as a country. Either this empire will have fallen, or if we do, it will be become some really radical difficult work. Healing is difficult, and that's why it's so hard to get people that are privileged [with] white privilege, to understand that privilege. Even wanting to move on isn't always enough. We don't know how to be with pain and discomfort as a society and do the difficult thing and expose all the bullshit and look at it, smell it, be there. That's what we're trying to do now and what people are putting their lives on the line to do right now. "</p>
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**The FORESIGHT Initiative of the Rippel Foundation:
Envision! A Healthy Community Future – Twin Cities
The Minneapolis Foundation | (7 May), 26 May 2020, 9 June 2020**

Mindstorm

Directions: Identify someone to write down what is discussed. Read the questions and decide together which ones you think are most important to answer. Then discuss those questions as a small group. Start with the most important question! Freely enter and exit groups. Remember to listen and give everyone a chance to speak. Speak from your own personal point of view.

Questions for Discussion: *10-15 minutes per question. Begin with the question(s) your discussion group finds most important.*

1. Is there anything you saw today that inspired you? What, if anything stood out to you across all of the scenarios? Was there anything you liked?
2. Is there anything you saw today that you didn't like? What if anything stood out to you across all of the scenarios? Was there anything you found alarming or upsetting?
3. Is there anything we can do right now to ensure a healthy and equitable future 30 years from now? Do you have a vision for community safety in a healthier future? How might public institutions and systems shift or be designed in order to ensure the outcomes you envision?
4. Name two things you want or need in your future to experience health and wellbeing. Do you feel that you have a role in building the future you imagine? Is there anything you need to see in your future in order to thrive?
5. What would you like to see in the future more broadly? Is there anything happening in your community now that is promising for the future? Is there anything you'd like to see more of? Less of?
6. Is there anything that we didn't ask that we should have? What isn't here that you would like to see? Please share your question(s), and any answers that your group discusses.

For Scribes:

- Write down your first name and the first names of the others in your group.
- Take notes about things your group thinks important to note in the space provided.
- Please write legibly or ask someone who writes legibly to write the notes.
- Be prepared to share your findings with the larger group.
- Please turn your notes over to Marnita's Table staff at the end of the evening.



The 360 Report | Mindstorm Themes & Analysis

FORESIGHT

Envision! A Healthy Community Future – Twin Cities
The Minneapolis Foundation | (7 May), 26 May 2020, 9 June 2020

Overview & Methodology:

The following is a summary and analysis of the discussion notes submitted by small-group conversation facilitators during the virtual Mindstorm sessions hosted during May 7th, May 26th and June 9th of 2020. This focused conversation was undertaken by a total of 94 participants⁴ of the three-part community engagement and dialogue series *Envision! A Healthy Community Future* hosted virtually over the Zoom videoconferencing platform for the Minneapolis region of Minnesota. In total, twelve (12) small groups submitted notes from their conversations (four discussion groups per each of the three events). Notes from the Spanish-language small-group sessions were translated directly by the interpreters responsible for facilitating those sessions to ensure accuracy, clarity and completeness of the notes. All participants were additionally provided the opportunity to directly submit individual notes in their own words during the conversation via the use of a collaborative note-taking document available online to all participants during the duration of the conversations.

These open-submission online discussion notes documents remain publicly available for a minimum of two weeks following the events in case participants have additional reflections or responses to the discussion questions they would like included in the reportage, or in the event that they would like to submit handwritten or otherwise recorded notes after the session has concluded. However, no participants submitted individual notes for any of the Minneapolis regional conversations. The responses and discussion themes emerging from the small-group sessions have subsequently been aggregated and made anonymous for the purposes of this analysis. The full text of the submitted notes is available on page 20 of this report, while a facsimile of the Mindstorm packet distributed during these conversations, including instructions and questions, has also been included (see: *page 1 for more details*).

Because of the free-flowing nature of the hour-long small group discussions which were guided in an intentionally non-rigid manner in order to allow for flexibility, participant choice, and community-based responsiveness in accordance with the model of Intentional Social Interaction, many of the themes emerging during these conversations occur across individual discussion questions and overlap with topics raised by participants. Where possible, this report attempts to make those linkages apparent and to highlight other questions in the text of the notes where themes overlap and participant stories and comments reference previous discussion themes or insights.

⁴ Our research team reported 22 Minneapolis-based participants of the inaugural demo session (May 7th) with 4 discussion groups submitting notes from their conversations; 37 participants of the second session and official launch event (May 26th) with 4 discussion groups submitting notes; and 35 participants of the final session (June 9th) with 4 discussion groups submitting notes – a sum total of 94 participants and 12 discussion groups across all events. All participants received the same instructions and discussion questions. Transcriptions of the orally reported highlights and key observations from these discussions as summarized by participants during the event can be found on page 21 of this report.

Themes & Analysis:

Table 1. Overview of Key Themes from Minneapolis DIZIs

<p>Keyword(s): <i>Government and institutions, lack of trust</i></p> <ul style="list-style-type: none"> ■ Concerns about government surveillance, information security and privacy, lack of trust in government and institutions <p>Related/Supporting Theme(s): <i>Capitalism, exploitation</i></p> <ul style="list-style-type: none"> ■ Anti-capitalist sentiments, desire for alternatives to government and economic systems
<p>Keyword(s): <i>Basic needs, accessibility</i></p> <ul style="list-style-type: none"> ■ Centering of basic needs, accessibility of critical resources and ongoing equity issues around housing, healthcare and health insurance; expected to continue into the future
<p>Keyword(s): <i>Emerging technologies, food and reproduction, ethics of</i></p> <ul style="list-style-type: none"> ■ Tensions between discomfort with and interest in intimate technologies (exo-wombs, food created from human cells, CRISPR & gene-editing capabilities, etc.)
<p>Keyword(s): <i>Racial and economic justice, police killings and public safety, George Floyd protests</i></p> <ul style="list-style-type: none"> ■ Seeking racial and economic justice, truth and reconciliation efforts (in the context of Minneapolis and national/global protests following death of George Floyd on May 25th)
<p>Keyword(s): <i>U.S. healthcare system, barriers to accessibility, structural limitations, and cultural challenges to enjoyment of appropriate care</i></p> <ul style="list-style-type: none"> ■ Concerns about the American health care system, overreliance upon employer-provided insurance, affordability and accessibility; medium and long-run impacts of Covid-19; tensions between existing medical system and desire for more holistic, culturally appropriate and integrative options
<p>Keyword(s): <i>Climate change, environment and land use</i></p> <p>Concerns about climate change, environmental degradation, and migratory and other knock-on effects</p> <p>Related/Supporting Theme(s): <i>Food sovereignty, food justice; Cultural knowledge and Indigenous lifeways</i></p> <ul style="list-style-type: none"> ■ Appeal of food sovereignty initiatives, interest in alternative and local food systems, cultural and Indigenous lifeways and collective/community-based agricultural practices in urban and rural contexts

Question Set One

We asked: *Is there anything you saw today that inspired you? What, if anything stood out to you across all of the scenarios? Was there anything you liked?*

This section received a modest collection of comments when compared with the negative framing in question two (“Was there anything you found alarming or upsetting?”), however the discussion notes reveal an interest in community-based collective action and investment in greater and more diverse political representation. In particular, participants expressed interest in addressing social, environmental and economic challenges via community education and participatory problem solving both within and outside of existing systems and institutions and connected such efforts with the goal of addressing historic and current inequities.

Technologies of interest to discussion group participants in the Minneapolis region included those with the ability to impact food systems, food sovereignty and sustainability as well as 3-D printing and the construction of “tiny homes” as a response to the regionally relevant housing crisis identified by some participants and the problem of homelessness and affordable housing more generally. Education and organizing were linked in some of the discussion notes with the ability of the public to be engaged in decision-making on local and national levels, and attitudes elicited in response to this question around technology expressed the notion of being “already in the present with new technology,” with the expectation that changes currently underway would need to be adapted to as they unfold.

