



Chronic Disease Prevention Action Team Meeting

October 15th, 2018, 8:30 – 10:00 am

Eau Claire City – County Health Department

Room 302

MINUTES

1. Introductions and agency announcements
2. Review September meeting minutes and confirm today's agenda
3. Healthy Communities Updates
 - a. healthTIDE wavemaker regional rally
 - i. Gina reported on the rally that recently happened. As a result of the rally, partners from Chippewa, Dunn, and Eau Claire counties discussed potentials for continuing the tri-county collaboration. Group discussed the importance of maintaining the connection between communities as we have similar goals.
4. Wellness Break
5. Community Health Improvement Planning (CHIP)
 - a. Strategies Discussion
 - i. Broke into groups of three to discuss strategies for each of our priorities: screen time, obesity and food access. Groups reviewed table of evidence-based strategies as well as discussed ideas from members. Ideas discussed as below.
 1. Screen Time
 - a. Healthy use of technology – HRPAT, MHAT, CDPAT partnership
 - b. Justin Pachen- UWEC – programming at university, trends that are happening
 - c. Community campaign around screen time for children – partner with United Way and other action teams, radio, tv , build talking points and have spoke people go out, for caregiver, schools
 - d. Model healthy use of technology- adults, older adults experience loneliness, how do we incorporate messaging across all areas parents
 - e. technology bins
 - f. partner with MHAT and schools- good screen time habits, come from teachers, give ideas for parents, handy apps to know what kids are doing on their phones and set limits
 2. Physical Activity/Built Environment

- a. Related to built environment: Park land designation and funding for infrastructure to add to existing parks.
- b. Benefit forum reprisal – activities that improve ped traffic, etc. Shine a light on evidence-based activities
- c. security for kids- walk to school programs, could we have bike patrol guards that would make parents feel safer to put kids on bikes healthy communities supporting parks and green space that connect trails and neighborhoods
- d. media campaign around free and accessible options- low/no cost- work with MHAT around social connectedness and physical activity
- e. open gym at schools, etc. UWec kinesiology students and classes they offer for community members- partner more with them?
- f. parkland dedication
- g. complete streets
- h. recommendations from HIA
- i. workplace wellness – how can we get employers to mix workplace wellness into the day, JAMF- has a program like this invest health - historic randall park

3. Food Access

- a. Healthy school lunches and gardening skills, quick family meals
- b. junk food tax
- c. partner with farmer's market
- d. Smarter lunchrooms toolkit- UW-Extension (asset: Minneapolis School District and REAP in Madison)
- e. Hub/partnership with community garden, local producers (master gardeners volunteers- could they help in schools with preserving?)
- f. Initiative for parents- teaching them how to cook, etc. parent-child cooking class
- g. Partner with face (family and consumer education)- is elective in the schools now, and partner with health classes
- h. promote family mealtime
- i. Organizations or event that work with kids to ensure they have healthy options- ex. Alliance offers pizza
- j. add adrc senior market vouchers
- k. schools and school lunches, research around where healthier food is placed in the lines, help kids understand healthy lunch and enjoy it

4. Ideas for collaboration

- a. Partner with UWEC- to host series of 60-90 minute workshops for youth on a variety of topics
- b. 5210 social media campaign- could partner with YMCA?

b. Stakeholder Discussion

- i. Group discussed partners that could be brought to the table based on strategies we may choose.

c. CHIP Next Steps

- i. Next meeting we will choose short-term and long-term strategies to move forward on.
- ii. The final CHIP document will go to the council for approval in November.

6. *Next meeting date: November 19th, 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.