



Lake County General Health District

Meeting Minutes

Subject	ACHIEVE Wellness CHART	Date	6/12/2014
Facilitator	Katelyn Coan	Time	1:30 p.m.
Location	Lake County General Health District	Scribe	Katelyn Coan
Attendees	Beth Horvath (Lake County YMCA) Lisa Miller (OSU Extension) Lee Homyock (City of Painesville) Dick Bennett (Lake County YMCA) Teri O'Leary (Morris Chiropractic) Sharon Minjares (Lake Health) Dave Gilmer (Lake County Development Council) Dan Troy (Lake County Commissioners) Cameron Zwagerman (Spirit Media) Traci Salkiewicz (Lake County Engineers) Dick Kotapish (Lake County GIS) Carol Mangino (Lakeland Community College) Dave McGuirk (Village of Fairport Harbor) Sharon Sharpnack (Lake Metroparks) Kathy Milo (LCGHD) Katelyn Coan (LCGHD) Sharon Sharpnack (Lake Metroparks)		

Key Points Discussed		
No.	Topic	Highlights
1.	County Health Rankings & Roadmaps Community Coaching Program	Our Community Coaching Team continues to have monthly conference calls and in-between meetings. We are currently planning our site visit from our Community Coach, Karen. The site visit/workshop is on Thursday, September 11th from 11:00 am – 4:00 pm. This will include lunch. This is the date of our next scheduled meeting, but the workshop (facilitated by Karen will replace our meeting.) The title of the workshop is Boundary Spanning Leadership Workshop. We are still working on securing a location. Please plan on attending the workshop so we can make Karen's visit worthwhile. Please see the attached overview for more information.
2.	Defining Boundaries Conversation Guide	The group completed the Defining Boundaries Conversation Guide in small groups. The idea behind completing this guide was to get a general consensus of how the committee members feel about where CHART currently stands. For example, the group's alignment, commitment, and direction. The below bullet points capture briefs remarks of what came from each of the 3 small group discussions. This Conversation Guide will also lend itself as a pre-cursor to the workshop we'll be having on Sept. 11 th .

Key Points Discussed		
No.	Topic	Highlights
		<p>Lake County Commissioners, Development Council, Engineers, GIS, OSU Extension:</p> <ul style="list-style-type: none"> - Have support for infrastructure (Engineers) - Education opportunities through GIS & OSU Extension - Can help tie in municipal organizations - Limitations to authority - Non-negotiable terms: State law - Political leadership - Resources: Facilities, funding, GIS, in-kind services <p>Lake Health/Lake Metroparks/Morris Chiropractic/YMCA:</p> <ul style="list-style-type: none"> - Lack of clarity of what ACHIEVE and members should be doing - Not clear to new members of committee roles - Lack of funding, yet how to sustain - What qualifies an ACHIEVE event <p>City of Painesville/Village of Fairport Harbor/LCGHD/Lakeland/Spirit Media:</p> <ul style="list-style-type: none"> - Alignment of missions is present - YMCA: Full authority to make decisions - Can help with most events; in-kind services - Non-negotiable terms: Political issues - Resources: In-kind and facilities - When different representing brands pull together, ACHIEVE's mission is lived out - Awareness piece is totally missing
3.	Women's Health Week	A Zumbathon was held on May 9 th in partnership with Lake Health, the Central YMCA, and Morris Chiropractic. Zumba, blood pressure and cholesterol checks along with chair massages were provided. 37 women attended.
4.	Central Lake County Lakefront Connectivity Plan	Lee Homyock provided an update on the Connectivity Plan. A contractor has been identified for the study which will design a master plan for the study area that is to be complete by 2015. The contractor the committee chose is Environmental Design Group. The next step of the project will be to solicit funds to put the master plan into action. Commissioner Troy shared that there may be an opportunity for additional money from NOACA in the future.
5.	CHIP	The group needs to re-visit the CHIP and work on updates from all partnering agencies. Katelyn will be working on this and reaching out to individual agencies. Commissioner Troy mentioned thinking of ACHIEVE and how it can fit into the overall wellness plan for the county, i.e. sidewalk implementation, etc. Whenever decisions are made throughout the county, we need to be thinking about the health benefits for the community members. This very much aligns with CHIP and our ongoing journey of adopting it as a county-wide plan.
6.	Sub-Committee Updates	<p><i>Aging:</i> Still waiting on notification from the Astra Zeneca Chronic Disease Management grant which will be released on November. The Chronic Disease Self-Management (CDSM) Program will entail CDSM classes, cardiovascular screenings, physical activity, nutrition education, and relaxation.</p> <p><i>Behavioral Health:</i> The current focus in this group is employee wellness. A</p>

Key Points Discussed

No.	Topic	Highlights
		<p>10,000 Steps Challenge was open to ADAMHS funded agencies that was completed over a 4 week period and ended the end of May. 11,076,472 steps were logged.</p> <p><i>Community:</i> The Fruit & Vegetable Prescription Program (F&VRx) is planned to start early July with voucher distribution at Lake County Free Clinic and Cleveland Clinic Willoughby Hills Pediatric dept. FNP classes started June 12th. This far, we have reached 43 participants across 2 classes. Class locations include JFS, Mentor Senior Center and Mentor Beach Park.</p> <p>Health in the Harbor was a successful event. Many committee members have received positive feedback from community members. A wrap-up meeting is scheduled for Friday, June 27, 2014 at Fairport Harbor beach.</p> <p><i>School:</i> Mini-grants will be offered in the fall for the Smarter Lunchroom Movement. Katelyn has been in contact with the Ohio Department of Education as they have headed this initiative for a couple years now and have documentation that they are willing to share with ACHIEVE. The Health District was awarded a Carol M. White Physical Education Program (PEP) grant for a total of \$1,854,027.44 over 3 years. The grant started in May 2014. This will provide each school building a SPARK curriculum and equipment along with professional development for the teachers, and pay for substitute teachers. A Regional Wellness Committee will also be created. This will consist of anyone who is interested from ACHIEVE and one representative from each school district's wellness committee. The JUST RUN Lake County 5K had yet another successful and record breaking year. 826 kids and 416 adults ran in the race representing 22 schools.</p> <p><i>Worksite:</i> The group is still amidst a discussion on a worksite wellness campaign that would raise awareness of the benefits of wellness at work, healthy employees, etc.</p>

Key Points Discussed		
No.	Topic	Highlights
7.	Member Updates	City of Painesville: City of Painesville will be hosting a color run in downtown Painesville that will be run by a non-profit group. The 5K will be on Sunday, October 19 th . The City of Painesville has been generous to split their proceeds with ACHIEVE.

Action Plan			
No.	Action Item(s)	Owner	Target Date
1.	Update CHIP to reflect sub-committee and CHART's goals and objectives.	K. Coan	Ongoing
2.	Work with Karen Odegaard to plan the site visit and keep the committee updated.	K. Coan	Ongoing

Next Meeting: Thursday, September 11th, 11:00 am – 4:00 pm (Location TBD)

PLEASE NOTE: Our next meeting will be replaced by a Site Visit with our Community Coach, Karen Odegaard, from the County Health Rankings & Roadmaps.