More discussion of technology occurred in the more extensive note submitted in response to question two.

Question Set Two

We asked: *Is there anything you saw today that you didn't like? What if anything stood out to you across all of the scenarios? Was there anything you found alarming or upsetting?*

This section generated extensive commentary from discussion participants about fears and concerns regarding the future of health and wellbeing, particularly with respect to matters of economic, health and social equity. Significant distrust of institutions, elites and formal government emerged as a major theme here, and one which carried over into other parts of the discussion notes. Participants expressed major concerns about surveillance and social media especially and were largely opposed to technological interventions such as “exo-wombs,” designer babies and gene editing technologies. Several participants expressed concerns that such technologies would work in favor of the wealthy and well-positioned (“I think the technology only benefits rich people”) and worried about the possibility of exacerbating discrimination and inequities based on race, gender, sexuality, class and the documentation status of immigrants.

A strong theme of anti-capitalist, pro-environmental concern developed in this section and carried over to discussion of other questions in the notes submitted from participant discussions. Many also tied concerns about AI and new technologies related to the idea of reduced agency and control over community members bodies and lives. Anxieties about food production, technology and health, migration due to climate change, the (un/)sustainability of the environment and food systems and concerns about the “police/surveillance state” also figured prominently here, with the latter likely influenced by the murder of George Floyd on May 25th by officers of the Minneapolis Police Department.

Question Set Three

We asked *Is there anything we can do right now to ensure a healthy and equitable future 30 years from now? Do you have a vision for community safety in a healthier future? How might public institutions and systems shift or be designed in order to ensure the outcomes you envision?*

This section was added to the Mindstorm discussions as an emergent response to the above mentioned racially inflected police killing and the subsequent nationwide protests which necessitated a rescheduling of additional events planned during and close after the week of the May 26th DIZI event in Minneapolis. The question was designed to acknowledge the appropriate local and regional context in which these conversations occurred and to provide sensitivity and space to Minneapolis residents struggling with the ongoing developments in the case. Accordingly, there are no notes addressing this question for the first two events.

The notes from the June 9th event date in which this question was first included in the discussion program affirm the linkage between racial justice, police brutality and public health and introduce a

number of reflections upon Native American and indigenous experiences of state-based violence, discrimination, genocide, land theft and ongoing challenges with trusting institutions and authorities. Additionally, the notes connect economic inequities and concerns about “big finance” in the healthcare system with the need for cross-cultural competence, culturally appropriate care and the desire for more holistic treatment and care options.

That theme is expanded upon in many of the discussion notes submitted in the following two questions which were designed to elicit discussion of the things participants need or hope to see in the future in order to experience improved health and wellness outcomes and a more equitable and inclusive healthcare system.

Question Set Four

We asked: *Name two things you want or need in your future to experience health and wellbeing. Do you feel that you have a role in building the future you imagine? Is there anything you need to see in your future in order to thrive?*

While no groups submitted notes in response to this question during the demo event of May 7th, the notes from the latter two events in this series center upon the need for a shift in values that more properly centers community connection, holistic and culturally appropriate care, and a mind-body focus to medical practice in the U.S. that incorporates a more human-centered experience of treatment and wellbeing interventions. The notion of healthcare as a human right emerges here and is reaffirmed in the notes submitted for the following question (“What would you like to see in the future more broadly?”), and is supported by ongoing interest in collective action, engaged citizenry and a reevaluation of cultural and social values that allows for a sense of “village mentality,” or greater emphasis upon relationships and connection. In these notes, the human relationship to climate, land and food are again stressed, as is local organizing and the voluntary sharing of resources, cultural knowledge and information empowering action. Basic needs appear here as central to health and residents’ ability to be healthy, including food, affordable and safe housing, child and elder care.

Question Set Five

We asked: *What would you like to see in the future more broadly? Is there anything happening in your community now that is promising for the future? Is there anything you’d like to see more of? Less of?*

This section of the Mindstorm provides an opportunity in its framing for participants to connect what they see in their communities presently with what they’d like to see in the future. As a result, many of the responses submitted on this topic orient toward positive interventions emerging since the advent of Covid-19 in the U.S. and underscore themes touched on elsewhere in the notes. The nature and long-run impacts of colonialism, capitalism, genocide and historic trauma figure prominently in this section, with many discussion participants emphasizing the importance of cross-cultural education and storytelling, historical knowledge, and the willingness and ability to engage in difficult conversations in the present. The need for more preventative care and active and empowered self-care options also emerges here as a method for achieving greater wellbeing and a sense of agency over one’s own health. The discussion notes again highlight the theme, prominent across all questions in this series, that “everyone has to be involved in solutions” addressing the problems identified by community participants, with some urging “creative listening” and others emphasizing political will and questioning “who has the power to effect change” in a pragmatic sense.

What else should we know?

We asked: *What else should we know? Is there anything we didn’t ask that we should have? If so, please share both the question(s) you have identified and your group’s response(s).*

Finally, this section of the Mindstorm allows participants to propose their own questions pertinent to the future of health and wellbeing or to address a related topic not explicitly included in the discussion notes. Comments in this section position capitalism as an exploitative system which poses challenges to labor rights and economic equity, healthcare access and enjoyment of the means of health and wellbeing, and an exacerbating factor in climate change and its negative impacts upon human life and the environment. Accessibility of health insurance and healthcare again emerges here, as does the need for more diverse political representation and concerns about food systems, food access, and GMOs. Equity concerns figure prominently here as well, particularly in relationship to Covid-19 and the exposure of existing systemic vulnerabilities participants considered central to the question of the future of health and wellness in the U.S



Mindstorm: Oral Report Notes

About These Notes

The below notes were taken by members of our research team during the oral report-out from the Mindstorm small-group focused conversations during the virtual engagement events of May 7th, May 26th and June 9th of 2020 hosted in the Minneapolis, Minnesota region and broader community of the Twin Cities Metro. During this activity, participating discussion groups nominate a representative from their table to share with the larger group a few key themes emerging from their conversations. Groups have been numbered according to the order in which they presented and transcribed according to the manner in which they were dictated by each group's representative speaker.

7 May 2020

Demo Session | Scenario Set: Crowd Control & In It Together

Group 1: There was a great deal of distrust about what the government might do, especially in regards to people of color and marginalized and excluded people.

Group 2: We identified the 3rd question as the most important question and we feel that we should have healthcare for immigrants and undocumented folks and how to form a pathway to citizenship or residency for undocumented folks. How can we be part of the construction of our future? The census is going around, we should count in the census and get involve in our community so we can be the change.

Group 3: There is a quite a bit distrust, with the 2nd scenario ["In It Together"], there were a lot of positives, but there is a lot of distrust. The capitalist system we live in is collecting our data in weird ways. And talked about the group sponsoring this event. There's information on us out there and we don't know what their motives are. And they varied wildly from what may or may not happen.

Group 4: [Audio errors.]

26 May 2020

Session #1 | Scenario Set: Crowd Control & In It Together

Group 1: Need more information and education so people know what needs to change and how to do it. The system needs to change which is difficult – we need representation, not just white people.

Group 2: We talked about how we are hopeful on a small (family) scale and more pessimistic at the level of society and institutions. We talked about how we can create change, but more values shifts rather than structures of healthcare – and that things are cyclical. I appreciated the idea that we're existing in a cyclical world, not a linear world.

Group 3: So, we talked about a number of things. About how the relationship to land is a part of health – I want to bring up the philosophy of one of the Bass brothers a while back – that if you don't have land you don't have life. You have to have access to land, if you don't have healthy land, you can't be healthy. We talked about how many of us were taken from our land or our land was taken from us, and the rupture between us now and the knowledge of our ancestors from which we've been separated. We have to recover that if we're going to talk about land – healthy land, and our relationship to land as part of our health and well-being.

Group 4: Our group talked mostly about the community and how it should become better – and how Covid-19 has affected our community. We also talked about technology in the future and the use of it.

