



## Eastern Shore Healthy Communities

AN ACHIEVE COALITION

### Executive Committee and Work Group Chair Meeting

Thursday, May 9, 2013, 3:00 pm

Work Force Development Building Room 160

Eastern Shore Community College

### MINUTES

Item	Discussion	Action
<b>Welcome &amp; Introductions</b>	<p><b>Danny Vestal</b>, Chair, and Ex. Dir. YMCA Camp Silver Beach, called the meeting to order at 3:00 pm. Partners present included: <b>Kathy Boyd</b>, Holistic Nutritionist; <b>Scott Chandler</b>, Administrative Director, Eastern Shore Health Department; <b>Joani Donohoe</b>, Eastern Shore Health Department, ESHC Healthy Options Restaurants Coordinator; <b>Andre Elliott</b>, Director, Eastern Shore Family YMCA; <b>Dr. Linda Thomas-Glover</b>, President, Eastern Shore Community College; <b>Aileen Joeckel</b>, Marketing Director, Blue Crab Bay; <b>Jean Joeckel</b>, Health Educator, Eastern Shore Rural Health, Inc.; <b>Patti Kiger</b>, Ex. Director ESHC and Instructor, Eastern Virginia Medical School; Bob Mayes, Retired Citizen Member; <b>Pauline Milbourne</b>, Accomack County Public Schools; <b>Rev. Gary Miller</b>, pastor, Atlantic United Methodist Church; <b>Mary Parker</b>, Virginia Department of Health; <b>Melinda Phillips</b>, Specialist for Administrative Services; <b>Keith Privett</b>, Eastern Shore Health Department; <b>Sue Simon</b>, Economic Development Coordinator, Accomack-Northampton Planning District Commission; <b>Curt Smith</b>, Director of Planning, Accomack-Northampton Planning District Commission; <b>Polly Stern</b>, Teacher, Nandua High School; <b>Peter Stith</b>, Long-Range Planner, Northampton County Planning Department; <b>Rob Testerman</b>, Land Use Planner, Accomack County Planning Department; <b>Joe Zager</b>, Vice President, Riverside Shore Memorial Hospital.</p>	
<b>Approval of the Minutes</b>	<p><b>Scott Chandler</b> motioned approval of the minutes. <b>Joani Donohoe</b> offered a second to the motion. Minutes were unanimously approved.</p>	
<b>Special Presentation</b>	<p><b>Polly Stern</b>, Nandua High Human Anatomy teacher led the group in an exercise she created to share with her colleagues who are currently focused on wellness, to demonstrate the effects of skipping meals. With beans, cut-out squares of paper, and much imagination, Ms Stern provided a convincing visualization of body chemistry and the balance that is needed from at least three square meals per day to maintain weight. Skipping meals, it turns out, actually results in weight gain. She explained that inspiration for this exercise came when she noticed that after lunchtime, children in her classroom seemed to have low energy and reduced attention spans because they often skip breakfast and lunch. The resulting low blood sugar impacts their productivity and achievement. Though she has not yet shared this activity with students, her fellow teachers have learned a great deal about their own health and the need for a steady, conscientious stream of nutrition.</p>	
<b>Old Business</b>		
<b>Livable Communities/ Walking Trails</b>	<p><b>Rob Testerman</b>, chair, announced that four towns have been selected for walking trail signage: Cape Charles, Wachapreague, Onancock and Nassawadox. He is currently ordering signage. He also announced that he has provided the Accomack County Planning Commission with</p>	<ol style="list-style-type: none"> <li>1. Meet with town representatives to finalize signage needs.</li> </ol>

