

Agenda
ACHIEVE Wellness CHART Meeting
12/6/12

Introductions

Ron Graham, Deputy Health Commissioner

ACHIEVE Community

Clean Trails Grant

Sustainability

Radio Disney Ultimate Field Day

June 8, 2013

Sub-Committee Updates

Community – 2013 Food & Nutrition Program

Worksite – “Train the Trainer” Concept and Survey

Behavioral Health – 10,000 Step Challenge and Fact Sheets

Aging – Health Education

Schools – Fitnessgram with Follow-Up Intervention

City of Painesville

2013 CHART Meeting Schedule

February CHART Meeting – Pat Perry from Promark is scheduled to speak about the
Worksite survey results



Meeting Minutes

Meeting: ACHIEVE Wellness CHART Meeting

Date: December 6, 2012

Time: 1:30 pm

Location: Lake County General Health District

Partners Present:

Matt Battiato	Lake County Job and Family Services
Barbara Berkeley	Lake Health
Donna Cook	Cleveland Clinic
Kim Fraser	Lake County ADAMHS Board
Ken Gill	Beacon Health
Dave Gilmer	Lake County Development Council
Ron Graham	Lake County General Health District
Lee Homyock	City of Painesville
Sally Klock	Lake County Family & Children First Council
Ann Myers	Planning and Community Development
Gary Robinson	Lake Health
Sharon Sharpnack	Lake Metroparks
Lisa Siciliano-Miller	OSU Cooperative Extension
Gauri Wadhwa	American Cancer Society
Katelyn Barbis	Lake County General Health District

ACHIEVE Communities

- Ron Graham spoke to the idea behind what being an ACHIEVE Community means. This led to a lengthy discussion on the criteria or process to become an ACHIEVE Community. Gary Robinson suggested having the criteria be more global; a process vs. meeting set criteria. The group discussed the process as including assessing community data and then creating a community action plan.
- Lee Homyock mentioned all ACHIEVE partners represent very different clienteles; each community looks very different and will have different needs hence a global criteria.
- An MPH student is working with Katelyn on creating a survey to distribute to city officials to see what improvements they need to make in their respective city/township/village and what they think they are capable of. This will be part of process.
- It is important to keep in mind that the goal of becoming an ACHIEVE Community is to raise the bar to the next level. Giving the communities the opportunity to work to become an ACHIEVE Community is a good way to involve political leaders and for policy development which is often times raising the bar.
- Katelyn will schedule a meeting with Ron Graham, Gary Robinson, Donna Cook and whoever else is interested. The purpose of this meeting is to discuss in further detail what an ACHIEVE Community means and to get it on paper for CHART to review and finalize.

Sustainability

- Katelyn reviewed each sub-committee's remaining funds and priorities for 2013. 10% of each sub-committee has been allocated to the Behavioral Health sub-committee to be able to purchase pedometers for the 10,000 Step Challenge.

Clean Ohio Fund – Recreational Trails

- This grant, funded by the Ohio Department of Natural Resources, is being written to connect bike trails between Grand River, Fairport Harbor, Painesville Township, Painesville City, and Mentor. This grant will allow for political leader involvement given that the grant involves planning and construction.

Radio Disney Ultimate Field Day

- As part of Fairport Harbor's health initiative, they will be hosting a Radio Disney Ultimate Field Day on June 8, 2013. This event encourages families to live active lifestyles and provides them with the opportunity to engage in physical activity. There will be several stations set up including challenges and entertainment. Fairport is currently seeking sponsors for the event.

Sub-Committee Updates

Community – The Food & Nutrition Program will continue into 2013. Katelyn will reach out to Mentor to see if they would be interested in committing to the voucher program as their farmers' market will be moving to the Civic Center next year.

Worksite – A worksite wellness "train the trainer" model will be developed as a more sustainable effort. The model will be developed as a continuum that will begin with assessment guide them through actual activities then follow with evaluation. Evaluation efforts will then guide changes that need to be made in the wellness program.

Behavioral Health – The Behavioral Health sub-committee had an excellent meeting in November and decided to stick with the mission of ACHIEVE. A 10,000 Step Challenge will be implemented among staff/agencies. The program will also be used among consumers and case workers to encourage active living as a lifestyle. The ACHIEVE Wellness posters were made available to all ADAMHS agencies. These posters provide a statistic, quote or tip related to wellness. A monthly fact sheet will also be created to distribute to case managers and to be placed in waiting rooms.

Aging – The plan is to piggy back on the Community sub-committee and encourage the Food & Nutrition program among the senior population. Simple health education will also be implemented in the senior centers, i.e. health trivia. Member volunteers will be recruited to maintain the weekly health trivia questions which will be posted on a wellness board somewhere in the center.

Schools – The group is continuing with the assessments. In the Spring, the schools will have the opportunity to complete an application that will allow them to test their students using Fitnessgram. A follow-up intervention will be tied into the application; schools that

complete the Fitnessgram will need to implement an intervention based on the report from Fitnessgram.

City of Painesville

- The City of Painesville was presented an award for their generous donation to ACHIEVE. Miles for Your Health marked the first profitable event that has put money back into ACHIEVE.

Menu Labeling

- Dr. Berkeley mentioned she is working with locally owned restaurants on developing healthier options on their menus.
- The restaurants are to submit recipes to Lake Health for a Registered Dietitian to review. Once this happens and the healthy options are placed on the menu, the food establishment is considered a partner of Lake Health and it will be posted on their website.

2013 CHART Meeting Schedule

- The group decided to move the meetings to the second Thursday of every month.
 - o **1:30 p.m. at the Lake County General Health District**
 - Thursday, February 14
 - Thursday, April 11
 - Thursday, June 6 (Note: 1st Thursday of the month)
 - Thursday, August 8
 - Thursday, October 10
 - Thursday, December 12