9 June 2020

Session #2 | Scenario Set: The Off-Ramp & Trust in US

Group 1: Importance of good communication between groups, no real access to healthcare – especially during the pandemic and for undocumented immigrants. We have to work on seeing the tendencies that the future is presenting and start finding solutions before that future comes. There's also a great fear about what's happening right now with the pandemic and racism, impacts on schooling and school children. Social Saturday is something people are exploring in other countries. We talked about the environment and how it is important for health. We also talked about how we are all racists because we live in a racist system.

Group 2: In our group, we initially started talking about the incubator babies and how scary that is – which had a plethora of connections to the healthcare system, a lack of trust toward the people we're told to trust and take expertise from (doctors, public health and government officials). A lot of our conversation related to preventative measures, healing measures and ways we can look toward changing those systems – but changing those systems is extremely powerful. How is one to gain hope through that process? We have to continue to be vulnerable in those spaces – it's hard when people in power are resistant to changing because how they show up is related to how they see themselves in the world.

Group 3: We talked about people's bad experiences with the healthcare system, and the need to create a better system that works for everyone – changing that system without reinventing the wheel. The overwhelming nature of the system and having that experience with healthcare and being overwhelmed by basic things like daycare and student loans. They are so common, but they have barriers. How changing it is within our grasp – Medicare, Medicaid – there's no reason to extend those to other people, we also talked about encouraging the theme of seeing each other's humanity and trying to approach the current unrest and the current movement from a place of love and trying to help everyone help themselves and take care of their loved ones and create a better future from the ground up.

Group 4: In summary, topics we discussed: we're currently in a complex time, evaluating multiple systems and issues – racial, social, economic, health, etc. And asking, "What does this moment mean?" – not just for America, but also for the world. A lot of people are trying to figure out where do they fit mentally during this pandemic? We talked about essential workers and those who can't take time off – where is their mental space and how does that work for them in this moment? We talked about pods and reproductive possibilities? What does that mean for us – with facial recognition software and privacy, will the pandemic and practice of wearing masks outside impact that? Taking a time of pause, how does that affect humanity overall? Etc.

Mindstorm Notes | Raw Aggregate

Please note: While the small group discussion notes in this document have been organized by discussion question, ordered by date of the virtual events (bolded in the texts) and separated by discussion group (with the start of a new group's notes indicated by the following symbol: ***), not all groups submitted notes in response to every question. Additionally, some groups submitted notes that were not organized by question, but by theme. Where possible, such notes including clear responses to particular questions in the discussion notes have been reorganized under the relevant question and date. Where the conversation notes submitted appear to be too general or too broad to be broken out according to the Mindstorm questions, they have been included under the final section of this Mindstorm which allows participants to propose their own questions and/or organizational structure for their conversations. Personal stories appear often in the text of the notes and have generally been included here in the section under which they were submitted in order to avoid separating such comments from the context of the conversation in which they occurred, including in cases where themes overlap and/or the discussion in fact addresses several questions posed in the Mindstorm discussion guides.

Question 1: Is there anything you saw today that inspired you? What, if anything stood out to you across all of the scenarios? Was there anything you liked?

7 May 2020

- So important to get rid of the have and have-nots
- Videos cool, more important to see everyone who showed up today
- Coming together is the only way to really create change
- Someone said they can only see things from their own lens, makes these conversations relevant and crucial – important to hear what someone else is seeing and experiencing...
- In the second video, I was excited to think that in the 2050s, most of the food won't come from animals, which is good as long as you can make it taste good!
- I think about the things that I currently enjoy and how there's a coming together of people in activities – I enjoy the beauty of so many people being able to come together
- Something I thought was really interesting, was the 3-D printed housing! I never thought something like that was possible.
- I'm a part of trying to get more tiny houses to help solve homelessness, and we're moving more and more in that direction.
- I keep hearing that we're all in this together, but it's not all equal how people are impacted by things, by Covid.
- I loved the wellbeing factor being more focused on community wellbeing – that gave me hope, it struck me as a strategy we could all get behind.

- We should always have self-awareness of where we're really at, and the vulnerabilities are bringing that out, and the concern and a care. All matters regardless of health. It's in conversation, for me at least we know that we can't go back and be naïve about it. I'm glad people are saying this is the new normal, because we can't go back to the way we used to be.
- Now that people are being directly affected, they are realizing how it affects other people. And has always affected them.

- I like the freedom fighters; I'm wondering if having knowledge on the individuals is necessary to have a quality community.

26 May 2020

- I was drawn much more to the second scenario (In It Together) – greed and cooperation were in both scenarios, but I wanted to hear an alternative to a representative government to figure out how to move forward
 - What are the alternative government systems/structures?

- I liked the concept of universal basic income as a concept touched on the video.

[Translated from the original Spanish language notes]

- A—— would like to see more events like this one. She thinks our community needs to learn more about the new technology and ways to communicate with each other. She thinks this will be a good effort to be prepared for the future because we never know what new things will come (disasters such as the Covid-19) in the future.
- When I think about the future, I think about my kids, I think about the community and I think about equality. I wish for a free health system for all. Only then, everyone will have a good life. In my opinion, having this communication is important, the pandemic has been opening the eyes of the communities. The marginalized communities are suffering more at this moment of the pandemic. To change this and improve the lives of the minorities, we need to see more people of color representing us in Congress.
- I would like to see more educational events that provide information for the community. Information providing resources and ways for people to become more knowledgeable about things we can do it in our community. I also would like to see in the future a system that provides health insurance for undocumented individuals.
- We have a solid system that is extremely hard to change, however one way to start doing changes is making changes inside the system that already exist by changing the way people think within the communities.
- More education for the community is important, so people are informed about things happening within the system. By getting more information about the system, people will be able to know how they can participate for the changes we want to see in the future.
- I would like to participate more in things like this. It makes me feel good to be aware about our other important issues that are happening in our community. I have two dogs and they are my companions and support when I feel sad. With this pandemic it is hard to do things, but we must keep going as we don't have options.

9 June 2020

- Wearing a mask and thwarting identification of faces was something I thought was interesting.

[Translated from the original Spanish-language notes]

- For me it is very interesting that we are talking about things that are happening now. I think it is good to know that there are people like you, that care about the community especially with all problems happening now. People that are trying to support the community and look for solutions.
- I also think as a community we can help the environment by recycling, it will help to support a healthy environment.
- About the future in relation to robots, I think in some way we are living already in the present with the new technology. This meeting is an example of how technology is influencing everyone. In my opinion, we need to adapt into the new future that is coming. I am not scared about it – we all need to adjust and adapt to these changes.
- I liked that this meeting included different communities, I like to see diversity, and I like how we are learning about racism. Racism exists between minority communities too and I think we need to have better communication so this issue can decrease.
- What I liked about this meeting is the way the community is getting close to discussing different topics. We can change the future by working together and looking for solutions and changes that benefit our community.

Question 2: Is there anything you saw today that you didn't like? What if anything stood out to you across all of the scenarios? Was there anything you found alarming or upsetting?

7 May 2020

- Concerned about surveillance, need to be more self-sufficient, get off the grid

- What are the pros and cons. How do you make it work without making it feel like the government controls everything?
- I don't really trust the government, especially being someone of color.
- We don't trust the government.
- It's not consistent about how people of color are treated, how can you trust the government especially now?
- I was still a minor when Obama was President, but now that I'm over 21, it has changed my perspective.
- I always felt that Obama had our best intentions and there are things I don't understand.
- It goes a long way. Will we ever get to the point where leadership cares about the haves and have-nots equally?
- If you try to meet the needs of everyone, you either take away their freedom, or create a really good system.

- Playing around with food and tests into human cells didn't sit right with me, that was weird.
- I was really struck by the trade off to the current pandemic situation as a systematic approach to climate change. Only so much political food power and pretty scary to think about.
- I want to see what's happening now.
- I don't trust how they're going to use this information.
- I think in the current situation with the pandemic there was information... There are people who want to shop at the grocery store without a mask and without taking precautions...

directly posing a threat to people's health. To what extent does it get in the way of someone else wellbeing and the chance they have to care for their life?

