



Chronic Disease Prevention Action Team Meeting

October 15th, 2018, 8:30 – 10:00 am

Eau Claire City – County Health Department

Room 302

Present: TJ Atkins (Anthem Blue Cross Blue Shield), JoAnna Bernklau (Marshfield Clinic), Audrey Boerner (Health Department), Sara Carstens (co-chair, Mayo Clinic), Adam Coolidge (UWEC), Chad Duerkop (Parks & Rec), Darryll Farmer (Community Member), Danielle Krueger (Mayo Clinic), Mark Mernitz (Mayo Clinic), Ned Noel (City of Eau Claire), Barb Powers (co-chair, Community Member), Alyssa Streveler (Health Department), Gina Schemenauer (Health Department), Shari Tieman (HSHS Sacred Heart), Lisa Wells (ADRC), Kristi Herbenson (YMCA), Eric Anderson (WCWRPC)

MINUTES

- Introductions and agency announcements
 - a. Nametags needed: Adam Coolidge, TJ Atkins
 - b. Walk audits for State street - Thursday morning, 10/18, 7-9am, next Wednesday 10/23, 3:30-5:30pm
 - c. ADRC – Reminder of classes & programs, including Stepping On.
 - i. Annual Caregiver resource fair, November 12, 3:30-8pm
 - ii. November is national Alzheimer’s awareness month, bridge will be lit purple
- Review September meeting minutes and confirm today’s agenda
 - a. For strategies geared towards students, objective would be to interact with all of the county.
 - b. Gina and Barb will still be attending chamber for worksite wellness committee
 - i. Worksite Wellness Learning Circle October 31st 8-10am
 - c. Review of the 2018-2021 Community Health Improvement Plan (CHIP) and Chronic Disease Prevention Action Team section.
- Community Health Improvement Planning (CHIP)
 - a. Group reviewed strategies discussed at previous meeting. Also look at the types of strategies that were being discussed in the intervention planning matrix from Healthy Wisconsin leadership Institute—whether they were at the program, system, environmental or policy level and the intended audience. Goal is to choose a variety of strategies at all levels to have the greatest impact. See attached strategies list & grid
 - b. Broke into workgroups to have small discussions related to impact of strategies. Groups were given question prompts that asked them to consider the impact, context, community and stakeholders from County Health Rankings. These questions helped narrow which strategies the best fit for our action team are to explore.

- c. Groups came back together for a large group report-out and had further discussion on strategies. Comments from discussion and voting on strategies to explore as short-term and long-term strategies. (Bold/underline indicate chosen strategies to explore).
- i. Food/Beverage
 1. (5) School nutrition – what is and isn't happening; concern of how big of an impact we can make within the actual lunch program, may be easier to impact education. Would act as more of a support role.
 2. (2) Family meals campaign
 3. (6) Nutrition Education
 4. (1) Farmer's market – how can we increase use of the market(s), especially in other communities
 5. Water – are students receiving enough water in schools, how can we ensure that they have water available
 6. **(8) Momentum around restaurant/fast food work – Healthy Kids Meal Project & HealthTIDE – Susan will touch base with HealthTIDE.**
 7. Fight Against Hunger project – promotion, especially of healthy meals on a budget
 8. Healthier School challenge – supporting applications for projects that the school districts are already interested in
 9. **(9) Point of decision prompts** (farmer's market, nutrition, water) - HD will research and bring to next meeting
 - ii. Physical activity/connectedness
 1. **(11) Low/no-cost activity campaign** identified as an opportunity. There is a supply of low-cost programs in Eau Claire. Focus should be around notification/awareness and access to these programs. What are the surrounding communities' options?
 - a. **(10) Create a resource directory for the county** – parks and rec may already have a resource guide for each park already. Susan will bring the food directory as a reference.
 2. (5) Connecting trails & neighborhoods
 - a. Are there any communities in EC county that we would want to target? Could use obesity maps to identify areas
 - b. What agencies/groups would we need to contact – county planning
 3. Momentum at City Council level for parkland dedication
 4. (6) Invest health grant through RWJ foundation in the Randall Park neighborhood; no clear picture of what outcome would be.

5. Complete streets being drafted by city engineering for next February. Support role that we can play.
 6. Safe routes to school still being worked on – funding is currently the bottleneck
 7. Signage on trails – loop signs or ideas, or even on current sidewalks to establish routes
 8. **Point of decision prompts**
 9. ***Parkland dedication ordinance**
 10. **(11) Blue Zones aging**
- iii. Screen time
 1. (5) Collaboration possible with the Mental Health & Healthy Relationship promotion action teams
 2. **Point of decision prompts**
- CHIP Next Steps
 - iv. **Blue Zones project** overview (youtube video) www.bluezones.com – Health Department will look into blue zones and bring back information.
 - v. Susan will touch base with HealthTIDE around Healthy Kids Meal Project and bring back info to next meeting.
 - vi. Chad will present information about RX for parks and other documents around physical activity in the county at our next meeting.
 - vii. Audrey/Ned will look into next steps for parkland dedication ordinance.
 - viii. Point of decision prompts- Health Department will research and bring to next meeting.
 - ix. The final CHIP document will go to the council for approval in November.
 - *Next meeting date: November 19th, 2018, 8:30 – 10:00 am, Room G302*
 - Adjourn

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