

## Health Leadership Network Meeting Notes

October 15, 2009  
Sutter Lakeside Hospital

In attendance: Karen Tait, Health Dept.; Helaine Christensen, Public Health; Tammi Silva, Sutter Lakeside Hospital; Joan Reynolds, LCOE; Tom Jordan, First 5; Lou Denny, Community Action Agency; Terre Logsdon, County Admin; Tammy Alakszay, Americorps; Jennifer McClendon and Laurel Chambers, Network for a Healthy California; Susan Jen, HLN; Jackie Armstrong, HLN.

### I. Farm – Institution

Regarding the countywide food assessment survey, Terre said that the response from smaller producers has been good but only one buyer survey has been received. She will rebroadcast information about the survey that encourages restaurants, schools, grocery stores, hospitals, etc. to participate before the October 25, 2009 deadline. Survey results will be used to determine local food production, consumer demand, opportunities for new local markets, emergency food supply, and compile a local food guide. The survey is posted on [www.lccfa.wikispaces.com](http://www.lccfa.wikispaces.com).

### II. CATCH (Coordinated Approach to Child Health)

Tammy Alakszay said that CATCH programs have been implemented at four school sites (Highlands, Cobb, Kelseyville, Upper Lake Elementary Schools) but, as far as she knew, none of the CATCH councils were meeting. Susan said that it was important for the councils to begin meeting and assume responsibility for sustainability, follow up, and facilitating a survey of students' food and fitness habits. Laurel said that Cari, with the Regional Office of Network for a Healthy California, could be available to offer training to the CATCH Councils on Mondays or Fridays. Joan suggested scheduling the trainings immediately following staff meetings on a Monday. Susan, Joan and Tammy will meet to strategize about the councils and vending machine survey.

### III. Policy Workgroup

A productive HLN Advisory Workgroup, including the Health Department Director and both hospital CEOs, was convened October 7 to discuss the development of a Health Policy Council. All parties to the MOU with HLN are being invited to the first meeting of the Council at 10 a.m. on Thursday, November 12, 2009 at the Family Resource Center in Kelseyville. The Council's primary responsibility will be to monitor use and assess status of the ENACT assessment process.

Jennifer explained that Champions for Change is a statewide component of Network for a Health California that promotes moms making healthy choices. All of the moms represent low-income households. Most often the moms are nominated though interested women can also simply fill out an application. The moms become

role models in their communities and spokespeople for the Network. Youth Champions for Change is being piloted in Southern California.

#### IV. Tribal Health Outreach grant

Pat Hubbard from Tribal Health was ill and unable to report. Susan indicated that she recently provided training to Dr. Davies nurse, CPSP and Sutter Lakeside Birth Center staff on Dr. Chasnoff's 4Ps screening tool. Easter Seals, Big Valley and Robinson Rancheria are using ASQs as a complement to 4Ps, and as a preventive behavior management tool. Those entities trained on use of 4Ps send data directly to Dr. Chasnoff's research center in Chicago. A duplicate copy is kept locally. None of these have patient names. We do not have enough data submitted to determine trends in our community. The ACE study was also mentioned. Research shows that those with a score of 6 (out of 10 possible) decrease longevity by as much as 20 years. It would be useful to link ACE results to research on the protective factors as a possible intervention.

#### V. Recreation Survey follow-up

The following points were made during a discussion about how to go about translating the survey results into school site activities:

- a) The top four activities for each age group should be compared to existing resources to identify gaps. The survey identified gymnastics, outdoor activities and martial arts as priorities for most age groups;
- b) Laurel said that a regional Network staff person is currently compiling a list of existing recreation resources in Lake County and that it should be completed in a month;
- c) Monthly activity nights could be established at pilot schools;
- d) Suggestions for dealing with liability issues included working with the community colleges and the Parks Division of the County's Public Services Department;
- e) Adult activities could be offered at the same time as youth activities;
- f) The Network's regional office has portable 10-station preschool equipment that can be used for a nutrition decathlon.
- g) Instructors could be paid by charging adult participants a nominal fee (\$3/class). Laurel said that charging a small fee also adds value for participants.

#### VI. Data Workgroup

A discussion regarding common data elements to be collected produced the following assignments to launch the data gathering process. To begin, these elements will be submitted to the Data Workgroup as they are collected. The Data Workgroup will work out methodology for linking the information into a data repository:

- (a) Tammi Silva – baseline 5<sup>th</sup> grade fitness test results to measure improvements and link to prevention efforts (7<sup>th</sup> grade fitness tests unassigned),
- and (b) Joan: comparison of fitness tests at various schools,
- (c) Tammy Alakzsay - survey of vending machines for improvements, and
- (d) get wellness policy perspective from students;

(e) Tammy A - collect School Food Service records to demonstrate increase purchasing of fresh produce;

(f) WIC coupon redemption for fresh produce and farm market vouchers; and this would need to be WIC staff who were not represented at this meeting

(g) Look at existing CHIS and KIDSdata. Dr. Tait indicated that the task required someone trained to evaluate the numbers and make connections between the data and that an epidemiologist would be idea. She added that she had recently talked to a well-qualified woman who might be available on a short term basis. It was the consensus of the workgroup that it would be extremely helpful to have someone with extensive database and analytical skills design the project. Ideally, the Health Dept. could hire a part time person to continue to manage the work. Susan indicated that some grant funding was allocated for this purpose and recommended that a contract/MOU be developed as soon as possible.

Helaine added that CHDP has poor children obesity stats. Tammi added that Sutter Lakeside collected 5<sup>th</sup> grade fitness data throughout the school year.

#### VII. Federal ARRA grant

Susan explained that counties with a population of less than 500,000 are required to apply for American Recovery & Reinvestment Act funds through their state health department because the requirements for baseline data collection, program monitoring and result reporting are so rigorous. Only 4 small counties (two each of obesity and tobacco cessation categories) in California will be selected by State Public Health to make application for ARRA funds. Lake County completed a survey submitted to State Public Health, which will be a key factor in how the State selects the 4 counties. The amount of money could be significant and Lake County has done a lot of groundwork for obesity prevention which is one of the ARRA funding priorities. The grant provides support for two years during which time the programs would be set up. The deadline for the application is 12/1/09.

#### Calendar:

Nov. 5: CATCH Workgroup: 2:30 – 3:30 1<sup>st</sup> Thursday every other month, Kelseyville High cafeteria.

Nov 5: Farm – Institution Workgroup: 3:30 – 5:00 1<sup>st</sup> Thursday every other month at Kelseyville High cafeteria following the CATCH workgroup.

Nov. 12: Health Policy Council: 10 a.m. – 11:30 a.m., Family Resource Center,