

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



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

July 12, 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	<i>Elaine Dyer</i>	Mercy	DaleEDyar@mercy.com
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Healthy Living Committee Meeting

Agenda for July 12, 2018

1. Welcome/sign in
2. Speaker: Tyler Smith, Mercy Employee Wellness
3. Speaker: Mary Collier, Champaign County Employee Wellness
4. Open discussion regarding wellness programs
5. Diabetes
  - New incentives
  - Brochure
6. Next meeting: Thursday August 2, 2018, 3:00-4:30pm, Conference Room B



***In conjunction with the  
Champaign County CHIP:  
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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:** July 12, 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), Jennifer Post (YMCA), Whitney Cushman (MEMORIAL), Krista Bradley (Darby Dental), Tamisha Matus (ADA),

**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>Elaine spoke – graham is not as far as we had hoped. We would like to use campers at ymca. Pull about 30 kids to be a focus group. Camp ends 2nd week of august. If agreed, kids and parents will meet once a month. Will do pre-test of kids and parents. Education each meeting. Tracking book. Would like kids to fill out when successful and also when not successful and why. Post-test at end of program. Results to determine future of program, distribution, etc. outcomes – knowledge of program, application of knowledge. Expense of books. Time: in-kind. Stacey has kids that need service hours that could possibly assemble books. Possibly use webinar, skype, facebook live instead of live meetings. Create subcommittee to get this started..</li> </ul>	<ul style="list-style-type: none"> <li>Subcommittee formed (Stacey T., Elaine, and Jennifer). Will meet next Monday to begin planning process.</li> </ul>



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Workplace wellness	<ul style="list-style-type: none"> <li>Mary Collier – county wellness program – insurance wellness grant gives salary to coordinator &amp; half goes to incentive. Company has cash incentive historically, this is last year for cash. Health fair every year. Fitness rooms x4 in county. Next year incentive will go toward insurance premium. Age appropriate testing (colonoscopy, mammogram, etc.) physicals, exercise classes, challenges. 500 points required.</li> <li>335 people eligible. Most participants 35.</li> <li>Stacey and Stacey report not getting mailers or information.</li> <li>Could we incorporate walking path in program?</li> <li>Getting skinny in the burg has 3 5k routes mapped out – easy, middle, hard. Was set up on Facebook. Walking paths were pics in files so easily acceptable.</li> <li>Mercy wellness program – Elaine Dyer – annual walk the mission – self-reported – team of 4 – miles are converted to how many times around the world the team has gone. Prizes for farthest. Wellness program is similar to county- self-reported. At end of year if you have the points Mercy puts 500 in HSA.</li> </ul>	<ul style="list-style-type: none"> <li>Mary will buy a wheel to measure paths.</li> <li>Will start with walking paths inside and outside of community center.</li> </ul>
Branding	<ul style="list-style-type: none"> <li>Need to create branding strategy. Maintenance. Website. Schedule for updates. Set up budget.</li> <li>Add it to the HD website? Focus more on Facebook.</li> </ul>	<ul style="list-style-type: none"> <li>Krista Bradley to start on Facebook page</li> <li>Stacey T. to send Krista MVV/ Logo</li> </ul>
Round Table	<ul style="list-style-type: none"> <li>Diabetes free week with diabetes class completion.</li> <li>7/21 diabetes rep to Walmart Tamisha unable to be</li> </ul>	<ul style="list-style-type: none"> <li>Elaine to cover Walmart opportunity</li> </ul>



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	there. Elaine will get information and go. <ul style="list-style-type: none"><li>Stacey L. mental health is running levy in November. Would like opportunities for speaking engagements. Levy is .7 mil, logan and champaign new money. Multidisciplinary team in schools (care team).</li></ul>	
Submitted by:	Stacey Thomas 7/18/18	
Next meeting: 8/2/18 3pm, Conference Room B		



**Public Health**  
*Prevent. Promote. Protect.*