



Healthy Eating Active Living (HEAL) Implementation Team

April 12, 2018

Attendees: [review sign in sheet](#)

The meeting was called to order at 2:05 pm. The group was welcomed by Kaitlyn at the Eureka College Terrill Room in Cerf Center. Introductions were made. Kaitlyn asked members if they would like to see a co-chair exist for this committee, or if the designated sub-committee chair persons are enough to fulfill the duties necessary should the leader miss meetings, etc. The group unanimously decided the sub-committee chair persons would fulfill those duties as necessary.

Sub Committee's for WIC, CATCH, Good Food Recovery and Workplace Wellness met first.

At the end of the meeting time groups came back together to discuss the project that were being discussed.

Summaries are as follows:

CATCH Kids club training is still in the planning stage. Working to secure date and location for pre-training. Their goal is to host one training per quarter. Future trainings will be directed towards community partners who already serve students in the out of school time hours. Such as YMCA's, Boys & Girls Clubs & community afterschool programs. Also, would like an evaluation to occur, possibly a pre- and post-test. Holly is working on donated supplies for the trainings.

WIC- working on increasing fruits and vegetable intake with WIC clients. Currently collecting surveys for baseline data. They are utilizing a WIC survey that is required by the program to collect this data. The group has identified potential stores for bundled produce. Also, discussed barrier of already bundled packages available at stores such as Aldi and Fresh Market. These bundles include meat which isn't allowable with WIC coupons. These stores are unwilling to separate bundles for WIC recipients. Peoria County will have an intern that will be working on recipes for WIC clients.

Tabled for now include gardens at Headstart locations and fruits and vegetables readily available in WIC waiting rooms.

Good Food Recovery/Fresh Food Drives – Thus far 23 drives have been completed, 3 additional drives are scheduled through April. To date, 8,096 pounds of produce has been collected from these drives. Surveys were implemented at Open Arms Food Pantry the last two weeks of March; the research data is being compiled and will be available soon. BIG THANKS to Jenna, WCHD for assisting with those surveys.

Kaitlyn informed members a Bradley student is currently working with her on a “nudges” program which focuses on presentation versus selection.

WCHD is participating in Fresh Food meeting next week with various partners.

There was discussion regarding access versus consumption. Andrea reminded members when looking at access we should be cognizant of underserved populations such as college students, elders, etc.

Workplace wellness - The first-round table is being targeted in May at Pekin Country Club. This meeting will serve as an opportunity to discuss workplace wellness cultures, how to increase engagement from participants and provide education support. If successful, round tables will continue with other organizations. Group continues to identify those who should be invited to these round tables, suggestions were made to partner with the Lung Cancer team since they were inquiring about workplace wellness initiatives for smoking cessation and incentives. Contact information for Evelyn Neaver, chairperson of lung committee, provided to members.

Member Announcements:

Hopedale Medical Complex working on Healthy School Healthy Kids Collaboration with 6-8 graders at Tremont Middle School to develop healthy habits. Also, community garden project is beginning.

Rachel informed members University of Illinois Extension will be providing Woodford County residents a four part series, “I on Diabetes”, designed to help manage diabetes. Classes will be held on May 15th, 18th, 22nd, and 25th at Woodford County Extension office in Eureka. Cost is \$25/person or \$40/couple.

Reminder:

Next meeting will be May 10th at 2 p.m. at the Peoria City/County Health Department.