

Striving to make Champaign County the healthiest county in Ohio



Healthy Living Committee Meeting Sign-In Sheet

September 6, 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
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	<i>Alex Keller</i>	CHD	akeller@champaignhd.com
Jason Kile		Urbana Dental	jason.e.kile@gmail.com
Dr. Jessica Kile		Urbana Dental	
Raymond Branstiter	<i>Raymond Branstiter</i>	Mercy	RPBranstiter@mercy.com
Krista Bradley	<i>Krista Bradley</i>	Darby Dental	krista@darbydentalsmiles.com
Elizabeth Cheetham	<i>Elizabeth Cheetham</i>	MRH	Liz.cheetham@maryrutan.org
Tamisha Matus	<i>Tamisha Matus</i>	ADA	Tamisha.matus@yahoo.com
<i>Lydia Hess</i>	<i>Lydia Hess</i>	<i>Chamber</i>	<i>director@champaignohio.com</i>
<i>Mckenzie Calliwell</i>	<i>Mckenzie Calliwell</i>	<i>MRH</i>	<i>ML.Calliwell@gmail.com</i>

Striving to make Champaign County the healthiest county in Ohio



Healthy Living Committee Meeting

Agenda for September 6, 2018

1. Welcome/sign in
2. Committee Review
3. Nutrition
4. Tobacco
5. Diabetes
6. Access to Care
7. Immunizations
8. Physical Activity
9. Possible change?? Next meeting: Thursday October 4, 2018, 3:00-4:30pm,
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 Task Force MINUTES

Date: September 6, 2018

Time: 3pm-4pm

Location: Champaign Community Center, Conference Room B

Chair: Stacey Thomas, BSN, RN

Attendees: Stacey Thomas (CHD), Gabe Jones (CHD), Stacey Logwood (MHDAS), Elaine Dyer (Mercy), Marcy Ivory (REACH), Alex Keller (CHD), Krista Bradley (Darby Dental), Tamisha Matus (ADA), McKenzie Callicoat (Mary Rutan), Lydia Hess (Champaign County Chamber of Commerce)

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"> Introductions completed 	
Committee Review	<ul style="list-style-type: none"> Summary of committee MVV, goals, action items created by Stacey Thomas and reviewed by group (see attached). 	<ul style="list-style-type: none"> HL Committee info will be entered into VMSG dashboard used by Health Department. Will share with group at next meeting.
Nutrition	<ul style="list-style-type: none"> 5210 program going to be started at Urbana after care program hopefully in October. 	<ul style="list-style-type: none"> All organizations in HL Committee asked to try to donate give-a-way items for program, i.e. portion plates, bracelets, exercise towel, water bottles (CHD), pedometers (Mercy), Balls, Jump ropes, etc.
Tobacco	<ul style="list-style-type: none"> Cessation classes continuing through Mercy REACH 5 from champaign county attended last session Johnson welding doing group class 	<ul style="list-style-type: none"> Attempt to market to more businesses in community
Diabetes	<ul style="list-style-type: none"> Clark County expo being held in October Will start advertising scholarships early in 2019 	<ul style="list-style-type: none"> Jennifer, Stacey, Elaine to work on development of new class at YMCA
Access to care	<ul style="list-style-type: none"> Facebook page up and running, by Krista Bradley. Assignments made for updating page through mid- 	<ul style="list-style-type: none"> Stacey Logwood 9/9-9/15 Stacey Thomas 9/16-9/22



***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

TOPIC	DISCUSSION	Outcome/Next Steps/Accountable Person
	october <ul style="list-style-type: none"> Did you know? Posts, fruit & veggies, NBS awareness, recovery month, childhood obesity November Diabetes month 	<ul style="list-style-type: none"> Elaine Dyer 9/23-9/29 Tamisha Matus 9/30-10/6 Alex Keller 10/7-10/13
Immunizations	<ul style="list-style-type: none"> CHD doing clinics at open houses at schools and has open walk in hours for back to school Will have coverage rates for schools and county as a whole with new CHA 	<ul style="list-style-type: none"> Continue encouraging immunizations
Physical Activity	<ul style="list-style-type: none"> Discussed plan to increase physical activity with Lydia Hess from Chamber to get ideas to encourage business participation. Suggestion: signs: If you park here, you will burn XX calories, etc. Lydia to get back with us with any more ideas Plan to complete program with county first then use as an example for other businesses 	<ul style="list-style-type: none"> Measuring wheels to be ordered by CHD
Round Table	<ul style="list-style-type: none"> Next meeting changed to 10/9 due to power of the purse event GJ suggested adding Oral Health to objectives 	<ul style="list-style-type: none">
Submitted by:	Stacey Thomas	
Next meeting: 10/9/18 3pm, Conference Room B		

Healthy Living Committee

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.

- 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).
 - Objective 1: Every child in Champaign County between the ages of 0-5 years old will have a primary care physician and will receive timely well-child and dental screenings, assessments, and needed interventions to ensure that each child is ready to succeed upon entering kindergarten.
 - Action Steps:
 - Collect relevant data through Community Health Assessment (CHA)
 - Immunization data
 - Pediatric health care providers in county, surrounding counties, caseloads, waitlists, ER as primary care data
 - # of children seeing primary care/ dental regularly
 - KRA pass/fail rates
 - Agencies that do screenings/ referrals
 - Preschool data
 - Literacy
 - Work with 3 hospital systems in county to increase pediatric access to care
 - Do KRA at 4 years old or earlier to give parents increased prep time for 5 year old test (if failed)
 - Objective 2: Each CHIP committee (Healthy Living, Early Childhood, Suicide Prevention, and Opiate) will continue to support and influence the Champaign Health District's development of the 2018 Community Health Assessment with the expressed intent to not duplicate assessment efforts and collect the most comprehensive data that will assist in health and prevention in the community.
 - Action Steps:
 - Each committee will continue to work on CHA development during regular meetings and leadership meetings.
 - Branding: Created Facebook page for healthy living Champaign County. Need website.
 - Health Disparity Goals:
 - Reduce the rate of diabetes among Champaign County residents.
 - YDPP training through YMCA – Need to get trainers trained
 - Potential youth programs through YMCA
 - Physician referrals to resources
 - With CCCDA – Camp Scholarships
 - 5 Champaign County Type 1 kids were sent to camp with full scholarships with funds from CCCDA, Lions, Rotary, Mercy

- November media campaign – Diabetes month
 - Diabetes expo
 - Held in May – 1st time in Champaign County in several years. 35 participants and 14 vendors.
 - List of diabetes resources created
- Increase access to care through increased affordable transportation services in 2018.
- Decrease the number of tobacco users in Champaign County.
 - Increase enrollment in tobacco cessation classes, increase marketing (worksite wellness, incentives)
 - No cost class offered through REACH.
 - Flyers sent to all members of group for distribution.
- Increase nutrition education among Champaign County residents.
 - 5210 Program
 - Program development worksheet completed.
 - Sub-committee created
 - Plan to start with after-care program at Urbana in October
 - Caring kitchen/ backpack program
 - Healthy options for food boxes/ backpacks
 - Harvesting camp at YMCA
- Increase back to school immunization rates
- Increase the number of Champaign County residents that participate in leisure time activity.
 - 2018 County Health Rankings data: 24% of adults over 20 years old report no leisure time activity and that 71% of Champaign county adults report not having access to means of physical activity.
 - Walking paths in businesses/ schools? Challenges? Fitness Pal? Plaque with map/icons for tracking?
 - Order measuring wheel through Champaign County Wellness
 - County wellness as pilot project? Then present to safety council/ manufacturers meeting?