

HEALTH LEADERSHIP NETWORK
MEETING NOTES
JANUARY 21, 2010

In attendance: Sherylin Taylor, Lake County Public Health Department; Tammi Silva, Sutter Lakeside Hospital; Lori Conroy, Lakeside Health Center; Lou Denny, Lake County Community Action Agency; Tammy Alakszay, LCOE/Americorps; Terre Logsdon, Lake County Administration; Pat Hubbard, HRSA/Lake County Tribal Health; Susan Jen and Jackie Armstrong, Health Leadership Network.

HLN WEBSITE: During a demonstration of the HLN website, the following links to other websites/resources were suggested:

- On Child Development page
 - Sutter Lakeside Babies
 - Dr. Chasnoff and 4Ps
 - Healthy Kids at Hayward Library
 - ACES Questionnaire (investigate use of Survey Monkey)
- On Active Living page
 - Sutter Lakeside Wellness Center
- On Health Policies page
 - ENACT Assessment Tool
 - Lake County ENACT Summary
- On CATCH page
 - CATCH website
- On Health Eating page
 - BMI Calculator
 - Farms & Gardens at www.lakecounty.com
 - Know Your Farmer

The following additions were also suggested:

- Farm-to-Institution page
- Site search mechanism (only if it works)
- Statement that “ The HLN website posts information relevant to nutritional and fitness issues that impact population health, as well as other items related to child, family and community health. The content of the articles represents a range of opinions and are not necessarily promoted or endorsed in their entirety by the HLN or its partners.

CATCH: Tammy reported that only the Upper Lake CATCH Council is currently meeting. Susan added that she and Tammy had developed a form for CATCH Councils to complete on a monthly basis in order to collect information on what schools are doing but, without active CATCH Councils, the forms are not being consistently completed. Based on information provided by Tammy for HLN’s annual report to the CA Endowment, Susan noted that most teachers that attended the CATCH training are implementing

the fitness activities, but have yet to get involved with the nutrition component. When she attended the 1/13/10 meeting of county school superintendents, Susan explained to those in attendance that CATCH satisfies DOE recommendations for coordinated school health and could have a multiplying effect on school wellness policies such that Lake County would be ahead of the curve on embedding wellness policies within a more integrated nutrition and activity curriculum. Acknowledging that teachers and administrators were overwhelmed by budget issues, LCOE Superintendent Dave Geck suggested that CATCH training might include a stipend to cover teacher participation in CATCH councils as a means to encourage greater CATCH Council activity.

Susan also said that she planned to schedule a CATCH core training for administrators, food service directors and teachers immediately following the conclusion of the school year as well as a separate “Eat Smart” component for food service directors. She added that she knows the Konocti Unified School District Physical Education specialist Chris Emberson is promoting CATCH. Tammi observed that schools and other organizations are shifting from strategies to survival mode to deal with economic realities.

FARM-TO-SCHOOL: Susan reported that API and fitness scores at Cobb Elementary School are the highest in the county at last review, and that perhaps there is a link between the two. They are also interested in school gardens and healthy school menus. Kelseyville and Konocti school districts are also very active in a Farm –School approach.

She also reported that HLN was planning a Food Summit on Monday, March 15, 2010, as part of its CDFA grant work plan. The preliminary Summit program includes A.G. Kawamura, Secretary of California Department of Food and Agriculture, a panel of experts on nutritional and economic benefits of expanding local specialty crop consumption, an afternoon panel directed at facilitating connections between growers and buyers and, perhaps, an Iron Chef and Kids Cook-off in the evening that features local produce. She added that school administrators and food service directors would be encouraged to attend.

In addition to CATCH trainings and the Food Summit, Susan reported that she would like to see HLN sponsor two ½-day programs with CME’s for physicians on the subject of incorporating information about nutrition and activity into office and clinic visits. Tammi Silva suggested that Internist Karen Tait, M.D. had demonstrated expertise in talking to families about preventive medicine. Sherylin Taylor recommended Internist Cory Warner, M.D. in Middletown as someone who has incorporated a weight loss program into his practice and produced impressive results. Merrill added that the Tribal Health Clinic’s diabetes group is also going strong.

FAMILY FITNESS PROGRAM: Jackie has been working to follow-up on getting recreation into schools sites after hours and has identified three elementary schools interested in making their multi-purpose room available for a fitness program 2-3 days/week. She has made contact with interested yoga, martial arts and aerobics instructors and will endeavor to meet with Lake County Parks Department staff to see if they are interested in collaborating with HLN to launch programs at these sites.

LAKE COUNTY TRIBAL HEALTH: Merrill reported that she is currently focusing on outreach to other tribal representatives in an effort to expand programs that reduce alcohol use by pregnant women. As a result, Lake County Tribal Health may begin providing recovery support to Elem, Middletown and Scotts Valley Tribes. Robinson and Upper Lake already have their own programs but are interested in meeting for a presentation. She also reported that all babies born to parents in LCTH's prenatal and postnatal support groups were born without drugs. Merrill added that LCTH is successfully implementing the 4Ps screening and preventive wrap around-type services.

DATA WORKGROUP: Susan reported that because the CalICE intern identified by Dr. Tait could not be immediately available, the best possible Plan B may be to hire an evaluator to look at existing data such as WIC produce vouchers, school food service purchases, etc. and start trying to figure out how this type of information might be related to health improvements. She said that the Lake County First 5 evaluator named Cathy Ferron was interested in taking the project on and a teleconference with Data Workgroup members would be scheduled to discuss what kinds of health questions we want to answer and then what data would help to answer those questions

The following ideas were shared in response to Susan's request for feedback:

- How can we track kids' consumption of produce during summer vacation? (Lou)
- A "show us your plate" project demonstrated that kids ate more fruits and veggies than expected. (Terre)
- Has there been any changes in the county's obesity rate? Why? (Lori)
- A book entitled "Diabesity" predicts that more than a third of American children will develop Type 2 diabetes. (Tammi)
- GIS might be used to correlate the availability of fresh produce to poverty. (Tammi)
- HLN may want to hire Laura Lamar to update the Farm Trails map including locations of schools and other institutional buyers. (Terre)

Lori said that the Lakeside Family Center would be converting to an Electronic Medical Records (EMS) system in March that would facilitate access to information about weight, pediatric BMIs, etc. HLN may also want to consider tracking 10-15 obese patients.

Tammi identified the mystery lunch food as quinoa and suggested taking a look at the nutritional information available to Sutter Lakeside cafeteria customers.

The meeting was adjourned at 2 p.m.