

Nassau County Health Improvement Coalition (NCHIC) Minutes
February 24, 2014 – 1:00 pm at YFSS



Attendees: V. Caraway, S. Clark, K. Clemons (Chair/facilitator), C. Compton, J. Emmons, J. Fountain, K. Garber, M. Mann, A. McClellan, S. McCloskey, M. Paschke, A. Powell, L. Rozier, E. Ngo- Seidel, M. Snyder, A. Sobolewski (Secretary), K. Walters.

1. Approval of January 2013 meeting minutes and introductions.

2. K. Clemons announced that NCHIC is once again forming working subcommittees. If you are interested in moving any of the following topics into action, the contact person for each group is also listed:

Policy (Contact Dr. Seidel) –Policy, systems, changes, and practices (all evidence-based) versus programs/services.

Worksite wellness (Contact K. Clemons) – possibly creating event for worksite wellness representatives in Nassau to come together and learn best practices and other information regarding relevant health topics.

Positive messaging for “healthy lifestyles and wellness” (Contact A. Sobolewski) – Creating positive health messages (nutrition, exercise, and lifestyle) that targets all shapes and sizes of people by avoiding health-related terminology (i.e. overweight, obese) that can be perceived as negative or unmotivating.

2. Partnership for A Healthier Nassau/”CHIP” Coordinating Role in:

NCHIC, CRG/Directory, Lending library, Walk with Me (A. Sobolewski) –

FDOH/Nassau has revamped its entire website, including the Community Health Education page. The CRG/Directory, NCHIC information (minutes and meeting dates), “Lending library,” and “Walk With Me” information continue to be posted on the CHE page of this website: <http://www.floridahealth.gov/CHD/Nassau/healtheducation.htm>

Walk With Me (Dr. Marion Mann) – Discussed Walk With Me initiative including possible uses for reward incentives (shoe laces, rally towels, and water bottles). M. Mann describes successes with North Hampton walking partner, as well as challenges in gaining participation for past collaborative (with other groups) Walk With Me events. M. Mann proposes a designated “Walk With Me” community wide walking event where different regions get together and walk as groups throughout the county.

K. Garber suggested forming regular, designated Walk With Me locations and times of different walking groups. K. Garber also suggested making “walking guidelines” available for individuals who are interested in starting walking, but may not have the knowledge of current recommendations.

Dr. Seidel suggested possibilities for dates of community wide walking day including National Public Health Week (April), Global Employee Health and Fitness Month (May) and M. Paschke suggested National Health and Decisions Day (April 16th).

A. McClellan suggested finding a coordinator at each school to help support the walking day.

K. Clemons suggested group vote on walking day. NCHIC voted for May 17th, 2014 at 9:30am. NCHIC members tentatively agreed to serve as leaders at the following locations: Lowe's Parking Lot (Kim Clemons), Hickory Village (S. Clark), Peter's Point (J. Emmons), Pirate's Woods (M. Snyder), N. Hampton (Lauren and M. Mann), Cartesian Point near FSCJ (S. McCloseky), and Marsh Lakes (E. Seidel). A. Powell may walk in another location TBD. M. Mann reminded group to invite others (i.e. friend, family, church members, social groups, fellow employees) to start walking groups and then join us for this event. More planning on this event will be done at next NCHIC meeting.

A. Sobolewki encouraged everyone to post the walking day and current walking groups on Facebook. For example, M. McAlpine leads a regular walking group on the following times: Mondays (Murray's Grill) at 8:30am and Wednesdays (Greenway in Fernandina Beach) at 8:30am.

Verbal Agency Updates – *Also see agency updates*

Family Support Services (Chris Compton) – Chris Compton introduced himself as the new Nassau Service Director of Family Support Services. Announced new location of FSS building (soon to be co-located with DCF), as well as “breakfast learning series” and Career Source event. See written agency updates for further details.

FDOH/Nassau (Dr. Seidel) – Deadline approaching for Healthy Weight Community Champion Recognition Program. For more info and to submit an application, visit: <http://www.healthiestweightflorida.com/> Dr. Seidel also reported that the Health Market Exchange closes at the end of March and the schedule for Navigators will be forwarded to NCHIC.