- I'm okay when things aren't corrupt, and people are trustworthy but if the government hasn't proven that then who's hands do you place your life in to be safe? There are reasons to have surveillance... I just want to know it's in the hands of someone who cares about the wellbeing of the country and who's in it.
- I don't know too much about surveillance... but not enough about it being applicable to our health so I don't know. I mean it is a corrupt system, but a lot of our data is being marketed and analyzed and manipulated by our behaviors. How we use our phones. We're being sculpted and tailored into what we really want. It's already there. I'm reading a book about it. Read *Surveillance Capitalism* by Shoshana Zuboff.
- One of the things that I observed is that here we are really focusing on the individual freedom instead of the collective wellbeing. If you want to do something regardless of what it means to your neighbor, it just seems that it doesn't matter that much because that's your freedom and here in the U.S. we focus a lot on the individual freedom which is very narcissistic in some ways. I don't see other people protesting safety.
- In terms of surveillance - we share a lot with social media and our consent and it's something we have to pay attention to.
- I wish that these were shared in advance to be prepared. To have the questions in advance too. Something inspiring to see in the second video is things getting better in the U.S. in terms of the environment and in terms of the social justice movement because I don't see that happening in the U.S. soon.
- I want to look up what the Rippel Foundation is and what their agenda is and the overall objective for these videos and where they came from. In 40 years, it will primarily be black and brown people and the video didn't show that. It wasn't highlighted. Nor was our climate. Our winters will be like Chicago and shorter winters.

26 May 2020

- Climate migrants, sad to think about it
- For a lot of us why we live where we live is the environment, so thinking about all of the uprooting because of climate change
- I've thought about climate migrants in a different way – not just moving for their future, but people who are new at gardening and farming, looking into herbs and herbal medicines – like the long-timers and somebody new learning how to plant these tomatoes in this ground or climate, what vegetables work best in Minnesota, long term or short term
- The term long-timer is an interesting one – made me think about my own journey learning about indigenous lifeways
 - My family came to Minnesota from Europe in my grandfather's generation
 - Rekindling knowledge of place – it's so important to preserve the languages, knowledges and lifeways of this land
 - Important as non-long-timers to respectfully center learning
- In order to have health, we need people to have relationships with land beyond just ownership
- To have access – not ownership, but equitable access – to land is resilience, wellness can come from those relationships – to build relationships
- I would like to see a future in which we imagine different ways of relating than just ownership – it's the dominant way, but not the only way
- I think about that in relationship to urban living – how apartment dwellers can get access to land (or not) or pots / space in a community garden
- I see so many vacant lots in north Minneapolis and wonder – why aren't we making that a garden? Can we clean it up to make it healthy again and start growing?

- A concrete example: I am a renter in NE Minneapolis and have not had access to land to garden and don't know a lot about gardening, but I live next to a vacant lot that the landowner has been turning into a place to grow crops, but he's still the landowner and is starting to feel like he needs to be the one to make the rules and take control of the space – ownership as a structure will always serve some, not all.
- Having access to the land and knowing that you have access to land is not the same thing – I found out recently that if you rehabilitate abandoned lots, you can actually earn ownership of that land – but I can only take advantage of that because I know – some of our people have lost land and don't know the ways to reclaim it in current contexts.
- There's a lot of barriers in terms of access alone
- The city itself can put parameters on who can get access to grow things – there are a lot of barriers to access and we have to look at how to remove or fight them
- The elephant in the rooms that I sit in is that white supremacy is killing everyone
 - I don't think it's fair to ask people of color to solve a problem that has to do with something people need to be able to address and let go of (racism)
 - If we can't address racism in a fundamental way as white-bodied people in our own communities, then we can't move forward toward health and equity
 - We need to learn from the land and teach our children
 - I was educated and conditioned in a way to deny that – and that's going to continue as long as the people who are designing and planning the solutions aren't willing to address that
- I think about scale – having a larger and larger impact on the communities that I'm apart of
- One of the scenarios spoke to that – about the possibility that the next election has a pretty radical effect – like, collective, worker ownership of large corporation
 - I think about how many rich, powerful white men would have to change fundamentally in order for that to happen in late stage capitalism
 - There's this beautiful possibility in this moment where a lot can come out of that – rethinking community and our connection to land, but at the same time there are very powerful people doing everything they can to profit from this moment and the destruction / upheaval that's happening right now

- So much in a paradigm of everything coming apart. The question assumes something that shouldn't be.

- The designer baby thing is really crazy to me. I was talking to a friend, where they might be able to edit out depression, addiction mental health challenges. I was thinking about how many artists that have mental health challenges, and people still contribute so much to the world and are valued, and it concerns me to think about someone making those kinds of decisions to edit out genes.

- Designer baby idea - ew.
- Capitalism should be addressed
 - Capitalism exploits the environment, but health and wellbeing depend on the climate
 - Capitalism, socialism, communism both have lived off of the industrial revolution which has promoted colonialism.

- A lot to digest because we've been so separated from our land. If you attack us and steal our resources, you interrupt our access to the land and the environment, and our health depends on that.

[Translated from the original Spanish language notes]

- There are things that worry me about new inventions, for example, "modified seeds." In my opinion, sometimes humans create new things with the purpose of helping, however sometimes these new inventions just bring new problems. For me, the politics in this country is confused/lost, they need to find themselves and create a system focused in equality.

9 June 2020

- The whole exo-womb thing really scared me – I've seen *Black Mirror*
- The farther we get from what is natural in our bodies, the more I get concerned. I think of convenience foods and the health crises they have created that we couldn't anticipate beforehand and weren't prepared for – cancer, diabetes.
- There's also the role of capitalism – they have a demand and our bodies are the supply
- The other thing about an incubator to create babies is that we won't have a say, control over – I've never gotten help from the system, so... We don't know what will go into creating those babies, how they'll be created and what families they'll go to. What if mental illness is used to justify ending a life, or if people try to select for someone with blonde hair and blue eyes (i.e., racialized reproductive preferences). How will that impact existing inequities?
- Thinking about AI and us being very reliant upon AI and then getting used to not using our bodies or natural abilities – how does that affect our bodies and capabilities?
- A lot of this is happening now – with surveillance and data sharing and privacy. I wonder how we keep ourselves and our health sacred in the face of emerging technologies like AI, biased algorithms, designer babies, etc.
- All of these things affect mental health too, which is becoming much more of a public health issue – especially among African descendants of slaves, Indigenous survivors of genocide, etc.

- The humans in tubes bothered me. I had a visceral reaction to that. I had to think about it.
- It bothered me too, I saw it connected to gender roles shifting. If we were really to shift that, would women not have to be the child bearers if those that were women, or with sexual reproductive systems to bear children. Is that an optional thing? There's no other way to take leaves of absence to have my kids. That was okay to me, but for other people to have gender equity, what options are there?
- To see how deeply embedded the gender roles are in me considering my reaction.
- What if your kinship group is not welcoming to you? Doesn't it feel like it's going to backward? It feels a bit Mad-Max-y.
- I'm worried about the police/surveillance state.
- Something about the hubs feels isolating. I don't like the food pills and food grown from human cells.
- I'm struggling to see myself next week in my head, and then asking about 30 years [from now]...

