

# *Striving to make Champaign County the healthiest county in Ohio*



## Healthy Living Committee Meeting

Agenda for June 7, 2018

1. Welcome, Introductions, Sign in
2. 5,2,1, Almost None
  - Status
  - Next steps
3. Diabetes
  - Status
  - Next steps
4. Tobacco:
  - Goal: Decrease the number of tobacco users in Champaign County – need specificity
  - Current status
  - Next steps
5. Physical activity
  - Need to establish goal
  - Next steps
6. Next meeting: 7/5/18, 3pm, Conference Room B
  - Do we want to change this r/t holiday?

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**Healthy Living Committee Meeting Sign-In Sheet**

June 7, 2018

Print Name	Sign Name	Organization	E-mail
Gabe Jones	<i>Gabe Jones</i>	CHD	gjones@champaignhd.com
Stacey Thomas	<i>Stacey Thomas</i>	CHD	stthomas@champaignhd.com
Stacey Logwood	<i>Stacey Logwood</i>	MHDAS	Slogwood@mhds.org
Paul Waldsmith	<i>Paul Waldsmith</i>	YMCA	cfyceo@ctcn.net
Elaine Dyer	<i>Elaine Dyer</i>	Mercy	DaleEDyar@mercy.com
Marcy Ivory	<i>Marcy Ivory</i>	Mercy REACH	Marcylvory@mercy.com
Jennifer Post		YMCA	ymcafitness@ctcn.net
Whitney Cushman		Memorial	Whitney.Cushman@memorialohio.com
Alex Keller	<i>Alex Keller</i>	CHD	akeller@champaignhd.com
Mary Collier		CHD	mcollier@champaignhd.com
Jason Kile	<i>Jason Kile</i>	Urbana Dental Smiles	jason.e.kile@gmail.com
Dr. Jessica Kile		Urbana Dental Smiles	
Raymond Branstiter		Mercy	RPBranstiter@mercy.com
Krista Bradley	<i>Krista Bradley</i>	<i>Darby</i>	krista@darbydentalsmiles.com
TAMISHA MATUS	<i>Tamisha Matus</i>		tamisha.matus@yahoo.com
Elisabeth Cheetham	<i>Elisabeth Cheetham</i>	MRH	liz.cheetham@maryrutan.org
Jennifer Post	<i>J Post</i>	YMCA	ymcafitness@ctcn.net



*In conjunction with the  
Champaign County CHIP:  
Striving to make Champaign  
County the Healthiest County in Ohio*

*Vision*

*All residents and employees in Champaign County embrace  
healthy behaviors leading to lifelong wellness.*

*Mission*

*To provide shared resources and opportunities so all residents of  
Champaign County may attain their healthiest lifestyle.*

## Healthy Living Task Force MINUTES

**Date:** June 7, 2018

**Location:** Champaign Community Center, Conference Room B

**Time:** 3pm-4:30pm

**Chair:** Stacey Thomas, BSN, RN

**Attendees:** Stacey Thomas (CHD), Gabe Jones (CHD), Stacey Logwood (MHDAS), Paul Waldsmith (YMCA), Elaine Dyer (Mercy), Marcy Ivory (REACH), Jennifer Post (YMCA), Alex Keller (CHD), Jason Kile (Urbana Dental), Krista Bradley (Darby Dental), Tamisha Matus (ADA), Elisabeth Cheetham (Mary Rutan)

**Committee Goal:** To encourage, educate, and support each person in pursuit of their optimum wellness, leading to continual improvement of the county health ranking (baseline 2017, #35).

