



Chronic Disease Prevention Action Team – Minutes

March 20th, 2019 • 2:00-3:30pm • Room 3312, Eau Claire City-County Health Department

Attendees: Eric Anderson (WCWRPC), JoAnna Bernklau (Marshfield Clinic), Chad Duerkop (EC Parks, Forestry & Recreation), Darryll Farmer (Community Member), Chris Klesmith (AmeriCorps), Leah Ness (City of Eau Claire), Barb Powers (Community Member), Gina Schemenauer (Health Dept), Alyssa Streveler (Health Dept), Marilyn Skrivseth (CV Pickleball Association), Sandy Tarter (UW-Extension), Lisa Well (ADRC)

Agenda Item	Discussion	Action/Follow up
Welcome and Announcements	Lisa shared that the ADRC has a new publication called dementia matters. Will include articles, events, etc.	If you want a copy, please contact Lisa.
Approval of minutes		Approved as is.
Updates: <ul style="list-style-type: none"> • Take Annual Action Team Survey • Share annual report • Share about dockless bikeshare ordinance • Diabetes & Cardiovascular Disease Prevention Grant information (Ellen & Susan) 	<p>Shared annual action team survey. Annual survey to get feedback on what is working well/what could be improved.</p> <p>Annual report is available on Healthy Communities website.</p> <p>Barb and Leah shared about new ordinance. Effort between UWEC and City of Eau Claire. City Council passed this ordinance recently. Goal is to provide another way of transportation for residents. Would be a mobile app where you can check out your bike on your phone. Can pay in multiple ways. Looking to bring in a dockless bikeshare vendor. No applicants yet for the vendor.</p> <p>Gina shared about a grant that the health department received to work on chronic disease prevention. Part of the reason we were selected as a site was CDPAT's success work on healthy retail initiatives and FNV campaign. The grant will provide funding and time to raise awareness of cardiovascular disease, diabetes/prediabetes; increase awareness and participation in evidence-based diabetes prevention programs and work on innovative solutions for prevention. They are in the planning stages right now but will continue to share this information with action team as they</p>	<p>If you take it at the meeting, please don't take it online when we send out the link. Link will be sent out with the minutes</p> <p>Visit the report here: https://ehealthycommunities.org/wp-content/uploads/2019/03/2018-Annual-Report-.pdf</p> <p>View this article for more information. https://blugoldmedia.org/4169/news/city-council-passes-bikeshare-ordinance-program-coming-to-eau-claire-this-spring/.</p>



<ul style="list-style-type: none"> • Market Match program (Sandy) • Council Co-Chair • Annual Celebration 	<p>will be a key partner in moving forward prevention efforts.</p> <p>Sandy shared evaluation data from 2018 Market Match program. Have secured 3 of 4 major funders. Seeing stabilization of number of patrons. Number of tokens purchased each year is increasing. The number of visits per season also increased. is increasing.</p> <p>Council co-chair position is available. Chairs rotate every two years. This co-chair position would begin in May. Do not have to be involved in council or healthy communities to become chair.</p> <p>Mark your calendars for April 25th. A formal invitation will come out shortly.</p>	<p>Sandy will pull data around older adults and usage of market match. Anyone wants to volunteer to sell market match at the farmer's market, let Sandy know (Wednesday or Saturday). If you want to make a tax deductible donation to the market match program, you can write check to Luginbill Children's foundation.</p> <p>If you are interested, let Barb know.</p>
<p>Combined Action Team Meeting (Goal 1 & 2, Obj. 2)</p>	<p>Discussed the idea of partnering with other action teams on a big project since all action teams health topics are so interconnected.</p> <p>Ideas: -look at Social connectedness as a common theme -can we work with wintermission grant? - -how to utilize older adults and give them purpose and create more social connectedness. Darryll shared a bout Experience Core program housed in AARP in our community. People 50 and older become mentors for students- help learn to read. - Mcdonough park will have a social engagement learning circle area. Will have walking loops for cognitive challenges. Can we partner with this at all?</p>	<p>Ideas from all action teams will be shared at steering committee. An action to get all teams together will happen after the celebration.</p>
<ul style="list-style-type: none"> • April Volunteer Month Ideas (Goal 1, Obj. 2) 	<p>Discussed volunteering as an action team to increase awareness of healthy communities, team-build and give back to the community. Discussed meals on wheels, feed my people and community table as options. Alyssa shared idea of Amazing Eau Claire Cleanup. Group discussed signing up as a group and inviting members of all action teams/council.</p>	<p>Gina will follow up with other action teams. Alyssa will help coordinate a team.</p>



<p>1. Awareness Months/Events – 20 mins</p> <p>Upcoming Month- April -Volunteer recognition month</p> <p>May -Mental health month – Physical Activity subcommittee -Bike to school day - Physical Activity subcommittee -Farmers market kickoff event – healthy food and beverage</p> <p>June -Summer activities- physical activity/healthy food & beverage</p>	<p>Discussed that each action team is now trialing to see if we can create social media content (2 per month). Will be using the health department’s social media account to post but will then share the link with action teams so they can share the link through their org. Testing to see if we have capacity to create content if we were to get our own social media account. Will be using a hashtag that identifies it with Healthy Communities. Healthy Relationship action team has been trialing this for a few months. Their process is that they identify a couple people to write the post after the group discusses content. Gina has a list of “health holidays” that will be on the agenda (3 months at a time) to give us ideas for content. We should be creative too! Think about what is happening in the word and how we can really promote the work we are doing. Feel free to do videos, our own gifs, etc. Sky is the limit. CDPAT discussed assigning sub-committees to come up with the content. Will add it to the to-dos when there is group work time.</p> <p>Group discussed to promote the active aging park in a post- take picture of this and advertise. Marilyn shared they have so many stories of how pickleball has helped people. Could use these stories in the posts.</p>	
<ul style="list-style-type: none"> • Subcommittee Meeting Time- 30 mins <ul style="list-style-type: none"> - Healthy Food and Beverages - - Physical activity 	<p>?</p> <p>Rx for Parks—what rural parks to include in the packet, which rural parks? Chad has list of rural parks, he can type up and send us. Template that we could use that was done for the city parks. We’d decide on what parks we want to do, based on amenities. Maybe we reach out to the townships and ask the questions we want answers to, then we can compile it.</p> <p>Safe routes to parks—there’s a committee that’s begun meeting, looking to organize some public comment/outreach, hoping to complete this and wrap it up by the end of the year. Audits would probably be an “on your</p>	



own” type of thing, so people could take them and complete them at any time.

Chip Valley Regional Bike Routes- thru EC, Chip Falls, Hallie, Altoona. Providing numbered, and colored signs directing people to routes between cities. Next year, large (18x24) signs, color coded. Hoping vehicles might notice that they could be biking a particular route vs. driving

Safe Routes to school—EC, Chip, Altoona school districts attended meeting, they’d like to meet 3-4 times per year as a region, and invite planners, engineers from each city to have dialogue about what’s working, what’s not. Working with Chippewa and Altoona this year. All three have agreed to apply for some funding in the fall, Mayo hometown grant also applied for. More about the walking school bus, parent background checks would be required.

Next meeting: Monday, April 15th, 8:30-10:00 a.m. in Room 302