

**EHHD/Tolland County
Tolland CHART
Minutes of 1/9/14 meeting
@ Tolland Recreation Dept.**

Attending: Sandra Frizzell, Chris Grulke, Rob Miller, Jordana Frost, Shayla Ranmal, Wendy Rubin, Rita Kornblum

Note: Gladys Moore and Kyle Chmielecki attended meeting on 1/7/14 which was cancelled due to inclement weather and school closures.

Tobacco-free Living Updates-

Rita showed the group the signs developed to be placed at playgrounds and other open spaces. To date these signs have been given to the Ashford Elementary Scholl (2) and Mansfield Community Center (6). Scotland Elementary School would like to receive 2 for their playground areas, and Mansfield Advocates for Children would like to see the signs in the 4 early care centers and Mansfield Schools and they are willing to facilitate this process by working in partnership with EHHD.

Wendy showed pictures of additional signs that Coventry will be placing in their hiking trails since they received additional funding from the Ryan Fund. In Coventry these signs will be posted in the spring 2014 following a media event.

Rita also shared with the group that ACHIEVE New London County Coalition has just released their Tobacco-Free Parks Toolkit and they will be sharing it with all other ACHIEVE partners. Chris Grulke recommended that Tolland CHART reach out to other Tolland County communities in this effort.

Sandra Frizzell suggested that based on recent data about the increasing use of other tobacco products by youth, it would be preferable that the message is not limited to cigarette smoking. Rob Miller suggested to look into ordinances that may address other tobacco products to learn how the language that was used. Rita will do so and report back to the group at a future meeting.

Delaney Turner, student intern at EHHD has been working on a smoke free housing initiative that focuses at reaching out to property owners and managers to encourage them to turn multiple housing developments into smoke free areas. Delaney has been working closely with Ruth Canovi from the American Lung Association (ALA) who has provided Delaney with information about the monetary impact to rehabilitate a unit where smoking is permitted. To date, Delaney has completed the following steps:

- 1) Packets of information that were sent out to 108 housing complexes in the greater Mansfield area
- 2) A script developed with the assistance of the ALA to contact property owners and managers
- 3) Phone calls to follow up on the mailing of the packets. This will continue in January 2014.
- 4) Created a master excel sheet listing all of the housing complexes and results of phone calls made.

One aspect of this effort that the ACHIEVE grant requires, is policy changes and these are yet to be identified. Ellington had a tobacco-free in parks and recreational spaces ordinance approved by their town council and they are in the process of implementing new policies based on this ordinance. Rita Kornblum has been in contact with Robert Tedford about using the signs that other towns in the district will be using. If Ellington agrees to do so, we will have at least one town that has successfully gone through tobacco policy change through an ordinance. Rita will report back on this topic at the next CHART meeting.

Quality Clinical Prevention

Rita reported that she has met with Midge Malicki, a public health consultant who has worked with the Chatham Health District (another CTG partner) on the development and implementation of a Self-Blood Pressure Program aimed at engaging patients and providers to prevent heart disease. This program translates known interventions into usual clinical care to increase control of high blood pressure in adult patients with a diagnosis of hypertension. Midge is available to assist EHHD adopt the same program in the geographic area of Tolland County.

Rob Miller has been in contact with Matt Wallace, Administrative Director Cardiovascular and Neurology Services at Eastern Connecticut Health Network (ECHN) who has identified a physician champion for this effort. Midge will facilitate a meeting between the ECHN doctor with the doctor who acted as physician champion for the Chatham Health District initiative for a Q&A session and after that EHHD may be able to initiate the program with ECHN 's assistance.

Sandy Frizzell asked how clients will be identified or selected for this project and Rob indicated that the physician champion will assist with that decision once the program is in place. He added that the clinical setting for the program has not been determined at this time as of yet.

Chris Grulke told the group that she and other Tolland school nurses participated in a Women's healthy heart Initiative and they had some good results.

