Together We Can – Health Improvement Council

Date: May 2, 2013
Time: 9:00 a.m.
Location: Mid Michigan Community Action, Administrative Offices
1574 East Washington Road, Farwell, MI 48622

Present: Alison Fegan, Allison Dunn, Brenda Upton, Dennis Cantrell, Gary Billotti, Heather Cole, Helen Lee, Jim Moreno, Julie Wright, Kelly Conley, Mary Kushion, Melissa Kesterson, Melissa Steiner, Patti McNeilly, Sarah Kile, Scott Miller, Veronica Romanov

Welcome and Introductions
M. Kushion called the meeting to order at 9:00 a.m. and welcomed everyone to the Together We Can Health Improvement Council meeting and thanked Patti McNeilly and the Mid Michigan Community Action agency for hosting our May meeting. Introductions were made. M. Kushion asked if there were any additions to the agenda. Hearing none, M. Kushion stated that the agenda stands as approved.

Review/Approval of the April 4, 2013 Meeting Minutes
With no corrections stated, M. Kushion stated that the April 4, 2013 meeting minutes will stand as approved and will be posted on the Together We Can team room, on the Central Michigan District Health Department’s website (www.cmdhd.org), and on the Together We Can website (www.together-we-can.org).

Public Health Summit Re-Cap
M. Kushion thanked everyone who attended the 4th annual public health summit. M. Kushion reviewed the survey responses from the public health summit survey stating that 58 people took the survey, and 55 people found the location to be convenient. M. Kushion asked if anyone knew of anyplace in Clare County that could hold 150 people comfortably. M. Kushion stated that the public health summit has become too large to be held at the Doherty Hotel. M. Kushion stated that all of the speakers received great comments back and were rated well.

M. Kushion stated that the biggest complaint regarding the summit was that the screen for the power point presentations was too far away and people had trouble reading it. M. Kushion stated that overall people enjoyed the healthy walk before lunch regardless of the weather, but did state that there were suggestions of having an indoor route mapped out in case of bad weather, or bringing in an instructor to teach a yoga class. M. Kushion stated that other suggestions included: adding youth speaker, including more information on what is happening at the local level, and having breakout sessions both in the morning Uniting the communities and working together, we will improve health and promote wellness in central Michigan.
and in the afternoon. M. Kushion stated that many suggestions were given for topics/speakers for future summits including: nutrition, healthy living and healthy cooking, childhood obesity, teen pregnancy, information on local health resources, how to incorporate a healthier lifestyle for children, oral health, presentations about how an individual or organization can take specific actions to improve the community, and providing local, state, and national perspectives. M. Kushion stated that people seemed to really like the 4x4 app that was presented.

Health Hero Awards
M. Kushion provided an update on the Health Hero Award, stating that this award is almost ready to launch. M. Kushion stated that the council will need to review the nominations to select who should receive the awards. M. Kushion stated that the nomination form will be available in the Together We Can website and encourages everyone to make nominations.

Final Community Health Improvement Plan
Heather Cole presented the final 2013 Community Health Improvement Plan and reviewed the changes made on a page by page basis. H. Cole stated that the partners list was updated, as well as the demographics, and the County Health Rankings. H. Cole stated that Priority Area Leaders were identified for each priority area, and all milestones were updated as well. H. Cole stated that there are hot links included in the electronic version of the 2013 plan, which is something new from the previous plan. H. Cole stated that in the “Where Do the Numbers Come From” section, the current situation is defined in the bottom paragraph.

H. Cole thanked the Robert Wood Johnson Foundation for the funding to print a limited amount of hard copies. H. Cole stated that the plan will be available on the health department’s website as well.

H. Cole reviewed a crosswalk that was developed by a CMDHD intern which has all the county HIP plans, the district wide plan, and Michigan’s 4x4 plan laid out for people to see what counties have similar goals and who can work together to accomplish goals. V. Romanov stated that this crosswalk should be available to all county working groups as it is an excellent document.

Comments and suggestions were given stating that the council thought the plan was laid out well. D. Cantrell stated that for the next update, it would be nice to make the Partners page hot links to that particular partner’s website.

Uniting the communities and working together, we will improve health and promote wellness in central Michigan.
Advocacy Update
S. Kile stated that she is making sure that the Together We Can efforts do not get lost by trademarking the Together We Can logo, applying for a 501(c) 3 status, and working on by-laws. S. Kile stated that she has made contact with 25 legislators and read a quote from Senator Judy Emmons stating “Together We Can is the best example of a local health department pulling the community together to improve health rankings!”

V. Romanov stated that quote needs to be tweeted out and placed on our Facebook page. V. Romanov stated that members of the TWC HIC and HIP facilitators should be sending quotes and accomplishments to S. Miller or M. DeRoche to be re-tweeted or placed on Facebook so people know our accomplishments.

