

CHRONIC DISEASE PREVENTION ADVISORY BOARD

AGENDA

DATE & TIME

April 27th, 2017
2:00pm-4:00pm

LOCATION

MORPC, 111 Liberty St # 100

ATTENDANCE

Amelia Costanzo (MORPC), Katie Stone (CPH), Scott Ulrich (CPH), Ali Segna (CPH), Elise Fester (CPH), Amber Jones (CPH), Dana Dorsey (CPH), Kate Moening (Safe Routes to School National Partnership – Ohio), Barb Seckler (CPH), Theresa Seagraves (FCPH), Brandon Kimbro (Healthy Columbus), Megan O'Brien (FCPH), Cheryl Sells (Youth to Youth), Nate Biggs (Youth to Youth), Harmony Cox (United Way of Central Ohio), Amy Headings (Mid-Ohio Food Bank), Robert Jennings (FCPH)

AGENDA

2:00-2:10 **Welcome and Introductions** – *Katie Stone*

- Include name and organization

2:10-2:25 **Age Friendly Columbus Update** – *Amelia Costanzo*

- Age Friendly Columbus is a collaboration between city of Columbus (multiple departments) and MORPC
 - To address city friendliness for elderly population – defined as individuals aged 50+
 - Age Friendly is a nationwide program and AARP sponsored
- Began by researching existing studies
 - Available from OSU Kirwan Institute and using data that the city had already collected
- Conducted neighborhood walk audits
- Administered surveys
 - Randomly mailed (based on voting registration)
 - Online
 - Overall, great response rate
- Released Findings report in February
 - *Feel free to ask Amelia for any data (hard or soft) if interested*
- Results include:
 - 3 year Strategic Plan for city to implement, finalized by the end of the year
 - Looking for a more permanent department to house Age-Friendly
 - 71% rated the **city** as an excellent or good place to live as they age
 - **Neighborhoods** were a little lower – understandable considering needs and nuances

- Top complaints include: drinking water and bench availability and sidewalk completeness
- More wealthy residents were more likely to drive themselves places (regardless of age) instead of taking the bus or walking
 - Most residents were interested in using a bus or walking, but unsure how to execute (safe routes or rules of operation)
- Most aren't concerned about getting around to certain "important community destinations"
 - But it's clear there's some individual discrepancies in understanding of availability and perception of availability
- Overwhelmingly, people want to age in their own home/neighborhood
- Internet and mobile phone are top two preferred mediums for communication/interaction, but word-of-mouth is third
 - These results are from online survey, so data collection methods have skewed results
 - Focus group conversations are in a separate data sheet
- Most residents rated their health "good" overall, but didn't have a plan in place if that suddenly changes
- Two-thirds of residents reported getting exercise every day or several times per week
 - But a lot unsure where to access health services and resources (like clinics and rec centers) or what "healthy food" means
- Minority Age Friendly
 - Focus groups with 7 different culture groups represented
 - All refugee groups are happy to be here and hesitant to list concerns; often say everything is better than where they came from
 - Biggest concern was that they couldn't find good work
 - Also hard to navigate the health system or don't understand how to read electric bills
- OVERALL: safety, housing, ageism, and contingency planning concerns

2:25-2:45 **CDPAB Member Updates** – *Scott Ulrich*

- Check-In Form
- Member Updates - PSEC Breakdown
 - **Upcoming Events/Opportunities**
 - *Breathing Association*
 - Next Certified Tobacco Treatment Specialist training May 1- May 5th
 - *Columbus Public Health*
 - Bike to Work Day – May 19th from 8:00-9:00 at City Hall (90 W Broad Street)
 - 14 bike events within the month of May (Bike Rodeos, Bike to work day)
 - Franklinton Bike Event – June 9th
 - *Ohio Department of Aging*

