**HEAL PRIORITY ACTION TEAM MINUTES**

Date: Thursday, November 12, 2020

Time: 2:00 to 3:30 pm

Location: Via Zoom

**GOAL:** TO FOSTER AND PROMOTE HEALTHY EATING AND ACTIVE LIVING TO REDUCE CHRONIC DISEASE AND FOOD INSECURITY IN THE TRI-COUNTY AREA.

**OBJECTIVE #1** (HP2020): By 2022, reduce the proportion of adults considered obese by 2%

**OBJECTIVE #2** (HP2020): By 2022, reduce the proportion of youth (Grade 8-12), who self-reported overweight and obese by 2%

**OBJECTIVE #3** (HP2020): By 2022, decrease food insecurity in populations residing in Peoria, Tazewell and Woodford Counties by 1%

**SOCIAL DETERMINANTS**: Food insecurity & Built environment

|  |  |
| --- | --- |
| **Topic** | **Action Items** |
| Welcome/Introductions | See sign in sheet. |
| Board Announcements | On the PFHC webpage, a page has been added for the Mental Health First Aide trainings which includes a registration form. A cadre of instructors will receive notification of the submissionGreg stated there was discussion surrounding file sharing and where/how its currently being housed. Currently, Holly with Hult has been saving the information within her organization’s resources. It was questioned if Conduit could house that information moving forward.Greg stated there was additional conversation surrounding the use of conduit, how it will impact the priorities and if it would be a possible data source. Kaitlyn reminded Greg HEAL needs additional data source (outside of IYS) for the youth objective. |
| HEAL Team News | Shanita reviewed the HEAL team news and email template with the team. Edits will include removing the HEAL FSP date and including contact information on the e-mail script. Amy motioned that the first edition of the newsletter be presented to the board upon two edits. Kaitlyn 2nd the motion. Greg will request the item to be added to the PFHC Board meeting on November 19th.  |
| Objective #1 Adult obesity  | Shanita informed the team that the working group consisting of primarily the 3 local health departments and several Diabetes Prevention Program leads met earlier in the month. They reviewed current program specific information and brainstormed partnership opportunities. As a group, they have decided to focus on bridging DPP and WIC programs, specifically between clients diagnosed with gestational diabetes during pregnancy. The group will continue to meet to create an action plan. |
| Objective #2 Youth obesity | Kaitlyn reviewed the intervention strategies. * We will be moving the breastfeeding promotion strategy to objective one. Michelle Compton will provide updates from current working group.
* The team discussed the screen time intervention and decided we would focus on how to counteract the screen time that is now required of families because of COVID.
* The team discussed current multi- component obesity prevention programs such as CATCH, afterschool minutes, and other those programs that are similar could still be collecting data.
* Family based physical activity will focus on ISPAN and built environment.

Kaitlyn has invited Dr. Leslie McKnight to present at the next HEAL meeting. She will give information on ISPAN. We would like all team members to invite their contacts at local park districts to this presentation. Other invitees could include anyone who would have interest in environmental changes such as walkable streets or trails. There was additional discussion about the need to include PE teachers, lunch- room staff, daycares/preschools. This objective will include 2 working groups within this objective:1. ISPAN
2. “Movement” (physical activity during COVID) – will start with a focus group to identify needs among those directly connected with changes within programs such as PE in schools, lunches being served, minutes of physical activity. Greg volunteer to assist with this working group.
 |
| Objective #3 Food Insecurity * HEAL Food System Partners
 | Amy stated the 4 teams are making great progress within their teams. Team 1 (led by Shanita) focuses on access to food: community gardens, food recovery, IRIS referrals for individuals and families reporting food insecurity and food pantry network.Team 2 (led by Kaitlyn) focuses on education: Green light project, culturally diverse focus groups , bundling guides and holiday recipe guides created Team 3 (led by Amy) focuses on financial support: Healthy Cents virtual classes, healthy homes (energy assistance, solar, etc.) Have connected with a financial planner whom survey participants on the supports they needed for financial planning/budgeting.Team 4 (led by Monica, Midwest Food bank) focus on good food policies at food banks. Currently, has a focus group surrounding ethnic foods. The team is in final stages of developing a survey to be distributed to food banks.Amy informed team that year 3 funding was recently announced. HEAL FSP meets tomorrow (11/13) and will discuss if the group wants to apply. |
| Announcements | Shanita announced Food Pantry Network-HOI will be marketing a “12 days of giving” campaign that is focusing on donating a holiday meal to a local food pantry. Shanita welcomed Kim Litwiller and Amelia to HEAL.The chairs wished the team a Happy and Healthy Thanksgiving!!  |

**Visit** [**healthyhoi.org**](https://healthyhoi.org/2020-22-Healthy-Eating-Active-Living) **for more information on the HEAL Priority Action Team!**