[Translated from the original Spanish-language notes]

- I got impressed a lot by the information in the video in which they talk about robots. It scares me to think about humans getting replaced by robots. Also, it scared me to think about babies growing out[side] of a mother's uterus. For me this is not a good idea because I feel that the baby won't be attached to the mother and the mother won't be attached to the baby as it usually happens in a normal birth. There are many cases where the mother rejects the baby for unknown reasons, I think this process of artificial production may increase those cases. As a mother, I can say having and feeling a baby grow inside us is a way to be attached to them.
- I think topics about the future and what we are living now are very important. We live in a world where new technology is changing day by day. We need to adjust to these changes. There are many things that bring new technology, good and bad such as the chemicals that get into our table through our food, I think this is not good.
- It's very sad because the minority is always going to be the minority. We, the minority, are the people who work and produce. I also think that the new technology wants to replace humans in order to make money, in the same way they want to exclude women without asking. I feel that we do not have a voice.
- About racism, I believe we all do it some type of racism in some way as natural.
- The videos were a little confusing, I think the technology only benefits rich people. Many people do not have access to healthcare because they are undocumented.
- Racism is against white too. My husband is white, I do not see a joyful future. I do not feel safe. I am afraid to send my kids to school. I feel that there are difficult times coming to the community. We feel sad and worried for our kids. We need to work together for our community.

Question 3: Is there anything we can do right now to ensure a healthy and equitable future 30 years from now? Do you have a vision for community safety in a healthier future? How might public institutions and systems shift or be designed in order to ensure the outcomes you envision?

7 May 2020

N/A

26 May 2020

N/A

9 June 2020

- Do we need access to healthcare that we don't trust? Will that mistrust of the health and pharmaceutical industries persist?
- I still don't really trust or believe in vaccines, though the public health emphasizes it, because of my experiences as a Native American
- Will big finance still be a big part of healthcare? Will doctors be trained in cross-cultural competence?
- Will there be a return to indigenous ways, medicine and learning? Connection to food and land and the ground is medicine from an indigenous point of view.
- The movement to defund the police is giving me hope – part of that initiative is to give money back to health and education and other community support systems
- It's interesting to see how public health is being brought into this conversation for black and brown people, police brutality and public safety is a public health issue
- I've been working in prison reform for ten years, so I'm trying to learn and educate myself – there are people out there who have ideas and are ready for the future and imagining different possibilities

- I am unsure because there is a lot of stuff coming to surface with police brutality and we can deal with those issues and move forward stronger or it can be tumultuous. I agree with what a lot of people said about each day being very trying and I have two little girls and my husband's grandmother passed away on Monday. It's been just outstandingly hard, but you have to keep normalcy, so I get weary. It's nice to know that other people feel that way too.
- We just got back from a yearly ceremony. They're still trying to wipe us out, but we aren't going anywhere.
- I got an eleven-year-old daughter that got promoted from middle school. I got anxious, some days are good, and some days are bad. Keep her engaged even when she's not in school anymore. I'm also just missing my family and needing that more than ever.
- The word I put in the word cloud was changing, I'm where M_____ is. Some days I see people banding together and other days I'm just taking it one day at a time.
- I'm feeling like I have to go to work and act like I can function normally. I'm scared to leave the house.

Question 4: Name two things you want or need in your future to experience health and wellbeing. Do you feel that you have a role in building the future you imagine? Is there anything you need to see in your future in order to thrive?

7 May 2020

N/A

26 May 2020

- I'm part of a group trying to organize a cooperative family-owned farm, and it's been a difficult process trying to get access – sometimes there's not a lot of openness to the idea of growing your own food
- The rebuilding of some sort of commons – we're willing to give and work hard and we want to thrive
- As far as government goes, I'm feeling really disheartened by our current election cycle and
 - How do you change things? A revolution
 - Parliamentary system because we're so diverse?
- When I look at the themes – overcrowding, population booms, and housing crises and migration and I'm thinking – this is happening now! I'm seeing this already.
 - It used to be that families would live together generationally (multiple generations lived in the houses even here in Minneapolis)
 - Is that a cultural change that is coming about? If housing and land were scarce, I could see my family doing that. I see a lot of that even today – generations of families living together in small spaces and just supporting each other, making it work.
- When I think about climate change, I am so glad I live in Minnesota where there isn't a large body of water that can overwhelm my city
- It doesn't matter what color you are and what religion – everybody loves their family
- I've been working in human rights for over 30 years, I hope by the time we come to 2050 we don't have to do that anymore – I don't want my grandchildren having to fight the same fight for their own grandchildren
- I hope that our communities will come together around a common goal – that we work together to make sure that our families are safe, that they have food and healthcare – it takes all of us working together toward a common goal
- Originally I had a negative perspective of the future and in this conversation about things

becoming grimmer and grimmer, but it does feel like it's possible for a values shift – I think about my family in Hawaii and how there is this orientation toward thinking about the collective and the community, what you can do for your elders

- I'm gonna tell you something my mother once told us: life goes in a circle
 - Situations happening now – we've already experienced, and 30 years from now it'll be coming around again
 - What we see today happening in our country – it happened in the 60s and people came together and made change collectively
 - I don't feel fear – I feel positively, that we are going through a similar moment where we can make big changes together – it's that circle
 - It's just a new generation making the same mistakes – and another generation fixing them

- Housing should be guaranteed for health and wellbeing
- More preventative medicine (eat to live) foods that help us thrive... learn how to care for ourselves so medicine is our crisis
- Health (self, family, sentient beings, global community)
- "If you do not have land, you do not have life" if the land is being sprayed and we're killing the medicines that they call weeds then we don't have access to health.
- Treaties and territorial homelands have to be honored. U.S. has to think about their responsibility to South Americans and slaves.
- Anything to be accessible. Clothes, food... people need it. Bed. Cot.
- I think the future of health would mean there was more peace of mind and ability and time to take care of yourself. One luxury the rich have - a form of wealth is TIME and LEISURE... I wish for my family to have time, leisure and peace of mind... so many physical ailments could be healed this way.

9 June 2020

- Some of the things the video touched on, the pods. Maybe not the aesthetics, but the affinity of people selecting spaces for...and I thought that was a really interesting idea. One other thing, the consistent pauses. How do we take time to get away from work, and not just as people who produce deliverables, but people with inherent value, and our relationship to the earth, and beyond making money?
- I saw the pods and I said hope not. I really enjoyed the eldership, the tiers of hearing from the elders, the history and experience are much needed in community. People need check ins for health and their wellbeing. In two weeks [of reduced travel and routine operations as a result of Covid-19], the climate cleared up. There should be an annual time for people to pause and breathe, not just due to a pandemic, but people stay home to reset and honor ourselves as a place in this world ecosystem. Most of the world's living systems were able to reproduce in two weeks when the world took a step back.
- I lived in LA for the Olympics. We assumed it was going to be a nightmare, but they did all these things, the trucks delivered at night. And it was the best two weeks I've ever spent in LA. Why don't we just do this, it made the city more livable.
- I keep getting hung up on two things. What is our framework for how we talk about health and wellbeing? We don't use a holistic model. Going to a holistic model would drastically change how we treat medicine as part of health. Medicine [as it exists now] is not holistic. It doesn't consider the mental, spiritual, aspects of health. Using a holistic model would open up so many things and change the way we value different interventions and different things. And encourage

people to be wholly well. And move away from capitalistic model of making money off of peoples' health. I think we're missing a huge thing. What I really want is a holistic framework, for doctors, therapists, pharmacists, to work from a perspective of mind-body medicine.

Relationship and balanced relationship.

- I'm in mental health, and I think about being in right relationship and our mental stability. How do we not just kill the planet that is our life source? How do we not commit this cannibalism that we are doing right now? And it comes down to being money-driven as opposed to people driven. When we build pipelines to advance a capitalistic gain, rather than to advance people. We lose so much of ourselves. I'm on the verge to relocating to be closer to people. I'm going to that pod idea, where I need a clan. People who will help my kids, and trade basic needs with me. I think we have to go back to smaller and village mentality.
- I have lots of different communities but having a deep relationship with community is really important to me. As an introvert it takes time to build those strong relationships. I agree with everyone, that makes the quality of life that is so much better as a whole. I think of community, and relate to the village mentality, for being for each other and having that connection. The smaller scale to back you up when you need it.