	<p>information from the Walkability Workshops Technical Report and believes they will include some recommendations from that report in the County Comprehensive Plan. He mentioned that the first public hearing for the Atlantic Town Center was held and that much of the design resembles a Livable Community.</p> <p>Northampton county has requested a presentation from ESHC regarding Livable Communities and the Walkability Workshops.</p>	<ol style="list-style-type: none"> <li>2. Create trail launch festivity.</li> <li>3. Report to Northampton County.</li> </ol>
<b>Fitness Challenge</b>	<p><b>Andre Elliott</b> reported that the Challenge is “humming along” with a total of 518 participants. He is working with Northampton County Public Schools and final awards will be announced at the Music for the Hungry to be held in Onancock at the Old Onancock School on July 13. He also announced that a group from the Fitness Challenge also did the “Mud Run” and for pictures go to manmeetsmud.com.</p>	
<b>Worksite and Faith Communities Wellness Policies</b>	<p><b>Jean Joeckel</b> reported that the Worksite and Faith Communities Wellness Policies Work Group met in April. They are working on condensing all three toolkits by the end of May. Joni White has met with 30 businesses regarding tobacco policies and expect to meet with other businesses in June and July.</p>	<ol style="list-style-type: none"> <li>1. By June 1 – Tool kits finalized (Jean Joeckel)</li> <li>2. By July 1 – Businesses and faith communities to be approached list created (Work Groups members).</li> <li>3. By Sept. 1 – Appointments set and accomplished with at least 10 businesses and 10 faith communities (Work Groups members)</li> <li>4. By Nov. 1 – At least 5 businesses &amp; 5 faith communities will have adopted Wellness Policies, and have been recognized in media for having done so.</li> </ol>
<b>Student Food &amp; Beverage Advertising Audit</b>	<p><b>Students from the Broadwater Academy</b> did not make a presentation as scheduled.</p>	<ol style="list-style-type: none"> <li>1. Accomack County Public Schools and Broadwater Academy will complete and report on their audit by the end of the 2013 school year.</li> <li>2. Both teams will present their findings at the following ESHC meeting.</li> </ol>
<b>Leadership Work Group</b>	<p><b>Dr. Linda Thomas-Glover</b> announced that she, Scott Chandler, Aileen Joeckel and Patti Kiger have had the opportunity to be Leadership Fellows for the National Leadership Academy for the Public's Health. As part of the obligation for this leadership training, the Work Group must meet two objectives: 1) Assist the Worksite and Faith Communities Wellness Policies team with accomplishing their goals and 2)create a Leadership Institute. The group has been assigned a</p>	

	mentor, Dr. Mark Horton, a pediatrician, former California director of Public Health, and current lecturer at University of California, Berkeley. Dr. Horton has a site visit planned for June 13 & 14. He will speak at the June ESHC meeting.	
<b>New Business</b>		
<b>Pre-School BMI Collection</b>	<b>Scott Chandler</b> announced that he had received a call from the Planning Council to discuss a project that they have been conducting throughout Hampton Roads, collecting BMIs and working with pre-schools on nutrition and physical activity. He said that the Health Department will be conversing with them further to assist them in their intention to conduct similar work on the Eastern Shore.	
<b>Joint Eastern Shore/ Portsmouth Health Department Training</b>	<b>Scott Chandler</b> reported that the Eastern Shore and Portsmouth Health Departments held a joint training featuring Dr. Adolph Brown, an international speaker on health disparities. The event was entertaining, provided an opportunity to also invite the Portsmouth and Eastern Shore ACHIEVE coalitions, and everyone had a great time.	
<b>Million Hearts &amp; ABCs of Prevention</b>	<b>Mary Parker, RN</b> , a Virginia Department of Health manager, based at the Chesapeake Health Department presented projects that she will be working on in the Eastern quarter of the state – the Million Hearts Campaign and the ABCs of Prevention. She will continue to join ESHC as she is able.	
<b>Music for the Hungry</b>	<b>Kathy Boyd</b> announced that the Music for the Hungry will be held at the Old Onancock School on July 13 beginning with a 5K race. She suggested that ESHC, especially Healthy Options, have a booth. Bob Mayes suggested that Healthy Options chefs might want to hold a cook-off at the event.	
<b>Onancock Farmers Market</b>	<b>Joani Donohoe</b> announced that she has a booth at the May 25 Onancock Farmer’s Market to show off Healthy Options to the community.	
<b>Friends of the Library Presentation</b>	<b>Patti Kiger</b> announced that she had been asked to present Eastern Shore Healthy Communities at the May 28, 7 pm Friends of the Library meeting at the Accomac Public Library.	
<b>Strategic Planning Retreat</b>	<b>Patti Kiger</b> reminded partners to mark their calendars for the June 6 Strategic Planning Retreat at Camp Silver Beach. The retreat is open to all partners for participation. Executive Committee members are strongly encouraged to attend. Breakfast and lunch will be served so partners planning to attend should RSVP to <a href="mailto:kigerpg@evms.edu">kigerpg@evms.edu</a> .	1. Partners should respond to <a href="mailto:kigerpg@evms.edu">kigerpg@evms.edu</a> their desire to attend the planning retreat.
<b>Executive Committee Recruitment and Nominations Committee</b>	<b>Danny Vestal</b> appointed Dr. Linda Thomas-Glover, Scott Chandler and Rev. Gary Miller to the Executive Committee recruitment and nominations committee. He asked anyone who is interested in serving as a Work Group leader to let members of this committee know.	
<b>Adjournment</b>	<b>Danny Vestal</b> adjourned meeting at 4:30 pm, announcing that the next Eastern Shore Healthy Communities meeting will be held on Thursday, June 13, at 3:00 pm at Eastern Shore Community College WFD Conference Room. Dr. Mark Horton will make a presentation.	1. Next meeting: June 13, at 3 pm, ESCC, WFD CR