



*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.*

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

### Healthy Living Task Force MINUTES

**Date:** January 4, 2018  
**Time:** 3:00-4:30pm

**Location:** Conference Room B

**Chair:** Stacey Thomas  
**Attendees:** Stacey Thomas (CHD), Gabe Jones (CHD), Stacey Logwood (MHIDAS), Paul Waldsmith (YMCA), Marcy Ivory (REACH), Jennifer Post (YMCA), Alex Keller (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  2018 Goals for Healthy Living Committee	<ul style="list-style-type: none"> <li>• Introductions completed</li> <li>• HL to have goals related to each of the biggest health disparities in Champaign County.</li> <li>• Reduce the rate of diabetes among Champaign County residents.               <ul style="list-style-type: none"> <li>○ YDPP training – have Jennifer Post, one person from CHD, and one person from Mercy trained and certified to teach. Work on promotion and funding and begin 1<sup>st</sup> class by end of 2018. Look to CCDA for funding?</li> <li>○ Youth programs – in conjunction with Clark Champaign Diabetes Association and Clark County YMCA – 2 approaches – 1<sup>st</sup> is a summer program at YMCA geared toward at risk kids – 2<sup>nd</sup> is to nominate 2 Champaign</li> </ul> </li> </ul>	



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	<ul style="list-style-type: none"> <li>○ county type 1 kids to send to camp makoshnee July 8-14, 2018</li> <li>○ Work on increasing physician knowledge and referral rate to each of the 3 diabetes education entities in Champaign County – Mercy Chronic Care Clinic, CHD Information Class, YDPP</li> <li>● Increase access to care through increased affordable transportation services in 2018</li> <li>● Decrease the number of tobacco users in Champaign County               <ul style="list-style-type: none"> <li>○ Work with companies/ worksite wellness to get buy in and increase cessation program referrals/support employees through cessation. Possible incentives?</li> <li>○ Increase Champaign county residents that complete tobacco cessation program</li> </ul> </li> <li>● Increase nutrition education among Champaign County residents               <ul style="list-style-type: none"> <li>○ Talk with caring kitchen regarding healthy food options for food boxes and backpacks</li> <li>○ 5-2-1-almost none – increase school education – Elaine is working with schools for promotion video, starting after care program. – need this program to be embedded in the schools to increase buy in.</li> <li>○ Possibly devise walking paths in schools/ businesses – challenges? Fitness Pal?</li> </ul> </li> </ul>	



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TOPIC	DISCUSSION	Outcome/Next Steps/Accountable Person
Submitted by: Stacey Thomas Next Meeting: 2/1/18, 3pm, Conference Room B	<ul style="list-style-type: none"> <li>○ Present to superintendents at march meeting.</li> <li>○ Harvesting camp at ymca to teach kids to eat healthier</li> <li>○ Physical fitness – 10K steps per day – 1 hour per day of physical activity.</li> </ul>	



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Healthy Living Committee Meeting

Agenda for January 4, 2018

1. Welcome/sign in
2. 2018 Goals
3. CCDA Collaboration
4. Open Discussion
5. Next meeting: 2/1/18, 3pm, Conference Room B