



Chronic Disease Prevention Action Team Meeting- Minutes

August 13th, 2018, 8:30 – 10:00 am

Eau Claire City – County Health Department

Room 302

Present: TJ Atkins, JoAnna Bernklau, Audrey Boerner, Deb Brunning, Sara Carstens, Adam Coolidge, Chad Duerkop, Jeremy Gragert, Susan Krahn, Mark Mernitz, Barb Powers, Celestee Roufs, Gina Schemenauer, Brittany Wold, Eric Anderson, and Kristi Herbenson

1. Introductions and agency announcements
 - a. Celeste from Group Health Cooperative shared she will be changing employment and this will be her last meeting with us. She also mentioned, The Chamber will be releasing information about an event they will be hosting around the ACA and more than likely will be given a more general name of “Healthcare Industry updates”, as there haven’t been any major ACA changes this year. She anticipates the information will be coming out in the next two weeks and will forward the details to the healthy communities’ group.
2. Reviewed July meeting minutes and confirmed today’s agenda
3. Healthy Communities Updates
 - a. healthTIDE wavemaker regional rally: Tri-County Partners with Dunn and Chippewa to hold this regional event. It will be August 23rd at RCU conference center from 9:30 am to 4 pm. It will focus on food policy and food access. Registration email went out a couple of weeks ago. Keynote will be Nadia Berneche, her presentation will be about working together to make impacts with local food systems. There will also be a panel discussion. Local food will be catered in for lunch time.
4. Action team workgroup reports
 - a. Healthy Community Design: At this time, no updates.
 - b. Food System: Have been focusing on healthTIDE wavemaker regional rally. They are working on the grant for healthy foods in local stores and gas stations. It started with FNV, but has expanded currently to equipment and signage.
 - c. Worksite Wellness: Susan shared the Wisconsin Breastfeeding coalition has a mini-grant for businesses to apply to support breastfeeding at their work sites. This information will be forwarded. The Chamber is offering it’s third Learning Circle in 2018. The speakers include Dr. Jennifer Eddy, a family physician, discussing high risk drinking habits, and Christina Funk with ReforMedicine, S.C., presenting on obesity and chronic disease.
5. Community Health Improvement Planning (CHIP)

- a. Recap of last “Data Walk” meeting/ Review data- Kaylee was able to condense some of the data and prepared graphs of that data for the group to compare 2015 and 2018 data more easily. Gina reviewed the data graphs and there was group discussion and clarification around certain data measures.
- b. Prioritization – Choose top 3-5 data indicators: Group discussion. Decided to combine childhood overweight and obesity into one measure, as well as combining computer and tv usage into one measure around screen time. Each person was given 3 votes to use however they wished. The top data indicators are Adult Obesity, Screen Usage, WIC obesity and overweight, and Food Environment Index. The group decided to put the measures of adult and childhood overweight/obesity together for the root cause analysis, as well as the data indicators around screen usage. Food environment index is a measure from County Health Rankings that combines data around food insecurity and access to food.
- c. Root Cause Analysis- Group broke into 3 small groups to discuss root causes/why this is a health issue for our community. Each group member wrote their thoughts on post-it notes. The notes were combined into themes. Each group then reported out to the large group and others had time to input any other suggestions of what was missing.

i. Adult Obesity/Childhood Obesity/Overweight

1. Norms (Family meal times?, Lifespan issue, Safety, Media, Family Influence)
2. Sedentary lifestyles (Car culture, Active transportation, Inactive jobs, Urban design-no activity, neighborhood connectivity)
3. Self-Care (Sleep, Down time, coping, emotions, love=food)
4. Mindset (Stigma, Fitness focus on functional capacity, Personal beliefs, Health “acceptance of all sizes”)
5. Economics (Money in food marketing, Food Insecurity-Cheap food money)
6. Knowledge and skills (Delayed gratification vs. pleasure today, Motivation and attitudes “can do”, Poverty and education, Time and effort of planning health nutrition, Paycheck to Paycheck people- motivation?, Unhealthy become the norm)

ii. Screen Time (Computer and Television Usage):

1. Used as a baby-sitting device
2. Addictive nature of screens (Mental Health issue)
3. Component of Childhood obesity
4. Main Communication Device (Everyone has access and screens, Tablets/computers part of educational system)

5. Lack of parent involvement (adult role modeling/culture norm, People who work-it becomes an expectation to be available at a computer/screen)

iii. Food Environment Index

1. Culture (Stigma of choosing healthy food, families are too busy/no time to cook meals)
2. Cost (Cost of food, cost of healthy food)
3. Fast Food (Policy-limit fast food restaurants, Density of Fast Food options makes it easier choice)
4. Access (Transportation to food sources, Cost of accessible transportation to food sources, Reliable transportation to food sources, Access to freezer or a frig or microwave, Access to health foods in school, but not at home, Living in apartments/housing complex provides barriers to gardening and growing own food/urban areas, Limited food sources in rural areas)
5. Poverty is an issue in our community, reducing ability to pay for healthy food
6. Business/Community (Food markets are challenging to establish in many locations, space, affordability, profitability, What is affordable at grocery stores? i.e. bag produce, Food pantries may not offer all staples i.e. meats)
7. Knowledge (Understanding what healthy foods is, Knowledge of how to make most of it, Knowledge/tools to cook health meals, Knowledge of community resources i.e. Foodshare, WIC, don't know eligibility)

d. CHIP Next Steps

- i. At the next meeting we will review draft goals and objectives based upon our discussions. We will also discuss community assets and resources. And lastly, we will start to identify strategies.

6. *Next meeting date: September 17th , 2018, 8:30 – 10:00 am, Room G302*

7. Adjourn

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