



Chronic Disease Prevention Action Team –Minutes

August 19th, 2019 • 8:30-10:00am • Room 302, Eau Claire City-County Health Department

Present: Eric Anderson (West Central WI Regional Planning Commission), JoAnna Bernklau (Marshfield Clinic), Audrey Boerner (Health Dept), Deb Bruning (ADRC), Kristi Herbenson (YMCA), Jamie Hoover (YMCA), Chris Klesmith (AmeriCorps), Leah Ness (City of EC), Gina Schemenauer (Health Dept), Marilyn Skrivseth (CV Pickleball Assoc), Alyssa Streveler (Health Dept), Sandy Tarter (FoodWise), Shari Tieman (HSHS), Lisa Wells (ADRC)

1. Welcome & Updates

- a. Deb Bruning shared new ADRC newsletters and health promotion and prevention programs.
- b. Foodwise will be having Farmer's market digital ads, audience 18-65 years, low-income. Running July 31-Sept. 15. Ads will run 7 days a week to promote general awareness of using QUEST cards at Farmers' Markets. Showed visuals of them.

2. Wellness Walk Debrief

- a. Group participated in the Wellness Walk about a month ago. People that came through had a good time. Location could be improved for next year—the walk bypassed our table. People didn't realize that we were part of the walk—thought we were part of the farmer's market. Shari Tieman, Chair of the Chamber Health & Wellness Committee, thanked our action team for participating in the event. They got great feedback about our info we provided.

3. Diabetes Prevention Discussion

- a. Group discussed the three following questions to help move forward conversations in the community about diabetes.
 - i. **What does the community know about managing diabetes?**
 1. It's always someone else, until it happens until their family
 2. Until you're affected you don't understand the complexity of management
 3. Heard horror stories of amputations
 4. Only think that you have to eat right to manage
 5. Seniors think they are healthy and then shocked to get the diagnosis
 6. Prevention is an important element to think about, updated screening for diabetes
 7. People forgot about genetics impact, they think only diet and exercise will cure it
 8. No urgency with pre-diabetes. Worry about it once it happens.
 - ii. **Does your agency provide any diabetes management programs?**
 1. YMCA provides diabetes prevention program. Trying to work on the pre-diabetes end. Don't have a diabetes management



curriculum yet, but they are allowed to partner with a CDC diabetes self-management program.

2. Mayo Clinic offers diabetes management program. Offer healthy living with diabetes- 6 weeks- self management program. Partner with ADRC in ECC for this. Diabetes educators are going to be starting more conversation in the community.
3. HSHS Sacred Heart and St Joseph's have chronic disease management program. Collaborate with Oakleaf and Prevea partners. They are identifying people with diabetes and connecting them with resources. Everyone is screen for food insecurity in their system.
4. Marshfield – started offering diabetes prevention program. Hoping to a food pharmacy program- targeting individuals with uncontrolled diabetes. Will connect with registered dietitian, health coaches and pharmacist. Individuals will be screened for food insecurity. If agree to program, they would be provided food that is approved for diabetes diet. Will be done out of Lake Hallie location in late fall. Community connections program is expanding. They connect patients with resources in the community.

iii. How do we help connect the community with existing diabetes management programs?

1. Individual agencies are probably trying to do this already.
 2. This grant is bringing major players to the table to partner and create better referral networks. More collaboration among partners.
 3. How do we build better connections among people that have diabetes. Sharing stories.
 4. Leader Telegram to have “inspiring health” section to share stories. Or do it on social media.
 5. Beginning to do more education around the disease.
 6. People learn more from others vs professionals.
 7. In the healthy living with diabetes classes, there is time for sharing which helps bond and connect people.
- iv. Next step will be to connect with different agencies to learn more about their chronic disease programs. In the future they hope to come back and talk more about cardiovascular disease.

4. RX for Parks Discussion

- a. Group developed a social media plan to advertise parks in our area. The goal would be a monthly post highlighting a different park. Group Health Cooperative to assist in create of 1-2 videos a season and one overview of RX for parks.



Unique parks

Social Media posts

- **McDonough Park**
 - Create a short clip (10-15 sec) of GHC video
 - Welcome to McDonough Park!
 - Visit the largest outdoor FREE pickleball court in EC! Pickleball...for all ages and abilities! Watch this clip to get hooked!
 - To learn more about the RX for Parks project and what other parks in Eau Claire feature, visit : (link) #healthyec #ECyouattheparks
- **Otter Creek Park**
 - Welcome to Otter Creek Park!
 - Meet the pupper, doggo or granddog next door! A healthy energy outlet for your dog and a great way to meet other dog parents.
- **Rod and Gun Park**
 - Welcome to Rod and Gun Park!
 - There's something for everyone—whether you're coming for the playground, to view the waterfalls, to hike or bike, or canoe and fish!

Families

Could we pitch a story to Volume One about our effort and RxParks?

Social Media Posts

- **Lakeshore:**
 - Unwind after the first few weeks of school - Drop in to Lakeshore Park for some time at the skatepark, a pick-up soccer game, views of the changing leaves, or admire the garden harvest #HealthyEC
 - Tag: Lakeshore Elementary School, Lakeshore Skatepark FB page
- **Pinehurst:**
 - Beat the winter blues! Pinehurst Park has something for you – sledding, tubing, ice skating, and lots of fun at Winter After Hours #Healthy EC
 - Tag: Winter After Hours FB page
- **Owen Park:**
 - Spring's here! Owen Park has a great walking path along the river and play equipment for ages 1 to 100. Check it out! #HealthyEC
- **Carson Park:**
 - Grab your bike to explore Eau Claire's largest park! The Paul Bunyan museum, playground, and views of the lake are a great way to kick off summer. #Healthy EC



Aging/Disabled

- **Boyd:**
 - Skating is an age-inclusive activity over at Boyd Park! Open skate is from ## to ##pm. Don't have skates? Be sure to rent a pair from a local sports shop before you go.
- **Fairfax**
 - Looking to learn to cross country ski? Fairfax Park is a beginner-friendly, accessible park to go skiing with the whole family. Flat trails keep all skiers up and on the move! Trail conditions are kept up-to-date [here](#) (update this to the correct link).
- **Riverview:**
 - Did you know that Wisconsin is the home of ## species of birds? Catch a glimpse of some at Riverview Park this summer (using a certain app). And if you missed them, maybe you can catch fish instead at this handicap-accessible park!
- **Putnam Heights:**
 - Get out, get active, and get connected at Eau Claire's most disability-friendly park – "reference the summertime programs" or enjoy the nature trail that's tucked away in this gem of a park.

Potential ending for all social media posts

To learn more about the RX for Parks project and what other parks in Eau Claire feature, visit :
(link) #healthyec #EYouattheparks

Check out _____ Park and others using the City of Eau Claire's Rx Parks:

<https://www.eauclairewi.gov/government/our-divisions/parks-forestry-and-cemetery>

Next Meeting: September 16th, 2019, 8:30 – 10:00 am, Room G302