- Honestly some things that I would need in the future are universal health care, and I say that with hesitation because being an American Indian we had health care that was required through our treaties, but it wasn't always good. We called it the Indian Health Service and we would have to go and wait two hours. There were so many barriers. We would have doctors that had no experience, they would tell us that our illness was nothing. They didn't make you feel like you were important, or your health was important.
- The Navajo nation takes up a lot of land space compared to other tribes. I would go to the doctor and feel like a number. My family – we've had to ask ourselves if we can afford to take our daughter to the emergency room. If we can't pay for it, then we have to deal with the collection calls later – and you're humiliated because you can't pay because you have to feed your family. Some way having that supported would be good. I'm struggling to navigate the health system with my partner's insurance (even through I'm an educated person and I've done the work to educate myself) sometimes we were charged or mischarged because there were obstacles that weren't clear. Sometimes because our daughter has severe allergies, we have to suffer the costs. They say apply for support, but we often make \$200 more so we don't qualify. The challenge of the working poor. I just want to set up an appointment for my daughter. Let me not have the stress and have reliable, quality healthcare... I can't imagine how that would open up my whole world and I wouldn't have to carry so much constantly.
- I specialize in government programs. I was pushed out of my last organization due to systemic racism and everybody watched. I asked for them to give my job back because I want to use my positional power to support our community. It's time for health organizations to meet the communities need. Healthcare is broken, education is broken. Everything needs to be now... It is not level. I grew up with a bunch of white people and so I have some privilege. Hearing about stories of people that can't pay for what they need makes me sick. I meet with CEOs and I want to use their money for the community. MN can be the new standard for community.
- Medicare is a successful program. Medicaid is a successful program. We have fully functioning programs. They are rich. There are barriers. The eco hub system like the video said we need our people taking care of our own people. We need translators. We need accessibility. We need rides. We make billions. I've seen the numbers. There is no reason why those numbers can't be reallocated. I can't afford to eat a healthy lifestyle and I'm grossing enough money. Nutrition and basic needs.

- MPLS is 19 percent black people – they forced us to live here and took all the resources from us. We need to level the playing field.
- It starts with seeing each other. I'm Dakota and we say that we are all related. We should see them that way from the beginning. Don't leave people with high bills. Let's see people as people first, and not see the cost first. We shouldn't worry about the cost we should just take care of people. A lot of my relatives and my cousins have died from Indian healthcare. My cousin was misdiagnosed and that was this past year. Look at that person as a whole person first. These companies are wanting to maximize profit and they don't see that this is a human being. Then everything else would fall from that. My mother is on dialysis and my father is a cancer survivor and he paid off the bills after 6 years. I have a history of diabetes on both sides of the family and it's expensive to eat healthy. I was trying to find mental health [resources] but the cost of healthcare is so high. They should cancel student loans and people would have more money. They destroyed the environment so bad. Pollution radiation.
- What if we go back to those values? People say let's go back to the Native way. Indigenous peoples have a different way of living and we should look at that to see what it would take to make a better world. We view the earth as a living being, the grandmother of all life. We don't want to destroy it.
- I was just thinking about the commentary and it has been so moving. I'm hearing such a wonderful theme of recognizing each other's humanity. I think that's a really good important theme. Maybe this is just me, but it really feels like in this room how could you view a person as a number? There has to be some way for us to collectively move it forward. For me to take that forward and use it as inspiration to try and change things. It feels so important, but I don't know what that looks like.
- It's been great to hear everyone's story. When I think about the future of health, I think about healthcare because there have been gains and retreats on that front. I hope that people take action on it so that by 2050 it isn't a debate, but instead it is a right. A basic threshold.
- Make sure people's basic human needs are met and genuinely informing people on how to maintain their wellness. I really liked what you guys were talking about. You have to prioritize student loans and you don't get to do things. Can I purchase different types of produce? I think it speaks to being a human being in all aspects of life, not just when we have poor care.
- Let's talk about the reimbursement rates and the contract rates. They are bad. I just want to learn and observe right now. I was used to being silenced. I had accepted that role. I was going to be silent in corporate America and let my kids live a better life, but I am not doing that anymore. Now I can't do that. I need to use that power and influence. I now feel an obligation. This is going to be a long time in Minneapolis.
- With the world erupting, we have the momentum to make a different way. The people who have gone to medical school also.
- I'm reached out to KDWB and the hosts and told them to use their voice because they didn't say one thing about black lives, and she replied back and she said you're right. We all have that power. Let's make time to talk about this and prioritize this conversation. I don't quite have time. People are asking what I need.... and I need people to donate. To give me rocks/stones. Give money.

[Translated from the original Spanish-language notes]

- As communities, I think we need more leaders and be more united. We need to wake up and be informed about things that are happening in the community. We need to fight for no violence to people of color, we need benefits that should be equal for all. We all work – and we all pay taxes. There are many barriers for driving licenses for undocumented individuals. We all need a driver license to transport our kids to school or to go to work etc.

Question 5: What would you like to see in the future more broadly? Is there anything happening in your community now that is promising for the future? Is there anything you'd like to see more of? Less of?

7 May 2020

- I live in North Minneapolis, where disparities are known to be pretty bad, but I'm seeing a movement of women and collectives finding locally-based ways to connect with other people and share resources
- Group of people who have designated themselves to be moving about and helping to protect and support others and solve problems, even as they social distance themselves. There's a lot that people are thinking about to support parents, elders, provide childcare alternatives.
- We need to unlearn some stuff and teach each other some new stuff!
- There's a big difference between concern and fear
- The most important thing is for each of us to keep showing up and coming to the table – everyone has to be involved in solutions
- I heard from a Native American person that land is our best resource and responsibility for healing

- I'd like to see more focus on intersectionality and how their needs and concerns are affected.

26 May 2020

- The way of calling people into accountability and relationship to each other and to land – I'd love to see that done in ways where representational government isn't responsible for that change
- So how is listening created? How do we practice forms of restraint – particularly those of us who have access to more? What are the means that are going to help us shift to this world view or practice of communal living?
- I've seen the wisdom of generations – across cultures – being heard and listened to in ways that weren't in my history textbooks when I was growing up in the 90s
- It gives me hope to see the stories my children are having access to.
- How will suffering give way to new solutions? Maybe creative listening and softening folks.

9 June 2020

- I saw something interesting earlier, people are pleading for summer programs and jobs for young people who are stuck at home and need something to do, to be exposed to, to have opportunities and perspectives and to stay out of trouble.
- I have a very radical way of thinking, but one of the things that I find problematic is – earlier we talked about what we can do to have better mental health and wellness. Frankly, we already know how to make things better – the ideas and solutions are already here. What it comes down to is who is listening to our ideas. I've worked in education for over 20 years now and colonization, colonialism, imperialism, capitalism – these are the problem, and realistically, they're not going to be abolished. I've cried the most in the past two weeks more than in the past 5 years. What happened with the murder of George Floyd, this was a person asking – begging and pleading for his life. It's in addition to the antiblackness of Cup foods on top of everything – it's just so discouraging and angering to see this happen yet again. It didn't even matter when there were black or people of color at the top – because of that internalized

colonialism and imperialism. I feel like I can't really trust anyone but my own tribe, and I had to build that up myself. In that process, I've learned to reconcile that trauma. What can we do to impact these systems? That's where I feel at a loss. Because everyone's at a different point of awareness.

