

## HEAL PRIORITY ACTION TEAM MINUTES

**Date:** Thursday, December 9, 2021

**Time:** 2:00 to 3:30 pm

**Location:** Tazewell County Health Department – 21306 IL Route 9, Tremont, IL 61568



**Attendance:** Kaitlyn Streitmatter, Keith Knox, Kim Litwiller, Jolene Whistler, Erin Meyer Susie Smith, Mike Brook, Jodi Upchurch, Shanita Wallace, Hayley Madigan, Joran Rahn, Melissa Bucklin, Michelle Compton, Amy Christianson, Kim Krawzak, Michelle Sanders,

**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	Leader	Action Items
Welcome/Introductions	Kaitlyn Streitmatter	
Data Dashboard	Amanda Smith	No updates offer. Data team is currently working to update the data with CHNA results.
Board/Chair Announcements	Amy Fox/Shanita Wallace	<p>Board Announcements -- PFHC change of leadership coming January. Amy Fox will be co-chair along with another unnamed members. Meeting dates for 2022 are coming soon.</p> <p>Chair Announcements – thank you to those who participated in the partner interview. A HEAL partner Interview result summary was shared with the group. Asset mapping will begin 12/10 utilizing the information gathered during partner interviews. If anyone still wants to schedule a partner</p>

		<p>interview – please reach out to Kaitlyn and/or Shanita. The leadership questions of the partner interviews regarding strengths and challenges will be compiled and share with the PFHC board.</p>
<p>Regenerative Ag and the Human Health Nexus Paper</p>	<p>Erin Mayer</p>	<p><i>A PDF of Erin's presentation is attached to the meeting minutes.</i></p> <p>A link to Erin's paper is found <a href="#">here</a>. Healthy soils lead to more nutrient dense foods which impacts the health of humans.</p> <p>4 levels to get the conversation started:</p> <ol style="list-style-type: none"> <li>1. Replacement</li> <li>2. Free from chemical and drug inputs</li> <li>3. Differentiated nutrient density</li> <li>4. Microbiome-centric</li> </ol> <p>5 stages of farm to human consumption</p> <ol style="list-style-type: none"> <li>1. More nutritious food</li> <li>2. Harvest &amp; processing</li> <li>3. Purchase, access, &amp; preparation</li> <li>4. Digestion &amp; absorption</li> <li>5. Human health</li> </ol> <p>The human microbiome is essential to health. Gut microbiome and soil microbiome are vital to human health.</p>

		<p>A regional system for food production decreases the distance food travels to consumer which increases the level of nutrients within the food.</p> <p>Regenerative/Organic oats is now being served to employees, visitors, and patients of OSF as a result of a partnership between OSF, Basil Harvest and two east central Illinois farmers.</p>
Annual Report	All	<p>Reports will be due in January. If you think of another story to highlight in the report, please contact Kaitlyn or Shanita.</p>
Move it Mondays	Amy Fox	<p>Been working with an organization on the east coast on Monday Campaigns. <a href="http://www.MondaysCampaign.org">www.MondaysCampaign.org</a></p> <p>Readymade graphics are offered through the organization that logos can be added to and utilized.</p> <ul style="list-style-type: none"> <li>• We would need to agree on co-branding practices, as well as days the graphic would be released on social media across the organizations.</li> <li>• New Year's kickoff makes sense. "Ready Set Monday" would be a great package for the New Year. 12 graphics would be included, along</li> </ul>

		<p>with a schedule for posting, and all posts would occur on Mondays.</p> <ul style="list-style-type: none"><li>• It's free to use, logos can be added to the readymade graphics.</li><li>• Motto of the campaign is: "Every Monday you have the opportunity to begin again."</li><li>• If your organization is on board in participating in this united push for increased physical activity email Amy, asap – <a href="mailto:afox@tchd.net">afox@tchd.net</a>.</li><li>• Graphics can be previewed at <a href="http://mondaycampaigns.org">mondaycampaigns.org</a></li><li>• A Teams folder will be created within FSP Team the Move It Monday graphics for ease of access</li><li>• Media inquiries about the "MoveItMonday" campaign would go through Shanita &amp; Kaitlyn</li><li>• A partnership press release will be drafted about the campaign starting January 1, 2022.</li><li>• Additional packages are available – as the year unfolds.</li></ul>
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<p>Strategy Breakout Group Updates</p> <ul style="list-style-type: none"> <li>• HEAL Food System Partners – Amy F.</li> <li>• Wellness Policies/GFPP (ISPAN) – Kim L</li> <li>• Breastfeeding (ISPAN)/WIC – Michelle C</li> </ul>	<p>Kaitlyn Streitmatter Strategy Group Leads</p>	<p><b>HEAL FSP</b> – an invitation has been received to write for a full application for the community foundation grant. A writing team will be pulled together following the holidays – a specific focus will be placed on how we spend the funds given; FSP hasn't spent dollars quickly in the past.</p> <p><b>Wellness Policy</b> – Draft food pantry network food policy to be presented to FPN board.</p> <p>Pekin First Church of God adopted a food policy.</p> <p>Pekin Outreach Incentive conversations have begun regarding a food policy.</p> <p><b>Breastfeeding/WIC</b> – Cash Value increase for fruit/veggies through March.</p>
<p>Announcements</p>	<p>All</p>	<p><b>DPP</b> – Upcoming classes *Marketing material for upcoming 2022 classes will be pushed out and help spreading the word</p> <p>*If anyone took advantage of the</p> <p><b>TCHD</b> – has toothbrushes, floss, toothpaste for outreach use / gloves for</p>

		<p>food prep are also available. If interested contact <a href="mailto:afox@tchd.net">afox@tchd.net</a></p> <p><b>RiverPlex &amp; Peoria YMCA</b> dual membership</p> <p><b>HHS – January 19<sup>th</sup> “Feel the Teal”</b> event in support of cervical cancer awareness month. The 4 counties that support IBCCP program will be lit up TEAL. If your organization is interested in joining the ‘event’ contact Jolene Whisler or Michelle Sanders.</p>
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**NEXT MEETING:** Thursday, January 13, 2022 @ TCHD

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