

# CHRONIC DISEASE PREVENTION ADVISORY BOARD

## AGENDA

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### DATE & TIME

August 24th, 2017  
2:00pm-4:00pm

### LOCATION

Columbus Public Health, 240 Parsons Avenue

### ATTENDANCE

Ali Segna (CPH), Megan Gorby (NCH CHWN), Amber Jones (CPH), Ashton Grigley (FCPH), Gonkarnue Nuahn (Mandela Fellow/FCPH), Kelly Hill (CPH), Dana White (CPH), Amelia Costanzo (MORPC), Caroline Rankin (YMCA), Elise Fester (CPH), Elizabeth De Luca (CPH), Jess Mathews (Ohio Alliance), Cheryl Graffagnino (CPH), Jalisa Dawkins (CPH), Brandon Kimbro (Healthy Columbus), Cheryl Graffagnino (CPH), Jeff Klingler (Central Ohio Hospital Council)

### AGENDA

#### 2:00-2:10 **Welcome and Introductions** – *Ali Segna*

- Include name and organization

#### 2:10-2:30 **CDPAB Member Updates** – *Katie Stone*

- SEE POWERPOINT for PSE agency updates
- Emily Fisher (not in attendance, but provided an update via email)
  - There haven't been major updates on the federal level since the last version of the Obamacare repeal bill failed to pass in Congress. In Ohio, however, the Senate and the House are discussing potential veto overrides that may impact Medicaid expansion. On July 7, the House overrode 11 vetoes, 8 of which were related to Medicaid in Ohio. The Senate took up 6 of the 11 overrides from the House. The legislature has until 12/31/2018 to override any of the Governors vetoes.
- Harmony from United Way:
  - Double Fresh- dollar for dollar match (up to \$10) on fresh fruits and veggies
    - Disconnected from SNAP to increase access for those that utilize IGA for fresh fruits and vegetables
    - Launches August 25th—active until December 31<sup>st</sup> while supplies last
  - Fresh Foods Here

- All 6 new stores received Tier II rewards
  - Most common: need more space to store fresh foods (ex. Coolers for eggs, meat, etc.) and customers request clean store
    - Partnering with She Has a Name for cleaning services for 3 stores
- Worthington Resource Pantry
  - Mental health focus
- Tobacco-Free Collaborative
  - Officially co-chairing with FCPH
  - CCI grant- TFC will serve as the coalition
  - CMHA starting roll-out of smoke-free residencies for all units
    - Partnering with Celebrate One initiatives--- sets them apart! (HUD pushes smoke-free, but CMHA's interest in Celebrate One is special)
    - Hope for resource room to include Safe Sleep Ambassadors as part of Celebrate One
  - Lutheran Social Services and National Church Residences also beginning this process
  - Next meeting: Wednesday, October 11<sup>th</sup> at CPH
- Nationwide Children's Hospital: Early Childhood Wellness and Nutrition Symposium (Megan Gorby)
  - October 26<sup>th</sup>, 2017, 8am-12:30pm
  - Blackwell Inn & Conference Center, Ohio State University, Columbus, OH

2:30-3:00 **Trail Rx Presentation**—Jeff Klingler

- Central Ohio Hospital Council: get people walking in green spaces to reduce obesity
  - Pilot project happening June-November 2017
  - Physician writes prescription for physical activity - walking
    - Identify local trail
    - Discuss health benefits of walking in green spaces
  - Metrics being monitored from 1<sup>st</sup> day of Rx
    - Monitor BMI and compliance
    - Will evaluate in December-January to plan for year 2
      - Plan to ask more follow-up questions about why people don't get involved—didn't want to ask this year

to avoid bogging down hospital staff and to get people excited about the program

- Check-ins from Nationwide Children's, OSU Wexner good!
  - Not as successful at Ohio Health or Mount Carmel
    - Check-in next week—hope to see improvement
- Mid-Ohio Food Bank doing something similar with Produce Rx—collaboration opportunity
  - Cheryl has collaboration idea for Hospitals Council through Veggie Snaps program—will follow up with Jeff
- See PowerPoint for more details

3:00-3:05 **Activity Break**—Elise Fester

3:05-3:15 **CDP Updates**

- Goals and Objectives—Katie Stone
  - Member one-on-one surveys (by popular demand!)
  - State Health Improvement Plan and (Ohio Chronic Disease Plan)
    - No gaps identified through sub groups (TFC, Local Food Action Council, Growing Healthy Kids Columbus, Physical activity plan)-aligning nicely!
    - Utilize Action Groups with goals and objectives
      - Growing Healthy Kids Columbus, Franklin County Physical Activity Plan, TFC, , Local Food Action Plan
      - Priorities feed into Community Health Improvement Plan (CHIP)
  - Next Steps:
    - Identify sub-groups
    - Meet with group leaders
    - Have groups identify priorities
  - CPH will send out a document with executive summary and goals
- Breaking CDC News!—Elise Fester
  - Physical Activity in America and Abroad
    - The average 19 year-old is as sedentary as a 60 year-old senior
      - Rise in 20s and drop off after
    - Saudi Arabia to offer physical education classes for girls for 1<sup>st</sup> time
  - The Demographics of Obesity
    - Deaths resulting from violence increased by 850% in last 100 years

- Rise in chronic disease
  - CDC: 100 Million Americans have diabetes or pre-diabetes
    - Pre-diabetes went down to 84 million
    - Included county data
    - Over 10% of US population
  - OSU economist/scientist: poor people less likely to eat fast food and eat it less often than middle class
    - Not actually cheaper
  - Smoke-free pubs
    - Deaths down in England since smoke-free established in pubs
  - Smoking on the rise in Pregnant women with Depression
    - Potential interest for Celebrate One and other programs
  - FDA cut cigarette nicotine levels in an attempt to bring them to “non-addictive levels”
    - Scientists believe reduction in nicotine won’t help people quit
    - Tobacco companies likely will fight back
  - FDA commissioner trying to limit e-cigs for youth
- Local Food Action Plan—Cheryl Graffagnino
    - Grant received by Columbus City Schools
      - Hope to be up-and-running for 2018 half of schoolyear
    - Buckeye CSA
      - Help kids learn to grow food for themselves
      - Potential for secondary income?
    - Agriculture
      - Local growers extend growing season
    - Ad-hoc team: Best you can hope for is budget proposal
      - Starts tomorrow!
      - Franklin County Food Council meetings take place every 3<sup>rd</sup> Tuesday of the month 4:30-6pm in the basement of Franklin Park Conservatory

**3:15-3:30 Wrap-up, Networking, Adjourn**

- Next meeting: October 26<sup>th</sup>
- December 28<sup>th</sup>—potentially changed