Together We Can – Health Improvement Council

Date: September 5, 2013
Time: 9:00 a.m.
Location: Clare Gladwin RESD, 4041 E. Mannsiding Road, Clare, MI 48617

Present: Alison Fegan, Allison Dunn, Allison Hubbard, Cindy Sherwood, Cordell Turner, Darrell Milner, Dennis Cantrell, Elizabeth Husbands, Gary Billotti, Gretchen Wilbur, Heather Cole, Helen Lee, Julie Wright, Kelly Conley, Kim Morley, Lisa Cross, Mary Kushion, Melissa DeRoche, Melissa Kesterson, Melissa Steiner, Patti McNeilly, Sarah Kile, Scott Miller, Stephanie Leibfritz, Steve Hall, Susan Wooden, and Veronica Romanov

Welcome and Introductions
M. Kushion welcomed everyone to the Together We Can Health Improvement Council meeting and introductions were made. M. Kushion welcomed Steve Hall to the meeting stating that Steve Hall would be the new CMDHD health officer starting on September 14, 2013. S. Hall stated that he came from the Jackson County Health Department where he served as the Environmental Health director. S. Hall stated that he is familiar with CMDHD and did his internship in the Roscommon County office. S. Hall stated that he is very excited to be here. M. Kushion stated that she would like to add Food Day as an agenda item after the Mi-HIA Partnership update. Hearing no other agenda items being added, the agenda will stand as amended.

Review/Approval of the August 1, 2013 Meeting Minutes
With no corrections stated, M. Kushion stated that the August 1, 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).

Priority Area Leader Updates
Darrell Milner provided an update on the Access to Health Services priority area stating that outreach and enrollment activities are increasing. D. Milner stated that MidMichigan Health Services received a grant from HRSA to assist people with enrollment in the Health Exchange. D. Milner stated that he will distribute more information as it becomes available. D. Milner stated that people can start to enroll in the Health Exchanges in October, but coverage will not begin until January 2014. D. Milner stated that Medicaid Expansion passed by one vote. D. Milner stated that the Governor has not yet signed the bill, but he will. D. Milner stated that this is exciting news and will improve access to health care. D. Milner stated that the ground breaking for a new building that will house the Clare County offices of the Central Michigan District Health Department, the

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Michigan Community Dental Clinic office, and MidMichigan Medical Center offices will be held on September 17th, 2013, at 4:00 p.m.

Stephanie Leibfritz provided an update on the Healthy Eating and Active Living priority area. S. Leibfritz distributed a document September 5th, 2013 Strategy Update. S. Leibfritz stated that the Midland Family Practice wrote a grant to establish an obesity center within their practice. S. Leibfritz stated that the “Let’s Get Moving” brochures have been created for Arenac, Clare, Gladwin, Isabella, and Roscommon counties. S. Leibfritz stated that the nutrition labeling on restaurant menus is continuing. M. Kesterson provided an update on community gardens stating that she has been doing presentations about gardening and community gardens and would like to hold a workshop in the near future. M. Kushion stated that Craig Clingan has created a map and you can click on the link and it will show you where the Farmer’s market is located. M. Kushion stated that this will be updated yearly.

Kelly Conley provided an update on the Sexual and Reproductive Health priority area, and distributed a document entitled the same. From the document, K. Conley reviewed the prioritized strategies related to the priority area, and they ranked as follows:

1. Educate on the importance of HPV and vaccination to prevent cervical cancer.
2. Maintain sexually transmitted disease and HIV/AIDS testing clinics to educate and test for Chlamydia, Gonorrhea, Syphilis, and HIV as indicated or needed in each county.
3. Educate community members at schools, health fairs, and community presentations about the prevention, signs, symptoms, and treatment for sexually transmitted diseases.
4. Increase HPV vaccination and encourage routine screenings/pap smears.
5. Create a Facebook page to educate teens about pregnancy prevention.
6. Mobilize youth leaders to spread the message of safe sex.
7. Provide education, follow-up testing, treatment, and referrals for people with positive STD or HIV/AIDS tests.
8. Sponsor “Talk Early-Talk Often” presentations to educate parents.
9. Follow CDC recommendation for routine HIV testing.

K. Conley stated that the group has also discussed a new strategy which would be to initiate new community involvement strategies into the CMDHD family planning advisory council by August 2014 to implement the following three strategies:

- Create a Facebook page to educate teens about pregnancy prevention
- Mobilize youth leaders to spread the message of safe sex
- Sponsor “Talk Early-Talk Often” presentations to educate parents

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K. Conley also reviewed new possible draft outcome measures. S. Leibfritz asked what the school involvement is when it comes to the role of sexual education. K. Conley stated that every school is different. S. Miller stated that he would be happy to help with any social media.

