



Partnership for a Healthy Community Board Meeting

October 27, 2022
1:00pm-2:30pm
Teams

AGENDA

1. **Approve 09/22/2022 meeting minutes (Action) (Pages 2-4)**
2. **Committee Updates**
 - a. Mental Health & Substance Use **(Page 5)**
 - b. HEAL **(Pages 6-10)**
 - c. Cancer
 - d. Data Team
3. **Board Business**
 - a. CHIP Update
 - i. Plan for Created Goals
 - ii. Next Steps
3. **Member Announcements**

Next Meeting:
Thursday, November 17, 2022
1:00pm-2:30pm
Teams



Partnership for a Healthy Community Board Meeting Minutes September 22, 2022

Members Present via Microsoft Teams:

Amy Fox	Holly Bill
Hillary Aggertt	Sally Gambacorta
Beth Crider	Adam Sturdavant
Amelia Boyd	Monica Hendrickson
Nicole Robertson	Ann Campen
Tricia Larson	Jennifer Zammuto

Others Present:

Amy Roberts	Phillip Baer
Sara Sparkman	Amanda Sutphen

Committee Updates

Mental Health & Substance Use

Ms. Bill stated the group will meet on Monday. Sub-committees that are active are continuing to meet through the end of the year, then the next cycle.

HEAL

Ms. Fox stated they've had a busy month with it being Hunger Action Month and tomorrow is the Hunger Action Walk for the tri-county. This is the first time an activity has been completed in all 3 counties all at the same time. Food bank and pantry folks will be at each county location. HEAL completed their 2nd quarter newsletter and has gone out and the eatable alphabet pilot with Head Start has had good results from the first round. They have seen an increase in healthy eating behaviors. September 28th is the White House conference on Hunger, Nutrition, and Health. Tazewell Health Dept will have a viewing party at 8am. They are encouraging local gatherings. If interested, let Ms. Fox know.

Cancer

Ms. Robertson stated that UPH and OSF have reported low dose CT screening numbers have increased as they have targeted outreach and awareness. There are a lot of breast cancer screening events in October. American Cancer Society will be partnering with Point Core construction to raise visibility and awareness with pink hard hats & vests. They continue to talk about their transition piece for the next cycle. She has talked to a few committee members that have expressed interest in a leadership role. ACS is relaunching the Road to Recovery program in the tri-county (volunteer driver program). Ms. Robertson currently has 8 drivers that are returning, but her next step is to increase those numbers with a recruitment plan. They announced nationally a partnership with Extended Stay America, patients can call the ACS 800 number and get a link for up to 5 free nights of lodging for any cancer related appointment. The patient can receive 8 links total, for up to 40 free nights. There is an eligibility requirement that is discussed when patients call the 800 number. Their grants are all continuing (Tobacco, Edwards, etc.)

Data Committee

Amanda provided the updated data sheets last time and no other new updates.

Approval of 08/25/2022 Meeting Minutes

Ms. Robertson made a motion to approve the minutes from the 08/25/2022 meeting. Motion was seconded by Ms. Bill. Motion carried (12,0).

Board Business

Healthcare Collaborative

Ms. Hendrickson noted that the Healthcare Collaborative started with UICOMP, UPH, OSF, PCCHD, Heartland Health Services and it started to address inequities around racial justice. From that, the joint city and county commission was formed. The collaborative worked on an MOU about how these 5 entities would work together and move forward certain health issues that are seen as a full community. Part of the MOU is a structure for the Healthcare Collaborative, a leadership level, an operation and advocacy level, and working groups. The information sharing goes from bottom up, top down and is always flowing. The Healthcare Collaborative group asked if this is what they are currently working as or is this something new? The potential structure would be that you still have a leadership council, and the operations and advisory council would be the working group leads, operations staff, and advisory council groups. The working groups and advisory groups would include Partnership for a Healthy Community, Racial Justice and Equity group, HOIUW Agencies, Health Literacy, and GPED Workforce Development. Ms. Hendrickson stated that the PFHC Board is all of this in one and she would be proposing a change to the Board's bylaws. With the adoption of this structure from the collaborative, Ms. Hendrickson would be requesting a motion to update the bylaws, so the Board consists of the chairs and action team leads. They would be in the operation and advisory group level. The idea is that if they can restructure themselves, they can level the expertise that is already on the Board, but to also focus the energy into the buckets they have control over. Ms. Robertson presented this to the RJE last night. She noted that it makes sense, but how do the logistics work out was what the majority of the feedback was. Ms. Hendrickson noted that this is an organizational system, not a way to take over. She stated that next steps would be to look at the bylaws and make any changes accordingly as they start the next cycle. Ms. Fox asked if anyone would like to make an informal motion as this was not on the agenda as an action item. Ms. Robertson made a motion to look at the bylaws. Motion was seconded by Ms. Zammuto. Motion carried (12,0).