- Chronic Disease Self-Management Workshop Friday's 5/5/17-6/9/17 Mt Carmel West 10:30a-12:30p 60+
 - *The Links, Incorporated, Twin Rivers Chapter*
 - After school fitness and nutrition program called Kids Outside the Box (43202 and 43205 areas), but looking to expand to other areas in need.
 - CrossFit Kids workouts, boxing classes, self-defense and Karate lessons, Hip hop dance classes, and interactive nutrition programs in partnership with Local Matters. W
 - Looking for more buildings to expand in 43202, 43205, or other areas of need
- **Policy**
 - *Homeport*
 - All apartment buildings are smoke-free- each property implements policy one at a time- technical assistance provided by CPH
 - *American Heart Association*
 - Still working on two key issues surrounding the state budget bill
 - Healthy Food Financing- our ask is for \$15 million
 - Tobacco Excise Tax- \$1/pack increase in cigarette taxes. We also want an "Other Tobacco Products" (OTP) tax parity and \$35 million to go towards tobacco prevention/cessation programs.
- **System**
 - *YMCA of Central Ohio*
 - The Diabetes Prevention program is now covered by the Ohio Public Employees Retirement system statewide for all early retirees under the age of 65. This digital tool connects people to each other, to resources, activities, and events that promote good health
- **Environment**
 - *Columbus City Schools*
 - Purchased and still purchasing more bike racks for employees and students – CPH is providing helmet signage to be placed at the bike racks
- **Acknowledgements**
 - *Columbus Public Health*
 - Healthy Gatherings Workshop – 64 attendees!
 - Smoke-free signage provided to all rec and park play grounds and all Columbus City School buildings
 - *Healthy Columbus*
 - Facilitated city-wide weight loss program, Real Appeal, 1,000 city employees registered in the first 7 weeks of the programs existence. Success stories are flooding in!
- Other pressing updates
 - FCPH – Working with Youth to Youth to drop Franklin County tobacco use
 - Youth to Youth
 - Only 25 more store audits out of 320

- Youth Advisory Board (YAB) has chosen to focus on vaping messaging
- YAB members to present to Grove City Council in June, among other community presentations this spring
- Working on building policy with FCPH
- Policies include:
 - Increase number of public gathering spaces that are smoke-free (need two)
 - Putting up signs in Grove City Parks (counts as one site) & working to identify other qualifying public spaces
 - Remind public about Smoke Free Workplace Law
 - Working to adopt Tobacco 21 throughout the county
 - Question: What are the consequences for Tobacco 21 violations?
 - Similar to food inspection
 - CPH working on creating educational materials to be provided upon infraction
- Other chronic disease news
 - Held Healthy Block Party in Prairie Township
 - Minority Health Month event
 - Benefiting significant Hispanic community
- New CSA box in Whitehall
 - Veggie SNAPS program in partnership with YMCA

2:45-2:50 **Activity Break** – *Katie Stone*

2:50-3:20 **CDP Updates**

- Tobacco Free Collaborative – *Amber Jones*
 - CCS on the East Side will introduce tobacco prevention curriculum specifically for fourth and fifth graders
 - Recently gave presentation to group of physicians, who were excited by programming
 - Looking to connect new physicians to outreach efforts and with Walk With A Doc
- Breaking CDC News – *Elise Fester*
 - Smart Cities
 - This article examines what makes a city smart, taking into account perspectives from all around the world. If you're keeping up with Columbus' Smart Cities Grant, you might find this article interesting.
 - https://www.devex.com/news/taking-the-smart-route-to-inclusive-sustainable-and-connected-cities-89444?utm_content=bufferb475c&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer
 - Morality of Driverless Cars
 - With the reality of driverless cars on our roads imminent, MIT has been conducting a study to distinguish the “ethics of autonomous driving and society.”

- http://www.popsoci.com/mit-game-asks-who-driverless-cars-should-kill?con=TrueAnthem&dom=tw&src=SOC&utm_campaign=&utm_content=58c6588da167da000879ccf4&utm_medium=&utm_source=#page-2
 - Dutch “Texting Traffic Lights”
 - Some intersections in the Netherlands are now equipped with new ground signals in an effort to curb pedestrians on their phone from unknowingly wandering into an unsafe intersection.
 - https://www.weforum.org/agenda/2017/02/this-dutch-town-has-traffic-lights-on-the-floor-because-people-are-staring-their-phones?utm_content=buffer77b3c&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer
 - Vision Zero & Safe Routes to School
 - Vision Zero advocacy movements around the country are working on enacting policy, systems and environmental changes to drop traffic fatalities to zero. Safe Routes to School National Partnership just released a report with Vision Zero, describing how their advocacy and goals align.
 - https://www.washingtonpost.com/local/trafficandcommuting/as-traffic-deaths-soar-cities-pursue-lower-speed-limits-to-eliminate-fatalities/2017/02/25/6f86e614-f216-11e6-a9b0-ecee7ce475fc_story.html?utm_campaign=2017-02-27%20Stateline%20Daily&utm_medium=email&utm_source=Pew&utm_term=.be35b0422ad7
 - <http://www.saferoutespartnership.org/resources/report/vision-zero-and-safe-routes-school>
 - AAP & FRAC Pediatric Food Insecurity Toolkit
 - The American Academy of Pediatrics and Food Research & Action Center jointly released a new toolkit – a comprehensive resource on how to identify and address childhood food insecurity.
 - <http://frac.org/aaptoolkit>
 - Voices for Healthy Kids – Healthy Vending Advocacy Toolkit
 - <http://procurement.voicesforhealthykids.org/>
 - Time Tax for Unhealthy Vending
 - A new study from Rush University Medical Center found that customers forced to wait 25 seconds for an unhealthy snack chose healthier snacks 5% of the time
 - <http://www.npr.org/sections/thesalt/2017/03/31/522189753/forcing-people-at-vending-machines-to-wait-nudges-them-to-buy-healthier-snacks>
 - World’s Healthiest Hearts
 - Eating a high-carbohydrate diet with little meat and being physically active 6 hours a day has made the Bolivian Amazon’s Tsimané people the population with the world’s healthiest hearts, says a new Lancet study.
 - [http://thelancet.com/pdfs/journals/lancet/PIIS0140-6736\(17\)30752-3.pdf](http://thelancet.com/pdfs/journals/lancet/PIIS0140-6736(17)30752-3.pdf)
 - Obesity and... Neurons
 - Scientists looking to better understand obesity are zooming in on a particular type of neuron situated inside the body’s fat tissue.