Julie Wright gave an update on the Maternal and Infant Health priority area and distributed a document entitled “Infant/Maternal Health Update for TWC.” From this document, J. Wright reviewed the 2013 stats of infants at discharge breast feeding, total number of infants enrolled in WIC who were breastfeeding, number of couples who enrolled in child birth classes, number of live births per county, number of low birth rates in 2011 per county, the number of repeat teen births for 2011, and the number of births to mothers who smoked during pregnancy by county. J. Wright stated that Terry Kline who is an RN, and lactation consultant from McLaren Central Michigan has a breast feeding support group on Facebook.

M. Kushion stated that Pam Millhisler is the priority area leader for the Substance Abuse priority area and she is not in attendance at today’s meeting, but did ask if Sarah Kile could provide an update today. S. Kile stated that there has been an increase in calls to the tobacco quit line and stressed the importance of schools having their students complete the MIPHY survey. S. Kile stated that if schools need assistance, please contact Melissa Steiner. M. Steiner stated that schools do have the option of having their students complete the full MIPHY survey or taking the survey with the sexual questions removed.

M. Kushion stated that Brenda Luckhardt is the current priority area leader for the Abusive, Violent, and Controlling Behavior priority area, and she is not in attendance at today’s meeting. No update for this priority area was given.

Dennis Cantrell gave an update on the Environmental Health priority area stating that most of our counties did very well in the environmental health aspect of the County Health Rankings. D. Cantrell asked for an update regarding the master plan for bicycle routes. H. Cole stated that we were able to fund 13 communities in four of our six counties (Isabella and Osceola counties did not receive funding), for biking and master plans. H. Cole stated that she believes most counties are now in the midst of making their plans and holding meetings. D. Cantrell stated that recycling, especially curb side recycling, can be financially difficult, but he is hopeful that Steve Hall may be able to help with resources in this area. D. Cantrell stated that five of our counties did fall in the rankings under physical environment and the group would like evaluate why that happened. M. Kushion suggested looking at the County Health Rankings data source to see what they are measuring and if there are any new factors that could have been the reason for the decrease in physical environment.

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HIP Working Group Updates
Alison Fegan gave an update on the Arenac County HIP working group stating that Arenac County has completed its written plan. A. Fegan stated that in July, Arenac County brought back the Bicycle Safety Rodeo and over 100 children were fitted for bicycle helmets and went through an 8 point inspection with their bicycle. A. Fegan stated that they also gave away 2 bikes at the event. A. Fegan stated that the group will be updating their “Let’s Get Moving” brochure as well.

Sarah Kile distributed a written Clare-Gladwin HIP working group update. S. Kile stated that the group is currently working on improving conditions in the area by reviewing the Clare-Gladwin County Developmental Assets study and focusing on oral health. S. Kile stated that since June of 2013, the Clare-Gladwin HIP group meetings are being facilitated by different members. S. Kile stated that the first ever Clare-Gladwin River Run Walk was held on May 11, 2013, and the event included a ribbon cutting to commemorate the complete paving of the path from MidMichigan Medical to Gladwin City’s North Park. S. Kile stated that the group received recognition as one of Michigan’s Health Policy Champions. S. Kile also stated that at the August Clare-Gladwin HIP meeting, the group planned a park clean-up event to take place of the regularly scheduled meeting. S. Kile stated that the group partnered with Clare County Friends of Parks and Recreation and cleaned up the Clare County Roadside Park.

Helen Lee gave an update on the Isabella County HIP working group stating that with her upcoming retirement this is a time of transition for the Isabella County HIP working group. H. Lee stated that Isabella County continues to hold drug awareness seminars and trainings on how to recognize if someone you know is using an illegal substance or abusing prescription drugs. H. Lee stated that Sarah Kile held a facilitator training in Isabella County for 15-16 people and that went really well. H. Lee stated that there is a food policy meeting on September 6th, 2013. H. Lee stated that she is not sure who will be the new HIP facilitator for Isabella County, but believes the county is doing good work.

Scott Miller gave an update on the Osceola County working group stating that there continues to be a forward motion on the community garden, however, the working group did lose the land that they had originally planned to use. S. Miller stated that the group is very interested in a bicycle pathway at the Rails to Trails. S. Miller stated that he is striving for a larger attendance at the meetings, and asked everyone to pass his information along to people they think might be interested in attending the Osceola County HIP working group.

Melissa DeRoche gave an update on the Roscommon County HIP working group stating the following:

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Designated as the Key Leader committee for the “Communities that Care” project through Up North Prevention (Priority Area: Substance Abuse).

Developed a power point presentation on Michigan’s 4 x 4 Plan and created an action plan to provide at least one presentation per quarter in the county (Priority Area: Nutrition & Physical Activity). Thus far, the group members have provided two presentations.

Continue to promote 211 throughout the county (Priority Area: Access to Health Services).

Helped promote Elder Abuse Awareness regional event (Priority Area: Abusive & Controlling Behaviors)

In process of planning “Fall into Wellness” event on 9/18/13 from 11:30 a.m. – 1:30 p.m. at Trestle Park in Prudenville (Priority Area: Nutrition & Physical Activity).