M. Kushion stated that with her retirement in September, we need to think about what are the next steps for Together We Can, and who might want to facilitate the meetings. M. Kushion stated that she will not be able to attend the June Together We Can Health Improvement Council meeting due to a meeting she must attend out of state. M. Kushion stated that Gary Billotti will lead the June meeting.

Community Transformation Grant Evaluator Update
Veronica Romanov, Community Transformation Grant evaluator, provided a power point presentation entitled “Leadership Team Briefing Program Progress and Measuring Outcomes Second Quarter - January through March 2013 Together We Can Transform Central Michigan Communities Program.” V. Romanov stated that she is required to give quarterly briefings to the Together We Can Health Improvement Council.

V. Romanov gave a presentation overview stating that she will be discussing Together We Can Transform Communities initiative interventions/strategies, as well as second quarter interventions/strategies activities. V. Romanov stated that all interventions are to be completed by September 2014.

V. Romanov reviewed all of the interventions/strategies. They are:

- Intervention/Strategy 1. Increase the number of K-12 students who have access to healthy foods at school from 1,179 to 6,729.
- Intervention/Strategy 2. Increase the number of residents with opportunities for daily physical activity in institutional settings to 51,357.
- Intervention/Strategy 3. Increase the number of residents who have access to healthy food and beverage options in restaurants to 190,805.
- Intervention/Strategy 4. Increase the number of residents with access to active transportation options from 21,832 to 63,602.
- Intervention/Strategy 5. Increase the number of infrastructure components supporting Community Transformation Grant activities from 0 to 3.

Uniting the communities and working together, we will improve health and promote wellness in central Michigan.
V. Romanov presented a chart, which shoes each strategy and what stage it is currently in: Scheduled/Not in Progress, In Progress, or Completed, and in which quarter. V. Romanov reviewed each strategy individually.

V. Romanov stated that the power point presentation will be available in the Team Room.

**Member Updates**

Heather Cole announced that there will be press releases going out regarding the school partnerships and if you see an article, please clip it out and send it to her. H. Cole also announced that the TWC Trot will be held on June 8th, and encouraged everyone to sign up or volunteer. H. Cole also stated that the Women’s Golf Scramble will be held on June 15th, and it is a three person, all female team, and encouraged all females to play.

Scott Miller stated he will be recording radio and TV spots to promote an increase in calls to the 1-800-Quit Now line.

Melissa Steiner stated that she is currently working with MALPH to assist all non-francized restaurants with nutritional menu labeling. M. Steiner stated that they are currently finalizing a survey that will go out to the restaurants.

Brenda Upton stated that the Isabella Commission on Aging has completed their outdoor walking path, and they are now looking to install adult exercise equipment along the path.

Sarah Kile reminded everyone of the Clare-Gladwin River Run Walk scheduled for Saturday, May 11th, 2013. S. Kile stated that registration for the run walk will begin at 9:00 a.m., with the run walk beginning at 10:00 a.m. S. Kile stated that there is no cost for this event, and it will begin at MidMichigan Health –Gladwin and take the river walk to Gladwin’s North Park.

Veronica Romanov stated that she would like to recommend everyone try using a website to track your physical activity and nutrition. V. Romanov stated that the website is [www.supertracker.usda.gov](http://www.supertracker.usda.gov). V. Romanov stated that it will show your nutrition based off the My Plate approach. V. Romanov recommends using the website for 30 days and please provide any feedback on the website. V. Romanov distributed flyers inviting people to go to the Ponderosa Steakhouse in Clare on May 7th, 2013, from 2:00 p.m. until closing. V. Romanov stated that if you bring the flyer to Ponderosa, they will donate 15% of your sales to help the Community Network purchase a truckload of food for those in need in Clare County. V. Romanov stated that it costs approximately $2,000 for one truckload of food.

**Uniting the communities and working together, we will improve health and promote wellness in central Michigan.**
Patti McNeilly stated that she was happy to announce that it looks like the Early Head Start program will survive funding cuts. P. McNeilly also stated that in honor of Earth Day, Mid Michigan Community Action will be giving out seeds for people to plan in their community garden. P. McNeilly also stated that every Tuesday and Thursday, at 2:30 p.m., Mid Michigan Community Action has Instant Recess, where all employees and clients get to go outside and walk and play for 10 to 15 minutes.

Alison Fegan stated that the Arenac County Health Improvement Planning Working Group now has a finalized plan.

Mary Kushion stated that the Clare County Commissioners have approved the resolution for financing the new CMDHD Clare County Branch Office, Michigan Community Dental Clinic, and MidMichigan Medical Center office in Harrison. M. Kushion stated that the ground breaking is scheduled to take place in July 2013. M. Kushion also stated that we are beginning a Show Us Your Shirt campaign, stating that whenever you wear your Together We Can t-shirt that you received at the summit, please take a picture and send it to the health department.

Meeting adjourned at 11:05 a.m.

Respectfully Submitted,

Allison B. Dunn

Allison B. Dunn