CHIP Transition Team Update

Ms. Fox noted that the group has been working around the CHIP and have the dates set for October 10th (Obesity), October 11th (HEAL), October 12th (Mental Health). These will all be 8:30-12:00 at the Spaulding Conference Center. Sara Kelly, Epidemiologist, hired through UICOMP at PCCHD, has completed a Gap Analysis for the community survey data and Ms. Hendrickson will pass on the feedback to Sara. Part of this data is to help select interventions that are really targeted into those gap areas in the community. Sarah Donohue made a ten-minute video of what evidence-based is and this will be sent out ahead of time and shown at the front end of each meeting. Ms. Fox noted that individuals will have homework, they'll get a document of their subject matter they're attending for. Ms. Aggertt and Phil are working on a matrix to make sure the interventions are weighted and meeting certain criteria. Phil Baer noted that the matrix is a possibility as well as dot voting, both solutions will be presented at the next CHIP transition meeting. They are working to identify the criteria for voting. Ms. Fox stated that Amanda and Ms. Bill have been working on cleaning up the intervention sheets for each area. These are to be completed 9/23 and then sent off to Sara K. to make sure they aren't missing anything. After the meeting, the implementations chosen will help the action teams write their plan. Ms. Fox stated that invitations have gone out but

to forward to others if interested, make sure they RSVP to Amy Roberts to get their homework.

Member Announcements

Ms. Fox stated the next meeting is October 27th, so make sure to RSVP yourself to Amy Roberts for what session(s) you'll be attending.

DRAFT

PRIORITY ACTION TEAM PROGRESS REPORT: (MH/SU Committees)



Priority Area	MH/SU Committees
Chair or Co-Chair	Holly Bill, Tim Bromley
Description	
Mental Health and Substance Use Committees continue to meet as one committee currently- every other month; action teams meet monthly and as needed. Steering committee meets monthly.	
Recap of Current Month	
<p>Action teams are continuing to meet and make progress. Meeting September reviewed each of the active action team's progress.</p> <ul style="list-style-type: none"> -Mass Media Campaigns was led by TCHD and their funding is complete (DFC grant) and will no longer continue as an initiative -MHFA group is continuing to train and increasing numbers; cadre continuing to meet -Suicide Prevention continuing to meet and build community resources -Trauma-informed Schools- 12+ schools in pilot phase; award/recognition established; website in review stage on healthyhoi.org -Certified Peer Educator continuing -Substance Use partner meeting took place on 10-20-22 and will continue under Megan Hanley's leadership, TCHD Epidemiologist; the team completed a SWOT of substance use efforts and will use this to develop action items <p>Next Meeting: Monday, November 28 @ 9:00 am – TBD In-Person at PCCHD or Microsoft Teams- check website for updates</p>	

Goals	Goals: Reduce substance use to protect the health, safety, and quality of life for tri-county residents; Improve mental health among tri-county residents through preventive strategies and increased access to services	
Objectives: Please refer to data dashboards		
Activities		
What? (C= Completed, NP= In progress, NS= Not started)		
Identify new Mental Health Chair		IP
Issues/challenges		
-Co-chairs could use recommendations for new mental health chair/co-chair; please send to Holly Bill or Tim Bromley to bring forward to committee		

PRIORITY ACTION TEAM PROGRESS REPORT: (Healthy Eating Active Living) October 2022