Hope to provide a presentation on community gardens this winter (Priority Area: Nutrition & Physical Activity).

M. DeRoche stated that she will be transitioning out of the facilitator role and Melissa Steiner will become the new Roscommon County HIP facilitator. M. DeRoche stated that she will have Allison Dunn email to the council the AIDS walk flyer and information.

M. Kushion thanked the Priority Area Leaders and the HIP Working Group facilitators for their updates. M. Kushion stated that there seems to be a real need for the priority area leaders to be engaged in the county activities and suggested that the HIP facilitators add the priority area leaders to their email list serves.

Mi-HIA Partnership Update
M. Kushion distributed the Together We Can Version 2.0 Proposal Abstract. M. Kushion reviewed the proposal abstract and discussed the CMDHD/MiHIA partnership options. M. Kushion stated that we need to create the formalized language and look at creating financial sustainability between the health department, community partners, and the Robert Wood Johnson Foundation.

Food Day
Melissa Kesterson stated that Food Day is on October 24, 2013. M. Kesterson stated that Food Day is a nationwide celebration and a movement for healthy, affordable, and sustainable food. M. Kesterson stated that she wanted to bring this event day to everyone’s attention and suggested putting this information on our Facebook page and that we should use this opportunity to share with the community what we are doing. S. Miller stated that we should also be tweeting about Food Day. K. Conley stated that we

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should be promoting this day in the health department’s WIC clinics as well. M. Kesterson stated that for more information, you can go to www.foodday.org. M. Kushion stated that the state health department is also promoting this day as well. H. Cole suggested contacting the libraries in our area to possibly show a short film entitled “A Place at the Table,” which can be purchased through iTunes. K. Morley stated that we should try to find a way to tie this event in with the local schools.

**Member Updates**

Susan Wooden stated that she is currently the superintendent at the Beaverton School district, has been in education for 26 years, and she feels that health is very important in the school system. S. Wooden stated that there is always a way to incorporate health and she would like to start a health advisory committee in Beaverton. S. Wooden stated that the Together We Can Health Improvement Council has her full support.

M. Kushion stated that the Together We Can logo is now a trademark. M. Kushion stated that Dr. Craig Onstott is a chiropractic doctor in Mt. Pleasant and would like to establish a wellness clinic in Isabella County. M. Kushion stated that Dr. Onstott will be presenting the idea to the Isabella County HIP working group.

M. Steiner stated that she continues to work on the restaurant nutrition labeling of menu items.

H. Cole thanked Mary Kushion for all she has done during her time as Health Officer and the facilitator for the Together We Can Health Improvement Council.

G. Billotti stated that he would send to Allison Dunn information to include in the meeting minutes regarding the Choosing Wisely campaign. The following information was sent:

**The Issue**

As the nation increasingly focuses on ways to provide safer, higher-quality care to patients, the overuse of health care resources is an issue of considerable concern. Many experts agree that the current way health care is delivered in the U.S. contains too much waste—with some stating that as much as 30 percent of care delivered is duplicative or unnecessary and may not improve people’s health. It is urgent that physicians and patients work together and have conversations about wise treatment decisions. That means choosing care that is supported by evidence showing that it works for patients like them; is not duplicative of other tests or procedures already received; won’t harm them; and is truly necessary.

**The Campaign**

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Choosing Wisely® is an initiative of the ABIM Foundation to help physicians and patients engage in conversations about the overuse of tests and procedures and support physician efforts to help patients make smart and effective care choices. Recognizing the importance of physicians and patients working together, leading specialty societies, along with Consumer Reports, have joined Choosing Wisely to help improve the quality and safety of health care in America.

How is MiHIA involved?
The ABIM Foundation has awarded MiHIA a two-year grant to expand the Choosing Wisely campaign in our area. Support for the grant program comes from the Robert Wood Johnson Foundation. MiHIA will use its funding to educate physicians, hospital systems and other community health organizations – as well as consumers – about established guidelines for evaluating tests and procedures. Planned projects include townhall type meetings, incorporating the guidelines into area medical residency programs, and presenting the guidelines at staff meetings of local medical societies, hospitals and health plan providers.

A variety of materials are available to promote this campaign. A few of them are linked below.

CWPosterGeneralSmall.pdf
CW-About_the_Campaign.pdf

“All about Choosing Wisely” YouTube
Length: 2:59
http://www.youtube.com/watch?v=ZPWTPXvnC_w

PLEASE CONTACT Gary Billotti with any questions or with an opportunities you may have to promote this information.

P. McNeilly stated that Mid Michigan Action Agency is enrolling children ages 3-5 years of age in head start programs and pre-schools.

J. Wright stated that Beaverton and Gladwin schools will be sharing a registered nurse.

A. Hubbard stated that MidMichigan Medical Center will be participating in the Day of Play.

Meeting adjourned at 11:09 a.m.

Respectfully Submitted,

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Allison B. Dunn

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