

## HEAL PRIORITY ACTION TEAM Minutes

Date: Thursday, August 12<sup>th</sup>, 2021

Time: 2:00 to 3:30 pm

Location: Peoria City/County Health Department / Room 125 -- 2116 N Sheridan Rd, Peoria, IL 61604



**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.

Visit [healthyhoi.org](http://healthyhoi.org) for more information on the HEAL Priority Action Team!

### Welcome/Introductions

Kaitlyn welcomed members to the meeting. Attendees introduce themselves.

### PFHC Board Announcements

PFHC Board did not meet last month therefore there is no announcements. Kaitlyn informed members HEAL will be presenting at the upcoming PFHC board meeting on August 26<sup>th</sup>.

### Data Dashboard

No updates to dashboard.

### HEAL Team News

Members had no changes to HEAL team news draft. Charles approved the newsletter be sent to PFHC board for approval. Shanita will submit.

### Catalyzing Communities Grant

Shanita informed members HEAL has been accepted to move forward with the Catalyzing Communities grant. Supportive documentation was submitted earlier this month and a virtual interview is scheduled for Friday, August 13<sup>th</sup>. Kaitlyn, Dr. Amy Christison and Shanita will be the participants for the interview.

### Announcements

Nate Johnson introduced himself as the new health educator at HULT working on new program WELL (Wellness Education Lifestyle Learning). Previously, he had work with UPH Methodist on tobacco cessation efforts. The WELL Program, which stands for Wellness Education and Lifestyle Learning, is a diabetes and obesity prevention and lifestyle change program for children and adolescents ages 8-17. This program will address the increasing rates of obesity among at-risk youth and the various social determinants of health that significantly impact a person's ability to achieve overall wellness, while connecting them to local health and human service resources. The long-term goal of the WELL Program is to decrease the rates of obesity and type 2 diabetes throughout Central Illinois. The WELL Program will be available at no cost to participants (ages 8-17) who are at-risk for obesity and obesity-related conditions AND who live in "low-income" areas in Peoria County. Health Education and one-on-one coaching will be provided, and individualized goals and action plans will be created for clients that will empower positive and healthy decision-making, and connect children and adolescents to local health resources that will allow for them to receive continued care and support for maintain a healthy lifestyle.

Peoria School Wellness group of partners including many members of HEAL received the [Health Equity Achieved Together \(HEAT\)](#) SNAP-Ed grant funding. This grant will bring together partners working with after school youth programs to better align efforts and identify barriers to accessing after school programming. This grant will focus on physical activity, nutrition and youth development best practices.

Shanita announced Food Pantry Network – HOI will be hosting a campaign in September for Hunger Action Month. The campaign will include fresh food drives, proclamations, events on social media and facts surrounding food insecurity. Shanita asked members to consider hosting a fresh food drive at their organization.

Michelle announced its World Breastfeeding month. This year, they are focusing on supporting those events occurring in the communities to build networks that currently exist.

Update: Central Illinois Breastfeeding Taskforce is hosting an event on August 20th at Bicycle Safety Town in Peoria from 3-6pm and helping with another event in celebration of Black Breastfeeding Week on August 28th from 11am-1pm at Glen Oak Park in Peoria.

### **Break out Group Updates/Discussion**

**Move it Mondays:** Amy informed members she has applied for Move It Mondays. Following acceptance, the team will meet to plan the campaign.

**HEAL Food System Partners:** Amy informed members HEAL Food System Partners has been funded for 3<sup>rd</sup> year with 5 teams working simultaneously on increasing access, increasing awareness of good nutrition, family stabilization, increasing advocacy and support for local and healthy procured foods, and technical assistance and support for food pantries. Currently there is a need for sites to host the classes offered by Team 3. Additionally, if anyone is interested in joining a team, please contact Amy, Shanita, Kaitlyn, or Michelle.

**Wellness Policies:** Keith Knox and Kaitlyn updated members on the Wellness Policy at Pekin Park District Kim L, Kathryn (IPHI) and Kaitlyn are working with each department at the Pekin Pekin Park District to identify policy and practices specific to each department.

**ISPAN:** Michelle stated they are working on consistent messaging and support. They are utilizing resources from [www.readysetbabyonline.com](http://www.readysetbabyonline.com)

Charles with Peoria Head Start stated he was interested in where he could plug in among HEAL and HEAL Food system partners. He stated he is looking for resources to support his families. He would like to support nutrition at early ages. Kaitlyn and Amy suggested he host Healthy Cents class at his facility. They will meet to discuss further.

**Next meeting Thursday, September 9, 2021 at Tazewell County Health Department and via zoom.**

Respectfully submitted,  
Shanita Wallace