- Portuguese researchers have found that silencing specific neurons creates obese mice.
 - <http://www.nature.com/articles/ncomms14967>
- Trans Fat Ban Worked
 - A new study in JAMA Cardiology reports that New York counties that enacted restrictions on trans fats in restaurant foods experienced a significant decline in cardiovascular events.
 - <http://jamanetwork.com/journals/jamacardiology/article-abstract/2618359>
- Hot Chocolate More Salty Than Chips
 - <http://www.bbc.com/news/uk-39324886?utm>
- Sodium Top Ten
 - New numbers from the CDC show that 44 percent of sodium intake in the US comes from just 10 different types of food.
 - https://www.cdc.gov/mmwr/volumes/66/wr/mm6612a3.htm?s_cid=mm6612a3_w
- Standard Cigarette Packaging in UK
 - All cigarettes sold in the UK must have standardized packaging as of May 20, 2017 after the Supreme Court refused permission to the tobacco industry to appeal against the new laws.
 - <https://www.theguardian.com/society/2017/apr/11/uk-supreme-court-denies-tobacco-firms-permission-for-plain-packaging-appeal?utm>
- Demographics of Tobacco Retailers
 - A new study of 97 counties (representing 79 million people) found neighborhoods with a high proportion of black residents or high poverty tend to have the greatest density of stores selling cigarettes and tobacco products. Poverty explained some of the association, but an urban planning concept, neighborhood “stability” - including the proportion of homes that are rented versus owned - accounted for most of the link.
 - http://www.huffingtonpost.com/entry/poor-minority-neighborhoods-have-more-tobacco-selling-shops-per-capita_us_58d049ade4b0be71dcf7509c?utm
- E-Cigarettes – newly popular cessation aid
 - According to a new study in CDC journal Preventing Chronic Disease, about one in three smokers have tried vaping to kick the habit even though the Federal Drug Administration hasn't given e-cigs the green light. Regardless, they've surpassed the use of nicotine patches, gum, and other FDA-approved cessation aids.
 - https://www.cdc.gov/pcd/issues/2017/16_0600.htm
- Bike Month - *Scott Ulrich*
 - Bike to Work Day
 - May 19, 8am, Columbus City Hall
 - Announcements, achievements and FOOD
 - Share on Facebook and with your co-workers
 - For other Bike Month Events visit: <https://www.columbus.gov/bikemonth2017/>

3:20-3:40 **Community Health Planning – Scott Ulrich**

- CHA – Community Health Assessment
 - In-progress
 - Data gathering at external partner forums in Nov 2016 & Feb 2017
 - CHA helps set priorities for CHIP, with specific objectives and strategies
 - Will wrap up in the next month or two
- CHIP – Community Health Improvement Plan
 - Columbus has to align with two of the three state priorities
 - Cross-cutting topics include: equity, social determinants of health, and access to health
 - Will establish and convene steering committee with partners – to leverage their work, not duplicate
- SP – Strategic Plan
 - Fall 2017- combine CHA and CHIP into SP

3:40-3:55 **Questions for the Board – Katie Stone**

- Mental Health Contact?
 - NAMI will be joining the board, Sandy Stevenson (South East Side), or Casey at Mount Caramel (a lot of mindfulness activities at Healthy Living Center lately)
- CCS – need onsite wellness programming (because alyfe isn't a LEAD business anymore)

4:00 **Wrap-up, Networking, Adjourn**