Priority Area	Healthy Eating Active Living (HEAL)
Chair or Co-Chair	Shanita Wallace
Description	
<p>Goal : To foster and promoted healthy eating and active living to reduce chronic disease and food insecurity in the tri-county area</p> <p>Objective 1: Reduce proportion of adults considered obese by 2%</p> <p>Objective 2: Reduce proportion of youth considered obese by 2</p> <p>Objective 3: decrease food insecurity in populations by 1%</p>	

Recap of Current Month
<ul style="list-style-type: none"> Hunger Action Month was honored in September. Proclamations occurred in all three counties. Social media campaign was held. First, Hunger Walk took place in all three counties. 257 pounds of food and 43 people in Peoria, 8 attendees and 48 pounds of food in Woodford, 187 pounds of food and 33 people in Tazewell. WIC Farmers' Market Campaign and toolkit completed. WIC offices were present at Local Markets or completed an outreach mailing. Totes, cookbooks, and toolkits were distributed. Social Media Campaign had a reach of 6500+ across the 3 counties. Eatable Alphabet is being carried out at all six Head Starts sites in Peoria for a 4-week cycle. HEAL Team News Quarter 3 newsletter drafted and sent for approval.

Plan for Upcoming Month
<p>Outreach Workgroup will be coordinating 12 days of giving drop off locations. Built environment continue to work on promotion of locations within tri-county.</p>

Activities	
What? (C= Completed, NP= In progress, NS= Not started)	
5210 Kit dissemination	C
JR Chef Program	C
HEAL Team News	C
WIC Farmer's Market Campaign & Toolkit	C
Eatable Alphabet	NP
Grow A Row	NP
Community Garden Network	NP
Food Pantry Network - HOI	NP
Food Pantry Conference	C
Hunger Action Walk	C

Issues/challenges
N/A



HEAL TEAM NEWS

2022 QUARTER 3 EDITION

JULY 2022 - SEPTEMBER 2022

5-2-1-0 Pilot Completed with Peoria and Tazewell Out of School Programming

Origins - Let's Go 5210

- Developed by Maine Medical Center in 2013
- Nationally recognized childhood obesity prevention program
- Centered on the common message of “5210”
- Aims to unify teaching across health systems, schools and afterschool programs
- Combines teaching with interactive activities and parent handouts to increase impact

Background – Let's Go 5210

- 5 Servings of fruits & vegetables
- 2 or less hours of recreational screen time + healthy sleep habits
- 1 hour or more of physical activity
- 0 sugary drinks, more water and low-fat milk



OSF Garden Of Hope Coordinator
Mike Brooks & 5210 Participant

In 2021, HEAL-FSP provided 5210 messages through at home kits distributed through partnering sites. This year, to enhance this program, the team wanted to develop education based off the 5210 evidence based program and offer on site education to participants. A collaborative team comprised of OSF Healthcare, University of Illinois College of Medicine Staff and Medical Students, University of Illinois Extension SNAP-Ed & Tazewell County Health Department spearheaded this effort.

This summer, the onsite education sessions were implemented as a one-hour activity station format at St Ann's Garden of Hope in Peoria and as a 5 lesson (1 hr each) format with 2 groups at the YMCA in Peoria, 1 group at Marquette Heights School in Marquette Heights and 1 group at Wilson Intermediate in Pekin.

A few insights from the evaluation data collected from participants were as follows:

- **5210 helps address important health needs identified in Tri-County CHNA**
- **Data suggests participants had desire to change at least 1 health behavior**
- **Overall satisfaction with 5210 lessons was high**

If you want to see all this information and more details about the results you can watch this short 5 minute video provided by one of our Medical Student leads for the project, Erin Fund: go.illinois.edu/5210video.

-Rebecca Crumrine, U of I Extension

A subcommittee consisting of HEAL Team members and Tri-County WIC office staff collaborated to create a WIC Farmers Market Campaign during July. The campaign consisted of social media messaging, the creation of a farmers market toolkit, as well as the distribution of reusable totes and cookbooks.

The campaign was created to help promote WIC Farmers Market Vouchers and increase redemption rates among WIC participants.

WIC staff was onsite at local farmers markets throughout July allowing WIC families to conveniently pick up vouchers, complete nutrition education, and schedule WIC appointments with their local office.

