

Striving to make Champaign County the healthiest county in Ohio



Healthy Living Committee Meeting

Agenda for May 3, 2018

1. Welcome, Introductions, Sign in
2. 5,2,1, Almost None
3. CHNA
4. Diabetes
5. Next meeting: 6/7/18, 3pm, Conference Room B



***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 Committee MINUTES

Date: May 3, 2018
Time: 3pm-4:30pm

Location: Conference Room B

Chair: Stacey Thomas BSN RN

Attendees: Stacey Thomas CHD, Gabe Jones CHD, Paul Waldsmith YMCA, Marcy Ivory MERCY REACH, Jennifer Post YMCA, Whitney Cushman MEMORIAL, Dr. Jessica Kile URBANA DENTAL SMILES, Raymond Branstiter MERCY, Krista Bradley DARBY DENTAL SMILES, Karrie Cordial, CHD.

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/ Sign In | <ul style="list-style-type: none"> • Introductions complete. | |
| 5, 2, 1, Almost None | <ul style="list-style-type: none"> • Program Development Worksheet completed and e-mailed to group after last meeting. No questions or concerns voiced at this time. Will have more of an update next meeting when Elaine is present. | <ul style="list-style-type: none"> • Elaine to continue to monitor program and update group/ request assistance as needed. |
| CHNA Community Meeting | <ul style="list-style-type: none"> • 5/16, YMCA, Leadership room. Will be one small piece of the CHA. This part is the beginning. Qualitative data piece for 2019 CHA. Will be conducted by the regional collaborative facilitator. If further meetings are needed, CHD will have to conduct them. CHD would like representation from all age groups, all geographical areas of county. • Flyers provided to each person at meeting to hang/distribute to encourage participation. | <ul style="list-style-type: none"> • Everyone to hang/distribute flyers • |



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Healthy Living Committee MINUTES

| TOPIC | DISCUSSION | Outcome/Next Steps/Accountable Person |
|--|--|---|
| Mental Health | <ul style="list-style-type: none"> May is mental health awareness month. Suicide prevention coalition has provided CHD with 500 flyers for the text and crisis lines. | <ul style="list-style-type: none"> Anyone that can distribute flyers, please take some |
| Diabetes | <ul style="list-style-type: none"> Expo is 5/12/18 at the community center. Resource identification activity completed – see attached. | <ul style="list-style-type: none"> Stacey T. to compile resource information before expo. Next step is gap identification before strategizing proposed solutions. |
| Submitted by: Stacey Thomas | | |
| Next meeting – Thursday 6/7/18 3pm Conference Room B | | |



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Healthy Living Committee Meeting Sign-In Sheet

May 3, 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@mhdas.org |
| Paul Waldsmith | <i>Paul Waldsmith</i> | YMCA | cfyceo@ctcn.net |
| Elaine Dyer | | Mercy | DaleEDyar@mercy.com |
| Marcy Ivory | <i>Marcy Ivory</i> | Mercy REACH | Marcylvory@mercy.com |
| Jennifer Post | <i>Jennifer Post</i> | YMCA | ymcafitness@ctcn.net |
| Whitney Cushman | <i>Whitney Cushman</i> | Memorial | Whitney.Cushman@memorialohio.com |
| Alex Keller | | CHD | akeller@champaignhd.com |
| Mary Collier | <i>Mary Collier</i> | CHD | mcollier@champaignhd.com |
| Jason Kile | | Urbana Dental Smiles | jason.e.kile@gmail.com |
| Dr. Jessica Kile | <i>Dr. Jessica Kile</i> | Urbana Dental Smiles | JessicaKiledds@gmail.com |
| Raymond Branstiter | <i>Ray Branstiter</i> | Mercy | RPBranstiter@mercy.com |
| Krista Bradley | <i>Krista Bradley</i> | | |
| Karrie Cordial | <i>K Cordial</i> | CHD | Kcordial@champaignhd.com |
| | | | |

Diabetes Resource Identification Activity
Champaign County Healthy Living Committee
May 3, 2018

| Type 1 Diabetes | |
|--|----------------------|
| Risk Factors | Complications |
| 1st degree relative with type 1 diabetes | Diabetic retinopathy |
| Younger age | Diabetic neuropathy |
| Caucasian | Diabetic nephropathy |
| | Heart disease |
| | CVA |

| Prediabetes | |
|--|-----------------|
| Risk Factors | Complications |
| Overweight | Type 2 Diabetes |
| Age >45 y.o. | |
| 1st degree relative with type 2 | |
| Active <3days/week | |
| History of Gestational DM | |
| History of delivering >9lb. baby | |
| African American, American Indian, Pacific Islander, Hispanic, Alaskan, Asian American | |

| Type 2 Diabetes | |
|--|------------------------------|
| Risk Factors | Complications |
| Overweight | Diabetic retinopathy |
| Fat distribution (>abdomen) | Cataracts, Glaucoma |
| Inactivity | Diabetic neuropathy |
| 1st degree relative with type 2 | Alzheimer's |
| Age >45 y.o. | Hearing impairment |
| History of Prediabetes | Diabetic nephropathy |
| History of Gestational DM | Heart & blood vessel disease |
| History of delivering >9lb. baby | Decreased circulation |
| History of PCOS | Foot, skin ulcers |
| African American, American Indian, Pacific Islander, Hispanic, Alaskan, Asian American | Bacterial/Fungal infections |

| Identified Resources |
|--|
| CHD Diabetes Class |
| Individual nutrition counseling |
| Memorial Health Prediabetes class |
| Memorial Health Type 2 Diabetes Prevention Class |
| YDDP @ YMCA |
| Physicians |
| Memorial Labs (self pay) |
| MedAssist |
| Pharmacies |
| Mercy REACH |
| YMCA |
| Farmer's Market |
| WIC |
| Memorial Health Diabetes Education |
| Primary Care |
| FNPs, MA's |
| Dentists |
| CLIMB Program |
| Weight watchers |
| It Figures - Silver Sneakers |
| Crossfit |
| Healthy Kids Day |
| YMCA Summer camps |
| After school fitness |
| Botvin life skills |
| Fitness Pal |
| Mary Rutan weight loss class |
| 5,2,1, Almost None |
| Go Noodle |
| Wound Center |
| Massage/ Spas |
| Clark Champaign Diabetes Association |
| Camp KoManShe |
| American Diabetes Association |