Lenawee Health Network
Full Meeting
Meeting Minutes – November 8, 2018

Attendees (14): Deidre Reed, Jackie Bradley, Martha Hall, Brian Jones, David Maxwell, Frank Nagle, Stacey Tilton, Martha York, Sr. Sharon Spanbauer, Tara Dumas, Emily Burlen, Suzanne Kapica, Beth Deakins, Cynthia Heady.

Frank Nagle called the meeting to order at 8:05 a.m.

Minutes Review – Motion to approve by Sr. Sharon Spanbauer, support Dave Maxwell.

Strategic Plans / County Goals:
- October LHN meeting review – quality of life for older adults
  - The LHN strategic plans will be updated with the intent to disseminate at the December meeting for final review and approval.
  - October meeting discussed how we tap into volunteerism, community linkages to resources, awareness of health status and resources for older adults.
  - People need to feel useful, needed, and that they have a purpose. LHN discussed if there could be opportunity to collaborate with service clubs and local businesses on current community events targeting older adults and displaying opportunities for volunteering, involvement in the community, and community linkages to resources to meet their health needs.
  - Focus to reduce the stigma of ageism with targeted campaigns
  - Targeting of activities is very important. Older adults residing in senior centers are very well connected to the community and resources. Suggested to identify other target areas such as churches, libraries, and others to reach the older adult population.
  - Region 2AAA has Aging Mastery launching in Lenawee in the near future.
  - Lenawee Community Foundation has an established platform called Volunteer Lenawee that the LHN could direct older adults and the community to so that they are aware of opportunities to be involved in Lenawee County.

- LHN Strategic Planning 2019, 2020 – reduce overweight and obesity incidence
  - The LHN reviewed data and a video link presented in the Power Point. The data and videos discussed the trends of obesity and overweight incidence in the world, country, and Lenawee County (2017 Lenawee Community Health Assessment). Following review of data, a discussion surrounding three questions was facilitated to gather ideas and feedback from LHN members.

1. **What are the core contributors / variables of overweight and obesity incidence in Lenawee County?**
   - Poor eating habits – people may not know how to cook, perceptions that eating healthy is not important, low access to fruits/vegetables, food label reading is challenging, meal preparations, and community linkages to resources and evidence based programs.
   - Lack of physical activity – access to trails, safe routes, parks, perceptions that physical activity is not important, lack of accountability, peer support, community linkages to resources and evidence based programs.
2. What strategies can lead to reductions in overweight and obesity incidence in Lenawee County?

- Preventive screenings in the community (blood pressure, glucose, BMI) – Are BMI screenings reliable since people who carry more muscle mass are considered obese based on BMI standards?
  - Education and awareness about screenings and readings from each based on the individual’s health status.
- Referrals and community linkages to the YMCA Youth obesity program (ages 7-13), launching in near future.
- Collaboration with current Lenawee events and continuation of walking events that connect the community to the Non-Motorized Trails, parks, and resources aiding the community in leading healthier lifestyles.
- Collaboration with schools for education/awareness of risk factors of overweight/obesity and encouragement of physical activity and healthy eating. What do schools already do? How could we provide support to schools?
  - Encourage schools to complete the Healthy Schools Action Tools through MDHHS (free).
- Connection with Stubnitz Center to collaborate on education and events.
- Community Linkages to the evidence – based programs LHN members offer to the community. Development of a referral system for organizations to connect their members, patients, clients to programs.
- Campaigns and messaging surrounding #HealthyLenawee to encourage the community to be active, eat healthy and to prevent obesity. We must have a positive spin on our messaging so that we are encouraging to the community. LHN campaigns should be fun and positive.
  - Eat 5 fruits/veggies per day campaign
  - Role of Trauma in chronic conditions and obesity
  - LHN Branding/Agency guide for increased collaboration with agencies
  - Healthy Food Service Guidelines at concessions, vending, cafeterias
- Healthy Meetings and Events policies / Healthy Worksite strategies with businesses/organizations and work places.
- Connection with local physicians and involvement/discussion with patients to prevent chronic conditions – preventive measures.

- MDHHS 4x4 SPAN Grant
  - The Health Department applied for the MDHHS grant through the LHN in collaboration with ProMedica Bixby Hospital and the City of Adrian. This grant focuses on healthy food environments and increased physical activity. The application as submitted and the Health Department was notified that they were, unfortunately, not an awardee. A secondary grant has been presented to support the physical activity component – Lenawee Non-Motorized Transportation Plan and a conference call is being scheduled to determine eligibility and criteria.

- 2019 LHN Calendar
  - Attached is a draft of the 2019 LHN calendar. Outlook invitations will be sent to the LHN contact list following the December 2018 LHN meeting. Please enter these dates into your calendar and please feel free to share with other organizations/peers.

The LHN’s next meeting will take place on December 13, 2018 from 8 am until 9 am located at the Merillat Center of ProMedica Bixby Hospital.
Respectfully Submitted,

Frank Nagle
Manager Population Health
LHN Chairperson
ProMedica Bixby Hospital and Herrick Hospitals