



## Eastern Shore Healthy Communities

AN ACHIEVE COALITION

### ANNUAL MEETING

Thursday, December 12, 2013, 3:00 pm

Eastern Shore Community College

### MINUTES

Item	Discussion	Action
<b>Welcome &amp; Introductions</b>	<b>Danny Vestal</b> , Chair, ESHC and YMCA Camp Silver Beach, called the meeting to order at 3:00 pm. Partners present included: <b>Scott Chandler</b> , Eastern Shore Health District; <b>Joani Donohoe</b> , Eastern Shore Health District; <b>Patti Kiger</b> , Eastern Virginia Medical School; <b>Carolyn Mayers</b> , Citizen; <b>Bob Mayes</b> , Citizen; <b>Jay McClamy</b> , Eastern Shore Family YMCA; <b>Melinda Phillips</b> , Northampton County Public Schools; <b>Susan Simon</b> , Northampton-Accomack Planning District Commission; <b>Nancy Stern</b> , Eastern Shore Rural Health; <b>Peter Stith</b> , Northampton County Planning Department; <b>Jim Welch</b> , Marine Environmental Research Corporation; and <b>Joni White</b> , Eastern Shore Health District	
<b>Approval of the Minutes</b>	<b>Scott Chandler</b> motioned approval of the minutes. <b>Bob Mayes</b> offered a second to the motion. Minutes were unanimously approved.	
<b>Healthy Holiday Hors D'ouvres</b>	<b>Joani Donohoe</b> , <b>Carolyn Mayers</b> , <b>Susan Simon</b> , and <b>Joni White</b> presented dishes they created for the meeting and discussed the recipe. The food was delicious!	If all chefs will send recipes to Patti Kiger, she will publish them in next newsletter.
<b>Celebrate Activity Every Chance You Get</b>	<b>Jay McClamy</b> offered tips for physical activity and healthy eating to help partners enjoy the holidays without gaining unwanted weight. Partners bid Jay farewell and wished him well as this was his last day with the Eastern Shore Family YMCA.	Eat well and move more over the holidays.
<b>Test Your Holiday Knowledge</b>	<b>Melinda Phillips</b> engaged partners in a fun quiz to test holiday knowledge. Prizes were awarded.	
<b>Old Business</b>		
<b>Eastern Shore Healthy Communities 2013 Annual Report to the Community</b>	<b>Patti Kiger</b> presented the Annual Report. Highlights included: <ul style="list-style-type: none"> <li>• Interest in Livable Communities concept was evidenced by invitations to speak before commissions and community organizations; an announced Tasley “roundabout” and new walking lights in Onley; and a plan for engagement in 2014.</li> <li>• 518 individuals participated in the Fitness Challenge and a supportive media environment was established April – June.</li> <li>• Five towns received walking trail mini-grants. Trails are in process of being marked and VDOT became a full partner in this endeavor.</li> <li>• We partnered with the Chincoteague Chamber of Commerce, Northampton County Chamber of</li> </ul>	