- I agree, there's an abusive relationship with colonizers that retraumatizes us as African descendants of slavery
 - How much more damage are we doing to ourselves by trying to get them to understand?
 - That's why it matters to have clinics and systems that understand indigenous and black historic trauma – all those therapists and healthcare workers, you go to see them, but it doesn't feel like help.
 - There's this subject-object manipulation always going on in our society. So, unfortunately, I don't have faith in any systems. I've turned away from systems to build my own communities of support.
 - These doctors know nothing about our bodies – the food pyramid? Come on. That's not what our bodies need – they have no idea.
 - Let's continue seeing doctors, sure, but let's take care of our bodies and each other.
 - We're facing unprecedented issues as well as historic and systemic issues, so we really have to stay grounded, connect with self and build community
- I keep thinking about how people who are put in power in our society are just people who learned how to do something – doctors, politicians. We talk all the time about where change will come from and who will act on it. That's part of the work I think – as someone said earlier, we have the ideas. Who is listening? Who has the power to effect change?
- How do you incite courage in someone is a question I keep coming back to?
 - One of the things that's been really challenging for me is how people keep asking me how I'm doing – I'm doing horribly emotionally. I look out my window and see my city burning, my people losing jobs. But then I think to myself, this is also the most beautiful thing I've seen in my lifetime, and that pierces my heart with so much hope. These things have been happening for a long time, but the fact that our city had to burn down for this change to happen? It's been one of the main drivers of the change we are seeing.
 - Anything dead coming back to life hurts – I keep thinking about that quote
 - A revolution doesn't happen until you burn everything down

- I think of all the losses when everyone is apart, and our systems don't allow us to have the space we need. Some people have the luxury to have that space, but if I was forced to be at work during all of this and it would be really difficult to function. Having a death in someone's family or being a caregiver, and we have family leave, but that's not available to everyone. When we talk about equity, when people making low wages, when something happens, they don't have the space and time to make that happen.
- I've had two deaths in my family, and not being able to have the funeral, and postponing the memorial was really difficult.
- I'm very much in the now, we didn't get hit a whole lot with fires, but we did. I'm very much in the present.
- I'm struggling right now as a person.
- I feel a bit of hope now. Everything that is going on, I felt some hope when the skies cleared, and I'm fortunate to be able to work from home. I appreciate it a lot more. With protesting happening, and seeing the beginning of change, the tiniest step of change has made me feel some hope. I just don't know where it's going to go from there. I want equality, true equality, not to have to deal with racism and prejudice every day. I always have to tone myself down at my job

and not to have to deal with constant microaggressions right now.

What else should we know? *Is there anything we didn't ask, that we should have? If so, please share both the question(s) you have identified and your group's response(s).*

26 May 2020

- What is happening to capitalism and how does that impact us? It's a system that exploits the environment that doesn't care about the environment and that impacts human health and wellness. And capitalism is destroying the environment and the economy is dependent on the environment, what is the implication of that?
 - In my opinion, capitalism and communism are two sides of the same coin in that they both have lived off the industrial revolution which promoted colonialism and wars for the past several hundred years and trying to control what is the most immediate to me. Is preventative medicine, where we are educated to do the things, taught to eat for health, what do we need to thrive, learning how to care for ourselves so we don't need crisis care.
- Thinking about capitalism in its current form isn't working, what kind of changes can we make today and inform a different form of capitalism if we want to get to where we want to be. I loved the consideration of the climate and I don't think we have a health and wellness without consideration of the climate.
- This is really based on capitalism and I'm really anti-capitalism. If this isn't centered on the environment. What I don't see is we don't have a guarantee on a place to live. This lives really dystopian, the more cooperative. Stuff like that, I don't want to live in any type of world where corporations are exploiting workers.
- Both L_____ and K_____ touched upon on how these things are interconnected.
- Nothing in this country works unless we deal with the issue of capitalism. I always want to envision what is possible and I'd like to tack number 3.
- I don't have much of an opinion. Everything happening now is kind of self-explanatory for the future of our health if nothing changes.
- Health starts individually, but as someone that identifies as an indigenous Latina woman, there is an integration for everything. Health for me, health for my community, health for the land, and health that goes beyond the borders. With everything around us, in Bolivia, a brother of the Basque people. I need housing, if you do not have land, you do not have life. Fundamental to everything is not just a house, but the land. If our land is controlled and we don't have access to it. And it's sprayed by the metropolitan mosquito board. My children will never have health, we won't have health. The current western model is contrary to my health and my community's health, Medicare for all is a start. I'm a transplant to the north and my people are in the Caribbean. If you have access to your land, prior to colonial control, we would have greater health. My grandparents lived to their 90s and 100s. And now we have health inequities. We can start with the treaty rights, the Lakota here, it has to be honored. The US has to figure out its colonial responsibility, the exploitation of the indigenous, slavery.
- It's a lot to digest, we've been so separated from the natural world, when our land has been taken away from us or we are removed from the land. If you attack us by extracting gold, oil, diamonds, uranium, you are probably interrupting our connection to the land. Who we are cannot be separated from the land – and our health cannot be separated from our connection to the land.
- I was thinking about what you were saying and how you build a future of health and wellbeing that honors your past and ancestors and I was thinking about what that means to mean. I think it's important. Sometimes I think having these kind of conversations builds health and wellbeing.

- Taking daily walks, listening to doctors about the medication is very important.
- There's a huge lag for me, hard to hear people. I think the future of health would mean there was more peace of mind and ability and time to take care of yourself. One luxury the rich have - a form of wealth is TIME and LEISURE... I wish for my family to have time, leisure and peace of mind... so many physical ailments could be healed this way
- I'd like health care to be more medical. Not just medical, clothes, food. Not everything needs to be restricted. People need housing, nothing fancy.

[Translated from the original Spanish language notes]

- Change and future
 - It is interesting to think about the future.
 - Difficult to think a system that is so established and for so long can be changed.
 - In awe that technology can help people get together even during the pandemic.
- Opportunities
 - Grateful for this country that allows conversations in different languages, a great step to be honest.
 - Wonderful to be able to engage in conversations to build the future.
- Nature and the environment
 - Worry about modified seeds and GMOs. Trying to solve a problem a new one is being created.
- Equity
 - Equitable access can only happen with a free health system. The COVID-19 pandemic has shown very clearly the inequalities and the poor health care in some already marginalized communities.
 - True equity will not be achieved until everybody has access to health care, access to the same level of care.
 - COVID-19 has opened everybody's eyes to the inequities.
 - For the future, we can only be well if we are all well.
- Representation, power, and vote
 - Have our people represented in decision making and power structures. Access to power in many different levels. Make changes in how the government works. There is hope as this is happening little by little. More and more people from the historically marginalized groups are getting into positions of power. There is interest to empower marginalized communities and to change existing laws.
 - Importance of the vote and research very well who will receive our vote and support.
 - Change the system from the inside, no need for a revolution.
- Education and information
 - There is a need to have access to more information and more education about important matters, so people know what is happening. And a need to have better, direct, and transparent information and easy to access.
 - Important to listen to all voices, to open spaces for everybody to participate and share.

9 June 2020

- I think we have to – as a nation, we have to be honest that we are a racist country. That we set up this whole empire to benefit certain people. To admit that we committed genocide against Native Americans. South Africa, Germany weren't able to move forward without telling the truth about who they are. When people demand justice and change, you have to start with

where you haven't been telling the truth. I'm supporting a radical presidential candidate and doing this and asking that we have to start with the truth of who we are as a country. Either this empire will have fallen, or if we do, it will become some really radical difficult work. Healing is difficult, and that's why it's so hard to get people that are privileged [with] white privilege, to understand that privilege. Even wanting to move on isn't always enough. We don't know how to be with pain and discomfort as a society and do the difficult thing and expose all the bullshit and look at it, smell it, be there. That's what we're trying to do now and what people are putting their lives on the line to do right now.

- What should be brought up that wasn't brought up? One issue we have as IPOC (Indigenous and other people of color) is we have to utilize our resources to help our people. Maybe we should think about purchasing our land and keeping our own resources so that we can distribute it amongst our people. Have a farm or an orchard so we can give food to people, or a buffalo ranch and distribute the meat. Make our communities more sustainable, don't wait for the white people to do that.
- A Hmong man wanted to create a community garden on his lawn in St. Paul and he was shut down. He tried. We as a community should say something and tell others that we should do that. We need to help each other get the correct permits. Asking your community.
- At that point, it feels like it's no longer about services or goods, it's about power. It would be good to be self-sustainable. Decreases your reliance and makes you feel self-sustainable. You feel more emboldened when you have a community backing you.
- I grew up in Wisconsin, New Mexico, then I moved here and through all of this change and movement in our country, as an American Indian I get it. Black Lives Matter. I also feel lost. People say you're a woke person. I understand all of these things. I've sat, thought and cried about boarding schools. It has impacted our families, but I'm lost. I know there are other things going on in my family and I don't know how to be supportive. People are pushing to make white people understand but where are the resources for IPOC? I have cousins that look more white and are Trump supporters. I don't know what to do. I don't have the money to give. How can we support each other even with the mentality of Minnesota? I would invite people to my home, and they wouldn't come. I had to learn about the whole "Minnesota nice." What is my role in the future of what's happening currently? How can I feel more empowered and how to make my family feel more empowered? I want to help each other feel more empowered.
 - **[Everyone's response to this mother]:** What America needs is for you to take care of yourself and your babies. Everyone has a role to play.