The Farmers Market toolkit included information about locating WIC and SNAP at farmers markets in the area, a list of area farmers markets and roadside stands, why consuming fruits & vegetables is important, food safety, how to freeze & preserve produce, as well as food tips & recipes using fresh produce.

-Kim Litwiller, TCHD



Social Media Campaign



Farmers Market Toolkit



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- 4 Farmer's Market and Roadside Stands
- 7 Why Fruits & Vegetables?
- 12 Food Safety
- 14 Freezing & Preservation
- 16 Food Item Tips & Recipes

Asparagus	Cauliflower	Green Onions	Radishes	Summer Squash
Beets	Cucumbers	Lettuce	Rhubarb	Tomatoes
Broccoli	Eggplant	Peas	Spaghetti Squash	Turnips
Cabbage	Green Beans	Pea Pods	Strawberries	Zucchini

Guide provided by the Partnership for a Healthy Community
Healthy Eating/Active Living (HEAL) Team

Our goal is to foster & promote healthy eating and active living to reduce chronic disease and food insecurity in the tri-county area.



healthyhoi.org/2020-22-Healthy-Eating-Active-Living

Healthy Lives 4 Kids

During the summer months, OSF Children's Hospital of Illinois had the pleasure of presenting Health Lives 4 Kids programming to over ten different summer camps in the Tri-County area. Healthy Lives 4 Kids is a program that focuses on nutrition, exercise, and mental health. Throughout the course of the program, which is designed in three, 45-minute sessions, one each for nutrition, exercise, and mental health.

In the Nutrition session, children learn about how to make a balanced plate at each meal and the importance of getting five servings of fruits and vegetables each day and get to create and enjoy a healthy, balanced snack. They also learn about the hidden sugar in sports drinks and other beverages and healthy alternatives to that via fruit infused water. Then, they learn about the importance of getting active with one hour of exercise each day. Each child is given a wrist pedometer and has the opportunity to go through an obstacle course, tracking their steps as they do so. They learn about the variety of ways to get active and take home the wrist pedometer and a roll the dice exercise game. Lastly, they learn about how to stay calm and manage their emotions through breathing exercises and get to make a glitter calming bottle to help guide them through staying calm and collected during times of sadness, anger, or frustration.

Each child was sent home with recipe cards for infused water and the snack, reusable lunch containers and water bottles, a dice exercise game and wrist pedometers. **Throughout the summer months, we were able to service over 500 children in the Tri-County area with our Healthy Lives 4 Kids programming.**



FOR MORE INFORMATION ON OUR HEALTHY LIVES 4 KIDS PROGRAMMING, PLEASE CONTACT JORDAN MEEKS AT JORDAN.B.MEEKS@OSFHEALTHCARE.ORG



TWO HUNDRED YOUTH LEARN IMPORTANT LIFE-SKILLS AT ILLINOIS JUNIOR CHEF

Illinois Junior Chef is a very popular program offered each summer through U of I Extension's SNAP-Education program. This year all 13 of our week-long programs were either close to or at capacity. Two hundred youth enjoyed the cooking, nutrition, and team building lessons. IJC gives children ages eight to thirteen a chance to learn hands-on cooking skills that they will use throughout their entire life.

Each day of the five-day program a new cooking skill is featured, along with a MyPlate food group and two delicious recipes. The recipes focus on healthy, easy to make foods that participants can make on their own at home.

Participants learned how to correctly measure liquid and dry ingredients, mixing techniques, knife safety, and how to read a recipe. 4-H Teen Teachers were also a big part of making the programs a success. They were able to lead the participants in icebreakers and team-building activities each day. On the last day of the program, the participants were awarded a certificate, The Illinois Junior Chef cookbook, and an incentive bag full of helpful cooking utensils.

"We are already looking forward to next summer and are in the process of finding creative ways to make it just as fun and educational." - Kaytlin Beeckman, U of I Extension

Looking Ahead:

Food Pantry Network HOI
-Holiday Meal Guides coming
-12 Days of Giving campaign
launches December 1st

Partnership For a Healthy
Community 2023-2025 Priority
Action Teams kick off 1/1/23



**FOR MORE INFORMATION ABOUT THE
HEALTHY EATING, ACTIVE LIVING
ACTION TEAM, VISIT
WWW.HEALTHYHOI.ORG**