

Nassau County Health Improvement Coalition (NCHIC) Minutes
March 23, 2015 – 1:00 pm at Yulee Full Service School



Attendees: Brad Austin, Virginia Caraway, Kim Clemons, Lauren Jones, Meg McAlpine, Angela McClellan, Suzanne Maier, Eugenia Ngo-Seidel, Maureen Paschke, Andreu Powell, Mary Snyder, Tiffany Thomas, Terry Lee, Melissa Phillips, Kristin Hulett, Kate Spilsbury.

Chair K. Clemons called the meeting to order. Two corrections to January minutes were made by A. Powell then attendees approved the minutes. Self-introductions were made.

Partnership for a Healthier Nassau (PHN) "CHIP" Updates : M. McAlpine announced the formation of a new Walk with Me (WWM) walking group that will begin at the McArthur YMCA on Monday mornings from 10-11 am beginning April 6th. See attached flyer. This is in addition to the current walking groups in North Hampton and at the School District Bus Yard in Yulee. K. Spilsbury asked about the availability of Walk with Me resources in Duval county and the background for the Nassau initiative was reviewed by M. McAlpine and K. Clemons. As a PHN/NCHIC initiative, the model can be applied in other communities and WWM team leaders are available to share information and lessons learned.

Worksite Wellness Sub Committee Report: K. Clemons introduced Melissa Phillips who demonstrated the web version of the new Nassau County Worksite Wellness Resource Guide. This tool kit is available for businesses of any size to use to start or enhance their worksite wellness programs. The web version will be available via link on the FDOH Nassau and AIFBY Chamber of Commerce websites. It is anticipated that it will be updated quarterly in the same manner as the Community Resource Guide;. E. Ngo-Seidel will verify with A. Sobolewski. M. Phillips plans to attend upcoming Chamber meetings to continue to provide outreach for worksite wellness. As part of the ACHIEVE-funded 3-part initiative, she is currently working with seven companies using a variety of models (monthly newsletter, wellness team with health coaching, walking groups/applying for American Heart Association Fit Friendly Award; targeted education). As the funding will run out in the near future, K. Clemons announced that grant funds will be sought for sustainability.

Northeast Florida Counts Initiative Center Proposal – E. Ngo-Seidel demonstrated the Northeast Florida Counts website and proposed the formation of a NCHIC Initiative Center page which would function to promote NCHIC activities, allow linkage to partner organizations and provide educational materials to a broader audience who use social media. A subcommittee would need to be formed to manage the process of updating the Initiative Center page. Motion was seconded and approved.

Terry Lee distributed materials and discussed the opening of **UF Health North** including medical offices, Emergency Department and Surgical Center. The 26 bed ED is now averaging 90 visits per day. Future plans include a 90 bed community hospital which will open in 2017. Occupational Medicine is available. In addition to UF physicians, many community based physicians are also renting office space. Tours can be requested by contacting Mr. Lee.

North Jacksonville Florida Blue Center update was given by K. Spilsbury. See handouts including April Calendar of Events schedule. Discussion about the upcoming Y sponsored Pre-Diabetes Prevention class series which will begin April 22nd and she will send additional details. Lastly, she announced that there is a Special Enrollment Period to sign up for coverage on the Federal ACA Health Exchange for tax filers who learned they will be assessed a penalty for lacking insurance in 2014. Period ends April 30th.

Additional Group Discussion – K. Clemons and S. Maier discussed the **One Love initiative** – a program to prevent dating violence that involves training for (college aged) peer counselors. FSCJ Nassau campus will pilot incorporation in select classes.

L. Jones announced upcoming promotion of **Fresh Florida Peaches** in April. She is also working with A. Sobolewski to consider an event during **Every Kid Healthy Week (April 19-25)**. She was invited to present on the Summer Feeding program at the May meeting and to give an update the School Meal program and recent innovations during the August meeting.

Chair K. Clemons directed attendees to the written Agency updates and invited members to sign up with A. Sobolewski if they wanted meeting time to present at future NCHIC meetings. Kim will present on the Nassau County School District Employee Wellness Program at the May meeting. And it was requested that Dr. Lauren Jones give a presentation at the August meeting on the Nassau County Schools Food Service Program.

Handouts: 1. Walk with Me Flyer (YMCA April group formation) 2. UF Health North pamphlets 3. Florida Blue April Calendar 4. Every Kid Healthy Week Flyer.

Next meeting dates were already set for May 18th and August 24th

Minutes Respectfully Submitted by Dr. Seidel on 3/23/15