[Translated from the original Spanish-language notes]

- For this discussion meeting, I would like to suggest a few things, I think there are too many questions in one question. I think the questions should be sent to each participant in advance so we can analyze and prepare, so people can be more prepared to give clear opinions to this project that you are working on.
- Change and future with robots
 - The robots will substitute people? It would be very difficult. If women can have their babies outside the womb it would prevent them from experiencing the joy of having a baby and it would affect the relationship between parents and kids.

- We are already living with robots and technology. We are going to have to adjust to a future with more robots and technology.
- Robots are here and replacing people in the job place.
- The rich are getting richer while replacing people with robots.
- Opportunities
 - Wonderful to be able to engage in conversations to build the future.
 - A social salary so people can cover housing, health, and food.
 - Not depend on charity.
- Sharing information and being acknowledged
 - It is great to share information about what is going on.
 - It seems that we are not recognized.
- Nature and the environment
 - The organic products do not reach our table.
 - More recycling.
 - Problem with the big corporations.
- Equity and racism
 - Wonderful to see all communities represented in these conversations.
 - To explore our own racism. There is a lot as well within the Latinx community.
 - Everything seems to be done against undocumented people even if we pay taxes.
 - There is fear sending the kids to school in the very divided and edgy environment we have.
 - There is need to have conversations among communities and education to stop racism.
 - We are all racists.
 - We need equity and access.
- Health
 - We do not have access to health care. People use natural remedies that will not work for major health issues.
- Representation, power, and vote
 - We do not have a voice.
 - We need to educate people, so they vote and reach power positions.
 - We need to wake up as community and have a united leadership.
- Education and information
 - There is a need to keep educating people. What is happening with defunding the police in Minneapolis?
- Future
 - Is great to think about the future, have a list of things to come and find solutions as they come.



FORESIGHT

Envision! A Healthy Community Future – Twin Cities The Minneapolis Foundation | (7 May), 26 May 2020, 9 June 2020

Circle Share-in Responses

The following notes were transcribed by members of the MTI research team during the virtual events of May 7th, May 26th and June 9th. Organized by the date of the relevant virtual event, and all comments included here were offered by participants in response to the same one sentence prompt (reproduced below). While it was not possible to capture all responses due to occasional challenges with audio during the video calls, three copies of the transcribed responses taken by different staff members have been compared against one another in order to provide the most complete transcription possible. Where relevant, comments contributed via the chat mechanism of the videoconferencing platform have been incorporated to allow for the inclusion of those who were not able to verbally share their answers.

One Sentence (Prompt): What is one wish you have for the future of health and wellbeing in your community?

7 May 2020

- To be more inclusive
- Everyone can be well
- Free healthcare for everyone
- Wellness, mentally and physically and spiritually
- Empathy with action
- To be helpful and faithful
- To really believe in the power they have and make systematic change
- To be accepted and respected and loved
- To have more compassion
- For every member of our community to be afforded safe, affordable housing and it is a basic human right
- We get the kind of leaders we deserve and not the people we have right now
- My wish is to utilize the land by growing a variety of things
- My wish is for more connection
- My wish is for us to learn from this pandemic that the collective health of all is the goal
- My wish is for everyone to have enough
- My wish is for uncompromised love in the various ways that exists for everyone
- Everyone be treated equally and fairly
- All the inequities highlighted during this pandemic are solved afterwards
- That we are able to emerge from this pandemic with greater human rights and a greater sense of justice
- A better understanding and compassion, a need for empathy and relating to where people are at right now
- To use the time to use it for whatever is needed

- To relearn the value of our land, ownership and growing so we can be self-sufficient and sustainable
- We take this moment of crisis to take a bolder and more inclusive vision building a truly just world.
- We can continue to have opportunities to have fun and not just focusing on bettering ourselves and the serious, serious stuff, but appreciating the little stuff, our friends, family.
- My hope is that everyone has one person that loves them and one person that makes them feel like they are loved.

26 May 2020

- That everybody gets through this crisis whole or as close to whole as possible
- That our community stays resilient and adaptive
- That everyone has someone to talk to about how they're feeling about all this
- That we can remember our interconnectedness, repair our relationships and...
- That we all have what we need to thrive, not just survive
- I'm wishing for spiritual awakening
- My wish is to keep changing the system, even if it's hard
- I wish that everyone had someone to love them
- My hope is equality for all – and hopefully for all our communities to speak up
- My wish is for healing – that we just keep healing
- My wish is that everyone gets through coronavirus and for equality for everybody
- My wish is that this finally eliminates all racial differences and that we can finally come together and help one another
- I wish for justice
- I wish for more patience – that we all have more patience right now in this trying time, for our relationships at home and in community – that our community keeps sticking together
- My wish is that we have no more police killings
- My wish is for economic justice and for healing from trauma and for alliances among communities
- I wish for better relationships with the land, ourselves and each other
- I wish that everyone remains hopeful and helpful
- I wish that we deconstruct the police state and that we are healing from its traumas, and we also have a collective understanding of where we need to go together
- My wish is that our communities are better informed and have access to the resources they need to experience wellness and equity in all aspects
- My wish is that we can create change in the power structure, because if we don't, nothing is going to happen – it's great to have beautiful wishes, but we really need to touch power to create that change
- That everyone will have health and what they need to thrive, calm and patience
- My wish is for people to take this whole coronavirus thing seriously and for states to stop opening prematurely so that I can go back to the club

9 June 2020

- The one hope I have for my community is that it heals and tells the truth
- That the people who are making decisions look less like me and more like the faces on this video chat
- One hope I have for the future of my community is that each person finds a witness to empathize and feel their experiences

- My hope for the community is that we can cooperate better and use EVERYONE's gifts so that we can all create the future we want to see together
 - My hope is that Minnesota is going to show the world what community and getting right looks like
 - My hope for the community is that in determining and shaping our future that we all may be able to use our voices and have our voices be heard
 - Tengo esperanza para mi comunidad es alguien que puede entender... [remainder inaudible]
 - One hope I have for my community is that we continue to rise up and educate ourselves
 - I think my hope for my community is that we can have more conversations just like tonight
 - My hope in the community is that the education systems improves and that they get the funding that they deserve
 - My hope for my community is that we continue to learn how to grow deep relationships and communicate with each other
 - My hope for my community is that in the future that we don't have to live in fear of danger because of our skin color or status [check translation]
 - That our community will begin to support everybody
 - My biggest hope right now is that we don't lose this drive and this energy and that we remember what this feels like right now – and how much we need collective action in this moment and always
 - I also hope that we continue to fight for and serve one another
 - I hope that we continue to heal and find support and justice for those things that have not had justice
 - That we continue to have honest and open conversations to use truth to fight the fake news that is all over the place
 - [speaking indigenous language]
 - I hope that we can empower our youth to prioritize their wellness, while also holding ourselves accountable for maintaining ours
 - Que se acabe el virus y que todos trabajemos para cambiar el future a largo plaso por que manana ya es el future y todavia Podemos hacer algo para cambiarlo, por que el cambio no pasa por si solo.
 - La curacion para vivir feliz en diversidad de cultura
 - Que mejores valores. Y personas estén trabajando duro para lograrlo 🙌 deseo. Suerte.
- [This comment submitted directly by participant via Zoom chat function.]*