Nassau County School District:

Food and Nutrition Department (Lauren Jones) – Described “Fuel Up to Play 60” program (grant funded) that aims to increase physical activity and breakfast intake of school children. L. Jones explained importance of children eating breakfast and why support from principals and teachers is necessary to develop strategies. L. Jones showed group colorful “Go Mat,” which will be used for nutrition education and physical activity.

Office of Intervention and Prevention (Kim Clemons) – April 2nd National Walking Day hand- out passed out to group for those interested in sharing information with agency, worksite, community group, etc.

K. Clemons also reminded the group of two upcoming national health observances including March's Colorectal Cancer Awareness Month and April's Alcohol Awareness Month.

(A. Powell) – Announced that volunteers are needed for cleaning up data for the FL Youth Survey. Simply show up to YFSS tomorrow at 8:30am tomorrow (February 25th).

Upcoming NCHIC meeting dates (Yulee Full Service School):

April 28, 2014 1pm
August 25, 2014 1pm

Respectfully Submitted by A. Sobolewski on 2/24/14.

Meeting hand-outs distributed:

- ✓ February NCHIC Agency Updates (addendum to minutes)
- ✓ January NCHIC Minutes
- ✓ *Baptist HeartWise Screening Prevention* flyer from Baptist (M. Snyder)
- ✓ *HeartWise Eating Plan* flyer from Baptist (M. Snyder emailed)
- ✓ *National Walking day* flyer from School District (K. Clemons)

Nassau Health Improvement Coalition (NCHIC) Updates

February 2014 Meeting



Baptist –Nassau (Mary Snyder)

- We had very successful Heart wise nutrition class on Feb 13th. We have another scheduled April 10, 2014. BH Heartwise screenings are now opened for men as well as women. Screens on conducted on Wednesdays @ Nassau, with an appointment. See flyers emailed to NCHIC with minutes.

Baptist –Nassau (Stephen Lee)

- Nassau's expansion of our Emergency Department should be finished in the spring. It will add 3 examination rooms, computers and TV's in the exam rooms and another patient room.

- The new medical office building will be finish in May 2014 and Community Hospice will open in July with 8 inpatient hospice beds.
- Our new urologist has been here full time since July and has been very busy. His office is on SR 200 in Yulee but he will relocate to the new MOB.
- We will also be opening anew sleep lab in the new MOB.

Baptist –Nassau (Barbara Gingher)

- We have added a certified ostomy nurse and will be assisting in the formation of a support group for that group. No updates on wound care.

Family Support Services (Chris Compton)

- Jennifer Pendergraph is our new Case Manager Supervisor, replacing Kristin Symons who accepted a position in Jacksonville as a Quality Assurance Specialist. Jennifer Pendergraph has many years in child welfare most recently in Quality Assurance for Case Management.
- Family Support Services is hosting our monthly “Breakfast Learning Series” on February 25th. The event will be held at 96016 Lofton Square Court in Yulee, FL (Winn Dixie Shopping Center). We will have a presenter from CareerSource speak about their services and how they assist individuals trying to find employment.
- We are currently in the planning process of having the Department of Children and Families Child Protection Program co-locating at our facility. This should happen in Spring to Early Summer.

FDOH/Nassau – Health Education Program

- FDOH/Nassau has new website:
See Health Education Program page for information regarding NCHIC, Lending Library, Walk With Me, and Community Resource Guide:
<http://www.floridahealth.gov/CHD/Nassau/healtheducation.htm>

Nassau County School District - Food and Nutrition Department (Allyn Graves)

- All 8 elementary schools have been awarded a \$4,000 grant each to increase breakfast participation and increase exercise involvement.
- We begin March 1st offering a Grab and Go breakfast with different, more convenient locations at many of the schools.
- Some of the schools are allowing the students to take the meals to the classroom.

- Posters, bookmarks and other educational materials have been ordered for the children.
- A landscape architect is working on the design of a Healthy Heart Walking Trail at the schools that have the space for one.
- Exercise equipment is being ordered for the schools.

NACDAC (Kerrie Albert)

- On March 18th from 11:00am -1pm, NACDAC will be hosting a “lunch and learn” on legalizing marijuana in Florida at the new Family Support Service building, Lofton Square. Lunch will be served and seats are limited so please RSVP to Kerrie Albert by March 4th by emailing finsfan99@bellsouth.net or (904) 277-3699.