TOPIC	DISCUSSION	Outcome/Next Steps/Accountable Person
Welcome, Introductions	<ul style="list-style-type: none"> <li>Introductions completed</li> </ul>	
5,2,1, Almost None	<ul style="list-style-type: none"> <li>Program development worksheet that was created by the group was distributed and reviewed.</li> <li>Elaine Dyer to meet with Graham soon and will possibly have update for next meeting.</li> </ul>	<ul style="list-style-type: none"> <li>Elaine Dyer to communicate with Graham and we will discuss as a group further next meeting to determine next steps.</li> </ul>
Diabetes	<ul style="list-style-type: none"> <li>Brochure created by group at last meeting distributed and reviewed. Corrections/ additions noted.</li> <li>Jennifer Post is working on a class for at risk youth for the fall at the YMCA. Class will focus on tweens.</li> </ul>	<ul style="list-style-type: none"> <li>Stacey Thomas to make corrections/ additions to brochure</li> <li>Jennifer Post to continue to update group on progression of youth class including assistance needed.</li> </ul>
Tobacco	<ul style="list-style-type: none"> <li>Goal: To decrease the number of tobacco users in Champaign County</li> <li>Objective 1 – Increase number of referrals to cessation services</li> <li>Champaign County historically has low participation.</li> </ul>	<ul style="list-style-type: none"> <li>Gabe Jones to get data for Champaign County smokers</li> <li>Marcy Ivory to contact the Urbana Daily Citizen to publish flyer</li> <li>Stacey Logwood to take flyer to Safety Council Meeting</li> <li>Marcy Ivory will forward flyer to group for distribution</li> <li>Marcy Ivory has made contact with HUD – needs to get update.</li> </ul>



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	<p>Data Shared by Marcy Ivory reflects 810 flyers for REACH distributed among Champaign County Healthcare providers and only 6 people attending the class. Classes are no cost and patches, gum, lozenges provided for 1<sup>st</sup> month. A new flyer was recently created reflecting the changes. Classes are 6 weeks in length and participants need to call to register. Coping skills are a focus of discussion.</p> <ul style="list-style-type: none"> <li>• Discussion on housing &amp; smoking – Could landlords of trailer parks put flyers in tenant's bills? HUD ruling for public housing in effect 7/30/18 that it has to be smoke free.</li> <li>• The Botvin program in the schools has a smoking element</li> <li>• Health department to watch for availability of Creating Healthy Community Grant to see if smoking is still included.</li> <li>• Stacey Logwood reports that smoking in Champaign County currently has its lowest numbers in history but vaping has increased. Vaping increases addiction factor, is easy to conceal, is not on the search institute survey, and there are 2 sellers in Champaign County.</li> </ul>	<ul style="list-style-type: none"> <li>• CHD to continue to monitor for news of Creating Healthy Communities grant</li> </ul>
Physical Activity	<ul style="list-style-type: none"> <li>• Goal: To increase the number of Champaign County residents that engage in leisure time physical activity.</li> <li>• 2018 County Health Rankings reports 24% of Champaign County adults over 20 years of age report no leisure time physical activity and that 71% of Champaign County adults report not having access to</li> </ul>	<ul style="list-style-type: none"> <li>• CHD to ask wellness to buy measuring wheel</li> <li>• Next meeting – plans to start pilot with Champaign County employees</li> </ul>



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	<p>means of physical activity.</p> <ul style="list-style-type: none"> <li>Objective: Start 10K per Day/ 30 Min/Day campaign in Champaign County.</li> <li>Possibly create walking paths in workplaces</li> <li>Competing workplaces</li> <li>Have plaque with length of track and icons of tracking apps</li> <li>Possibly have county wellness buy measuring wheel</li> <li>Have Champaign County Employees be pilot project and then go to safety council/ HR manufacturers meeting and present completed pilot</li> </ul>	
Free medical clinic	<ul style="list-style-type: none"> <li>CHD was approached by Dr. Ahsan Ullah (Board of Health member) to partner on offering a free health clinic in Champaign County. Before formal planning begins, CHD would like input/ concerns from Healthy Living group:</li> <li>Will it be mobile? Will clients have to schedule appointments? Would transportation be provided?</li> <li>Ideas: Possibly hold in north Lewisburg church? Start in health department and branch out if needed? Use church vehicles for transportation? Promote at cool tools for school on 8/18 in north Lewisburg?</li> </ul>	<ul style="list-style-type: none"> <li>CHD to continue planning and will update the group monthly</li> </ul>
Submitted by:	Stacey Thomas 6/21/18	
Next meeting: 7/12/18 3pm, Conference Room B		

