

EHHD/Tolland County
Community Transformation Meeting
Minutes

June 25, 2013

Coventry Town Hall Annex

Attending: Ande Bloom, Kyle Chmielecki, Teresa Frankhauser, Chris Grulke, Kathleen Krider, Rob Miller, Gladys Morgan, Ruth Perry, Bonnie Smith, Sherry York, Theresa Kelly, Wendy Rubin

The meeting began at 8:30 with a welcoming and introductions.

General updates included a summary of an initial state-wide (CTG multi-county approach) meeting regarding tobacco-free living. W. Rubin, A. Bloom, and B. Smith were all in attendance at the meeting in New London on June 5th. All CTG counties are approaching at least one objective (tobacco-free public spaces) in a similar manner, and will be sharing resources to meet the objective. The American Lung Association has significant resources to support this and the additional Tolland County objective of increasing the number of tobacco-free or smoke-free multi-unit housing in the county. Regarding a funding update, R. Miller noted that the CDC will be funding the continuation of capacity-building in Connecticut without an increase in funds. K. Chmielecki updated the group on progress on expanding the 9-5-2-1-0 for Health! Campaign with the Fit by 4th resources for parents and the community to support school efforts to increase the rate of 4th graders passing all four sections of the fitness test.

Member Policy, Systems, and Environment updates were provided:

K. Krider reported that the Mansfield Advocates for Children (MAC) received a \$200,000 grant for a community playground. The MAC has also convened local faith-based leaders to focus on community initiatives.

C. Grulke reported that the Tolland Schools continue to focus on policy and environmental change as indicated in the CHANGE Tool as best practices and have created a tobacco cessation program for middle and high school students (in a partnership with town social services/ Nancy Dunn); the schools are engaged in a garden program for the fall; a breakfast program was launched at the Middle School with very low participation (1%) – they will continue the program in the Fall semester. In respect to the town, a partnership between the Town Planner's office, the Conservation Commission, and a local Venture Scouting troop will leverage volunteer and in-kind manpower with a small grant from the Eastern Highlands Health District to construct a bridge on the King property to provide access to 4 miles of trails; also, there is a new food pantry at a local church to support families in need of food.

R. Miller provided an update on new legislation that impacts the CTG work and public health in general including a new law that bans the use of tanning beds by children younger than 17 years of age, the creation of a childhood obesity task force, and an agricultural work group to educate consumers on the value of and potential consumer connections for the use of CT grown products.

T. Frankhauser reported that her agency (Central AHEC) is the lead for the Community Health Worker network.

W. Rubin reminded the group that July is National Parks and Recreation Month; suggested that events be posted to active.com (community races, etc.).

B. Smith reported that her agency (ERASE) is shifting from a focus on substance abuse to a focus on mental health.

W. Rubin provided a presentation about the Coventry Playful City designation and the process to become a Playful City. A outgrowth of Kaboom (kaboom.org), Playful Cities include a 'map of play' that can be updated for any town or public playground. The ultimate objective in a Playful City is to have safe and useful play spaces within ½ mile of housing so every child has a place to play. Kaboom has an app for smart phones called a "Playspace Finder" that identifies playgrounds all across the country. Rubin encouraged the group to check out the Playful City process with their town leaders and not to be deterred by the five commitments of becoming a Playful City – as each commitment was very helpful in the process of improving the play spaces in the town of Coventry.

The remainder of the meeting was dedicated to a discussion of Activities/Action Steps for the coming month in each of the strategic directions (Tobacco, Active Living, Healthy Eating, and Clinical Prevention Services). Action steps for individual objectives are indicated in the attached document (see below).

Meeting adjourned at 10:05.

The next meeting is scheduled for July 23, 2013 from 8:30 – 10:00am in the Mansfield Town Hall Council Chambers.

