



Chronic Disease Prevention Action Team Meeting

March 19th, 2018, 8:30 – 10:00 am

Eau Claire City – County Health Department

Room 302

Present: Darryl Farmer, Alyssa Streveler, Lisa Wells, Kelsey Underwood, Leah Ness, Billy Littlejohn, Susan Krahn, Gina Schemenauer, Barb Powers, Trevor Begin, Jason Duba, Mark Mernitz, Allison Gosbin, Jeannie Pittenger, Jamie Hoover, Kristi Herbenson

AGENDA

1. Introductions and agency announcements
 - a. Lisa Wells shared information on Senior Americans Day which will be happening on June 5th, 2018 at UWEC. There is also a play called *Steering into the Skid* which showcases the ups and downs of a caregiving relationship. Will take place on Tuesday, May 1st from 5:30-7:30pm at Bethesda Lutheran Church. She also shared about an aging plan that will be happening on April 4th. This happens every three years. Everyone is welcome—need input from many people!
2. Reviewed February meeting minutes and confirmed today's agenda
3. Workgroup Report Outs
 - a. Food System
 - i. Working with Dunn and Chippewa counties to roll out a second pilot of the FNV campaign. Will be seeing different types of advertising—piloting one ad about farmers markets, which will be placed near the farmer's market in Phoenix Park. Will have evaluation soon from first 6 months of FNV campaign, Susan will share at our next meeting. There is also sharing about the project around the state at upcoming conferences.
 - ii. Have started prioritizing stores for people to participate in the next round of the corner store project. Will also go back to stores that we've worked with in 2015/2016 to assess results of the projects.
 - b. Healthy Communities Design & Policy
 - i. Group received a grant to attend a national walkability institute in Atlanta, GA in April. The team had a webinar preparing for the actual conference. It will be four days in Atlanta with top trainers. As part of this, they expect we will put together an action plan for walkability related action. They will bring back lots of ideas for our action team.
 - ii. The city is going to draft a policy around complete streets and bring back to the Bike and Pedestrian Advisory Committee for review. They will hold off on writing the policy until after head to walkability conference to see if there are additional policies/resources that will be shared.

c. Worksite Wellness

- i. Lisa Wells will be presenting in April at the upcoming Chamber workplace wellness learning circle around caregiving in the workforce.

4. Healthy Communities Updates

a. Action Team Highlights

- i. Healthy Communities Council meets every other month and updates from other action teams are provided. Barb shared that survey feedback said that people would enjoy hearing a short update at our meetings about all action teams so they can feel connected to the bigger picture of Eau Claire Healthy Communities.

- i. High Risk Drinking prevention is providing input to the City Council regarding the proposed Public Good Order ordinance. This is a topic that has been in the news recently. UWEC Students said that they wanted to be more involved in creating the policy, so it was tabled at the city council.

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- ii. Oral Health recently coordinated a presentation for dental health professionals on prescription drug use.

- iii. Healthy Relationships working on a toolkit for parents and youth-serving professionals around healthy relationship resources. This includes curriculums, activities, infographics, handouts, videos, and any other resources that youth serving professionals, providers, educators, mentors, coaches, and parents could use to have conversations with youth about healthy relationships.

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- iv. Mental Health is working with 211 to see if there is a way to help consumers get referrals for mental services.

b. Community Health Assessment

- i. Community Health Assessment is just finishing up. There have been four community conversations around the county where the assessment data had been shared and community members voted for the top priority in the county. This data was also shared at the March Healthy Communities Council Meetings. Attendees also were able to vote on top health issues. Data from the community survey, community conversations and coalition meetings, in addition to the secondary data collected will be weighted to determine the top health issues in our community. The top issues will be revealed at the Celebration on April 26th.

c. Celebration/ Healthy Communities Champion Award

- i. Healthy Communities will be having their annual celebration on Thursday, April 26th at the Lismore Hotel. We will be presenting the Healthy Communities Champion award, having a time for action teams to share about their successes throughout the year as well as have a workshop on health equity. Presenters of the workshop are from the UW-Population Health Institute. Please rsvp if you are able to attend.