Rita and Rob mentioned that conversations with ECHN will continue especially with cardiologists who can be very helpful in this effort. Statistics indicated that Hispanics have a higher rate of heart disease and for this reason part of the message will target Hispanics.

Healthy Eating/Active Living

Rita reported that in addition to the Be Well program which continues to grow in Mansfield and Tolland, EHHD in partnership with MAC would like to revive the 9-5-2-1-0 for Health program in the schools. This program was initiated in the Mansfield schools a couple of years ago with success but needs to be revisited since the initial effort did not have a great deal of follow up.

Rob reminded everyone that the CTG/ACHIEVE effort requires that in addition to the implementation of programs in the district, the CHART partners need to always look at sustainable policies that will preserve these efforts after the grant's cycle. Rita is working with Kathleen Krider and they are brainstorming ways in which to develop a more sustainable way to work with the schools and early care centers in Mansfield. There are plans to initiate discussion with the PTOs in Mansfield and then branch out to include PTO's district wide,

Wendy Rubin mentioned that Coventry tries to incorporate their efforts into programs that they do in order to create sustainability. She suggested that for the 9-5-2-1-0 for Health program in the schools, EHHD consider involving parents and developing a magnet for parents to keep in their homes that will remind them of the 5 different areas in which they can reinforce the programs' principles at home. She further suggested that we teach parents how to utilize behavior charts with their children involving the completion of each of the number s on a daily basis. Sandy Frizzell asked from an RBA perspective, how can we measure success in this area? This topic needs further discussion.

Partner updates

Sandy Frizzell talked about the Community Early Childhood Initiative in their effort to work with information obtained through the "yellow form". There will be a second round of data collection that will include a developmental screening. There is a need to reach out to "non discovery" communities. They also want to narrow it down to 10 items to make the data more manageable and be able to work in tangible steps. During the first round of data collection, Coventry, Chaplin, Mansfield and Scotland participated. Expanding this effort to non-discovery communities could help connect with CHDI to improve the data in the yellow and blue forms.

Chris Grulke offered to get the data from Tolland Schools. She also spoke about the bridge project BSA Venture Crew 422 chartered with Hope Lutheran Church <http://www.hope-lcms.org/venturecrew422.html>
The project was with the Tolland Conservation Commission <http://www.tolland.org/government/boards-commissions/conservation-commission/news-and-upcoming-events/>

Wendy Rubin talked about the 5K race that Coventry had this past fall and their continued efforts with after school and pre-school programs to include more physical fitness activities. During the winter time, they are working on indoor tower gardens.

She also reported that there are 2 new trails in Coventry (one is an older trail that was renewed by the Girl Scouts). The Thornton Brook Preserve is a new trail that adds up to a total of 7 hiking trails in Coventry that have been mapped and will be equipped with the tobacco free signage funded through EHHD and the Ryan Fund.

Wendy also wanted to share the following link developed by the Kaboom organization that provides funding to different communities for the development of playgrounds. The video can be found at <http://youtu.be/OTZeuVNoqXE>

Shayla Ranmal from North Central District reported that they are implementing the Healthy Dining program in Suffield and Enfield. Information about the program can be found at <http://www.ncdhd.org/Community%20Health/commhealth.html>

She also announced that North Central is planning to hold an Action Institute in April 2014 and they invited Mark Fenton to be their speaker for the occasion.

The group discussed the proposed schedule for future CHART meetings and they accepted all dates except November 25 because it is the date after the Thanksgiving holiday and many people take time off. That date will be changed and announced at the next meeting. In addition, the group agreed that during the winter months, if the school system closes for the day due to inclement weather, the CHART meeting will be rescheduled to another date.

Rita will attempt to secure additional dates at each location as a backup dates in the event of snow or icy conditions on a CHART meeting date.

The **next CHART** meeting is planned for **Tuesday February 25, 2014 at the Coventry Hall Annex** (1712 main Street, Coventry)

Meeting was adjourned at 10:10 AM.

Minutes taken by RK.