	<p>Commerce and Eastern Shore of Virginia Chamber of Commerce to host a Worksite &amp; Faith Community Wellness Policy Conference. 25 organizations attended and follow-up to encourage policy development will occur in early 2014.</p> <ul style="list-style-type: none"> <li>• Northampton County Public Schools, Accomack County Public Schools and Broadwater Academy students reported on their audit of unhealthy food and beverages available on school grounds and plans for policy improvement or enforcement.</li> <li>• 15 local restaurants are branded <i>Healthy Options</i> and 10 have undergone their first evaluation. Restaurants are beginning to show leadership in their responsibility for creating healthy food environments. An advertising campaign to support the newly branded restaurants took place over the summer.</li> <li>• Northampton County Public Schools and Broadwater Academy are participants in the new Smart Bites program to provide incentive to students to make healthier selections while dining out. Three Subway locations and the Machipongo Trading Company are participating partner restaurants.</li> <li>• Accomack County Public Schools, Northampton County Public Schools and Broadwater Academy measured student BMI to provide current estimates of under, healthy and overweight children which enables all community groups working on obesity to track intervention effectiveness.</li> <li>• Five organizations provided financial, technical or in-kind support for Eastern Shore Healthy Communities in 2013. We are grateful to: Eastern Shore Community College for meeting space, National Leadership Academy for the Public's Health for training and technical assistance; Virginia Department of Health, Virginia Foundation for Healthy Youth, National Institutes of Health, the Institute of Medicine, and Children's Hospital of The King's Daughters for financial support.</li> </ul>	
<p><b>Leadership Recognition</b></p>	<p>The following individuals were recognized for their ESHC leadership in 2013:</p> <p>Executive Committee:</p> <p><b>Bruce Benson, Ed.D.</b>, Superintendent, Accomack County Public Schools  <b>Scott Chandler</b>, Administrative Director, Eastern Shore Health District  <b>Walter P. Clemons, Ph.D.</b>, Superintendent, Northampton County Public Schools  <b>Rev. Gary Miller</b>, Pastor, St. John's United Methodist Church  (Rev. Miller was also acknowledge for his leadership as co-chair of the Wellness Policies Work Group)  <b>Steven Miner, Ed.D.</b>, Administrator, Accomack County  <b>Katie Nunez</b>, Administrator, Northampton County  <b>Nancy Stern</b>, President, Eastern Shore Rural Health Systems, Inc.  <b>Linda Thomas-Glover</b>, Ph.D., President, Eastern Shore Community College  (Dr. Glover was also acknowledged for her leadership as chair of the Leadership Institute Work Group)  <b>Joe Zager</b>, Vice President Development and Community Outreach, Riverside Shore Memorial Hospital  Work Group Chairs:  <b>Andre Elliott</b>, Director of Operations, Eastern Shore Family YMCA – Fitness Challenge Work Group  <b>Keith Privett</b>, Environmental Health Supervisor, Eastern Shore Health District – Healthy Options Restaurant Work Group  <b>Jean Joeckel</b>, MPH, Health Education Coordinator, Eastern Shore Rural Health Systems, Inc. -- Wellness Policies Work Group  <b>Joni White</b>, RN, CNP, Nurse Manager and Clinical Supervisor, Eastern Shore Health District -- Wellness Policies Work Group  <b>Susan Simon</b>, Economic Development Coordinator, Accomack-Northampton Planning District</p>	

	<p>Commission – Livable Communities Work Group  <b>Melinda Phillips</b>, Administrative Services Specialist, Northampton County Public Schools – School Advertising Audit Work Group  <b>Chester Hall</b>, Intervention &amp; Prevention Specialist, Accomack County Public Schools - School Advertising Audit Work Group  <b>Barbara Parker</b>, Director of Guidance, Broadwater Academy - School Advertising Audit Work Group  <b>Joani Donahoe</b>, Public Relations and Marketing Specialist, Eastern Shore Health District - Healthy Options Restaurants &amp; Smart Bites Work Groups</p>	
<b>2014 – 2016 Eastern Shore Healthy Communities Strategic Plan</b>	<p><b>Danny Vestal</b> announced that a new strategic plan was adopted by ballot vote and presented the Eastern Shore Healthy Communities 2014 – 2016 Strategic Plan. Major goals for the year include:</p> <ol style="list-style-type: none"> <li>1. Strengthen and vitalize the partnership.</li> <li>2. Improve nutrition environments.</li> <li>3. Increase opportunities for active living</li> <li>4. Expand tobacco-free environments</li> <li>5. Encourage and support business and faith communities' wellness efforts.</li> <li>6. Encourage and support school wellness efforts.</li> </ol> <p>Copies of the plan are available at each ESHC meeting and by emailing <a href="mailto:kigerpg@evms.edu">kigerpg@evms.edu</a>.</p>	
<b>Election of Officers</b>	<p><b>Danny Vestal</b> announced new officers for 2014 - 2016 elected by ballot vote at the meeting. These included:  Co-Chairs  <b>Scott Chandler</b>, Administrative Director, Eastern Shore Health District  <b>Linda Thomas-Glover</b>, Ph.D., President, Eastern Shore Community College  Vice Chair  <b>Rev. Gary Miller, Pastor</b>, St. John's United Methodist Church  Danny passed the newly acquired gavel to new co-chair, Scott Chandler</p>	
<b>Special Presentation</b>	<p><b>Scott Chandler</b> thanked Danny Vestal for his service as Chair over the past four years, presented him with a plaque, and also played (and presented a copy to Danny) a video of partners recalling special leadership moments with Danny. Scott also thanked Charles Killmon of Eastern Shore Community College who filmed and edited the video.</p>	
<b>Closing</b>		
<b>Leadership Reflection</b>	<p><b>Danny Vestal</b> presented the leadership reflection.</p>	
<b>Adjournment</b>	<p><b>Danny Vestal</b> adjourned the meeting at 4:30 pm, announcing the next meeting will be held on January 9, 2014, 3:00 pm at Eastern Shore Community College, Workforce Development Building.</p>	