<https://healthycommunitiescelebration2018.eventbrite.com>

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- d. Council Co-Chair Nomination
 - i. Mel Kantor's term as a council co-chair is expiring. We are looking for a person to take on a two-year commitment. A job description will be attached to the minutes. Darryll Farmer commented that he was a chair before and that much support for the role is provided.
 - e. Action team survey
 - i. Gina shared about the survey that was distributed in January. It seems our action team has most of their needs met. Helpful comments included comments that we need to be on social media and have a more robust presence at community events.
 - f. Well Ahead Idea
 - i. Barb shared the idea brought forward by Celestee. It is a public health initiative out of Louisiana that designates areas like restaurants, retails, stores, etc. as "well spots". Group discussed this idea and how it could/would impact the Chamber worksite wellness award. <http://wellaheadla.com/> No movement forward on this idea as of now.
 - g. La passeggiata
 - i. Ned shared about an Italian tradition called La passeggiata—a sunday stroll through the park. <https://www.tripsavvy.com/what-is-la-passeggiata-1547544> It is a way to create a sense of community and encourage physical activity for all folks.
 - ii. Trevor shared that every Friday night in his local town—all local stores downtown shut down the road, stores stay open later, all the restaurants had food trucks June-September. It was very well received.
 - iii. Group was in favor of exploring this idea. Ned's already talked to DECI, will talk to Volume one and a few other partners to see if they are interested. He will come back with more information next month.
5. Follow up conversation on active aging
- a. How can address need for more physical/social/emotional events and connections for seniors (responding to Marilyn's presentation)?
 - i. Health Impact Assessment that was done recently called out that facilities be age friendly.
 - ii. Lisa shared that they need more leaders for evidence based programming.
 - iii. Education on what we can do to slow down chronic diseases, delay onset of chronic disease or improve quality of life with a chronic disease. Much emphasis on medication to control symptoms now. One thing that could be helpful would be to provide education/workshop on how to learning how to bicycle for older adults. Ties in with the complete streets policy that is going forward. Darryl will try to contact biking company to see if they are interested to offer this. Perhaps there will be more information around active streets/bicycling for older adults at the walkability institute. What will we promote around the winter? Improved sidewalk shoveling would be a benefit to get older adults out in the winter. Y has silver sneakers program for older adults.

- iv. Jason brought a map that showed the outside LE Phillips Senior Center. It could potentially be an active aging area near the Senior Center. West of Cameron and Madison.

6. Wellness Break

7. Healthtide- Wavemaker Regional Rallies Summer 2018

- a. Intertwine with la passiegeta and pair with music in the park night
- b. Use to launch information from walkability institute
- c. Downtown walkability
- d. Bring 'eau Claire' initiatives to small towns, walkable makes more equitable
- e. Book called walkable city
- f. When go the walkability institute, could use this event to advance the issue
- g. Need to focus on building momentum
- h. Talk about gathering places in communities
- i. Timeline:
 - i. Gina to send out application for healthtide wave maker regional rallies.
 - ii. Susan to talk to Chippewa/Dunn partners about ideas.
 - iii. Gina/Susan to send application ideas to walkability team the first week of April.
 - iv. Team to think about opportunities during the travel and bring back information for April 16th meeting.
 - v. Group to draft application and turn in by end of April.

8. Celebration Table Preparation

- a. Celestee Roufs and Kate Banchy to represent at the table.

9. Workgroup Time

- a. *Food System*
- b. *Healthy Community Design & Policy*
- c. *Worksite Wellness*

10. Next meeting date: Monday, April 16, 2017, 8:30 – 10:00 am, Room G302

11. Adjourn

You can find all minutes and agendas on our website located at www.ehealthycommunities.org.