Physical Activity and Nutrition Multi-County CDC Proposed Objective

Objective	By September 29, 2016, increase by 3 the number of child care facilities serving low-income children and families in Tolland County that implement CT Child Care Nutrition Standards and Allowable Beverages.		
Strategy	Improve county-wide nutrition policies and practices in early child care settings		
Activity	Lead	Partner	Timeline
Interview federal or state funded child care providers in Tolland County that participate in the Child and Adult Care Food Program to assess policy implementation successes, challenges and lessons learned			

Tolland County Objectives

Objective	Increase physical activity at school through Write Steps		
Strategy	Replicate the Write Steps Program in Tolland County schools by sharing what works (from Plainfield)		
Activity	Lead	Partner	Timeline
Engage the participation of local partners; Collect information from Plainfield on details of their program / lessons learned	A. Bloom/EHHD	K. Krider, W. Rubin, L. Leibowitz	First week of July
Identify target school/s; provide with packet and resources		Parks & Rec/FRC/Child Care	

Objective	Increase opportunities for physical activity in the community		
Strategy	Encourage and facilitate "Map of Play" in 2 communities		
Activity	Lead	Partner	Timeline
Reach out to town planners/Parks & rec	EHHD	K. Krider/Mansfield C. Grulke/Tolland	July

Objective	Improve the vending machine choices through on-site policy and environmental changes.		
Strategy	Work with agencies and organizations on a site-by-site basis to evaluate current offerings in vending machines and provide technical assistance for improvement		
Activity	Lead	Partner	Timeline
Begin survey of vending machines where machines are accessible to build resource	EHHD		On-going/summer

Objective	Increase by 1 the number of schools in Tolland County towns that meet 100% of the criteria for "Better Choice Recommendations" as set forth by the CT Nutrition Standards list of acceptable foods and beverages.		
Strategy	Work with school food service departments to evaluate current menu offerings and provide assistance in meeting 100% better choice recommendations.		
Activity	Lead	Partner	Timeline
Set meeting with school food service director/s to discuss Better Choice Recommendations	EHHD	Mansfield, Coventry SFS Directors	Summer

Tobacco Multi-County CDC Proposed Objective

Objective	By September 29, 2016, increase the number of policies that create tobacco-free public places in Tolland County by 2.		
Strategy	Support tobacco-free living (prevent and reduce tobacco use) by increasing the number of policies where tobacco use is prohibited.		
Activity	Lead	Partner	Timeline
Engage partnership to promote tobacco-free public places, and create a presentation on the burden of tobacco use in the county and hazards of exposure to environmental tobacco smoke.	EHHD	R. Perry W. Rubin	Mid July first meeting

Tolland County Objective

Objective	Increase smoke-free multi-unit housing in Tolland County (public and private) by 1.		
Strategy	Using guidance from the American Lung Association and precedence from leasing companies already implementing the policy provide a unified voice from the Tolland County CHART to support the change.		
Activity	Lead	Partner	Timeline
Engage the participation of local partners; create packet for leasing companies	EHHD	R. Perry, B. Smith	Mid July first meeting
Identify target housing complexes; provide with packet and resources			

Clinical Prevention Services Multi-County CDC Proposed Objective

Objective	Increase the number of clinical sites participating in the Self-Blood Pressure Monitoring Program entitled "Engaging Patients and Providers in Partnership to Prevent Heart Disease –4P Program" to improve outcomes for hypertensive patients in Tolland County.		
Strategy	Translate known interventions into usual clinical care to increase control of high blood pressure.		
Activity	Lead	Partner	Timeline
Engage the participation of local clinical partner			
Meet with Middlesex County / review toolkit for clinical sites that will include 4P protocol, sample policy, playbook, passport, patient educational materials, written resources for nurse care coordinator training, patient ID, self-management training			

Tolland County Objective

Objective	Expand Bolton School Be Healthy Program		
Strategy	Replicate the Be Healthy Program in other Tolland County schools by sharing what works (from Bolton)		
Activity	Lead	Partner	Timeline
Engage the participation of local partners; Collect information from Bolton on details of their program / lessons learned			
Identify target school/s; provide with packet and resources			