



Northwest Michigan Chronic Disease Prevention Coalition Meeting Minutes

Friday, January 6, 2017

Attendees: Sally Mellema, DHD #10; Kim Chandler, DHD #10; Anuli Njoku, FSU; Sally Wagoner, Spectrum Health Gerber; Karen Ripke, DHD #10; Pam Daniels, MSU Extension; Gail Bullard, FSU; Donna Norkoli, DHD #10.

By Weblink: Angela McFall, MDHHS, Cheryl Melroy, Munson Healthcare Grayling; Sarah Oleniczak, DHD #10; Kim Benz, Munson Healthcare Cadillac; Mary Beasley, West Shore Medical; Doris Silver, West Shore Medical; Vicki Sawhill, West Shore Medical; Julie Burke, Family Health Care; Sonya MacDonald, Family Health Care; Molly Cotant, MDHSS

Pam Daniels Presented on MSU Extension Project

Pam requested support for a diabetes management project. She stated that participants in the program are in need of incentives in the way of free resources for physical activity, healthy food access and tobacco cessation services. Members discussed the many resources available in their local communities. Many communities have expressed the need for a YMCA or other community recreation facility. For now, County Parks and Recreation Agencies are good resources for programming. For tobacco cessation there are trained TTS counselors available at DHD #10 and the Michigan Tobacco Quitline. Donna suggested that we use the Live Well website as a way to promote those resources. Gail suggested that "success stories" would be a good feature for the website. Donna indicated there is a "Get Inspired" tab but new stories need to be added.

Action: If any agencies have free or low cost programs going on please e-mail information to dnorkoli@dhd10.org to place on the www.livewell4health.org website. MSU Extension can then refer participants in the diabetes management program to this website.

CDPC Draft Action Plan Review and Discussion

The group reviewed the Action Plan for 2017. Donna updated the plan with accomplishments from 2016. These include:

- Expanded membership
- Membership Committee work: By-laws, membership commitment letter, member recruitment letter and welcome letter, update of member roster
- Task force groups established and meeting: PSE Strategies, Tobacco Prevention and Cessation Community/clinical Linkages, Diabetes Prevention Community/clinical Linkages

- Tencon Chronic Disease Prevention funding guidelines developed and funding distributed to local coalitions
- Planning for PSE Strategies for Chronic Disease Conference
- DPP Task force partnering with HDNW Michigan and Northern Michigan diabetes Initiative
- Tobacco Task force distributed healthcare provider survey
- Planning for Tobacco Treatment Specialist Training
- Promotion of the Michigan Tobacco Quitline and other tobacco cessation resources to increase referrals to tobacco cessation
- Working with Hospital partners to increase referrals to lung cancer screening

Live Well Website and Facebook page

Donna reviewed the Live Well website and the NMCDPC pages.

Action: Please go to www.livewell4health.org to access meeting minutes, member roster and workplan. Please send Donna info or events that you may want to promote. Members discussed that this website could become a good resource for chronic disease prevention information. Donna will also send members reminders to go to the website when updates are posted.

Chronic Disease Coordinating Network Task Force Groups Updates

- Policy, Systems, Environmental Change Task Force- Sally Mellema
Sally reviewed a power point presentation regarding PSE strategies implemented across the NMCDPC region. She will put this powerpoint on our webpage for the NMCDPC.
Sally also talked about the Annual Summit being planned by the PSE Strategies task force. The location will be at Ferris State University and they are looking at a Sept. date. If you know of any conflicts (events) already planned for Sept. please let Sally know. The group discussed speakers. We would like to have a speaker from MDHHS talk about PSE change. We would also like to showcase our Tencon funded projects across the region.
Action: Please let Sally know also about any speakers you think might be good. Her e-mail is smellema@dhd10.org. the PSE Task force will be meeting next on Feb. 17 from 10-12 at Spectrum Health Reed city.
- Diabetes Prevention Program Task Force Update – Kim Chandler
Action: Kim reported that the meeting of the Collaborative DPP Task Force group will meet on Feb. 6th from 1:30 to 3:00. It will be a webinar format. Please contact Kim at kchandler@dhd10.org for details.
Partners are the Health Department of Northwest Michigan and the Northern Michigan Diabetes Initiative. The group is looking into providing trainings for DPP

Facilitators. The Group also will discuss ideas for promotion of DPP classes. There is a meeting with the State of Michigan on Jan. 12 and discussion will be how to align with the State Diabetes Prevention Action plan.

- Tobacco Prevention Community/Clinical Linkages Task Force Updates – Donna Norkoli and Karen Ripke

Karen reported that she is planning a tobacco treatment Specialist training in June. The location will be in Cadillac. It is a four day training. Licensed healthcare providers who can bill for services and social workers can bill for Tobacco cessation once they are certified. The State is working with Medicaid and Medicare to allow anyone with a TTS certification to bill for services.

Action: This Task force will be meeting again in April. The group is working on promoting a healthcare provider office survey to determine practices attitudes and knowledge around tobacco cessation services. The group is also working on promotion of and education about lung cancer screening.

Local Coalition Proposals for Tencon funding

Donna presented a proposal from the Cadillac Area Health Coalition for Wexford and Missaukee counties. The proposal is for worksite wellness activities and include stipends for local worksites to implement PSE strategies for healthy eating, physical activity or tobacco free lifestyles. Members discussed the proposal and requested some revisions and additions. Donna will take the revisions back to the Coalition Coordinator. Once the Coalition approves and makes the changes the Proposal will be approved.

Bridges to Healthcare Update

Gail reported that she is conducting a Bridges to Healthcare training on Feb. 10th. There are 16 slots left. It will be at FSU from 8:30 – 3:30. This training is based on the work of Ruby Payne and Bridges Out of poverty. This training looks at healthcare through the lens of poverty. Gail will send out a Model for Lean Six Sigma that she developed.

Member Updates

Gail reported that FSU, DHD #10, CMH, and Spectrum Health Big Rapids are partnering on a HRSA grant application for diabetes management. This is a planning grant in the amount of \$100,000.

Kim Chandler reported that DHD #10 is holding successful DPP classes in Mecosta and Manistee counties. The Rx for Health project in Crawford County is in Year 2. DHD #10 also has funding through the Building Healthy Communities Program to assist agencies and worksites with adopting healthy food guidelines. The SNAP grant funding is winding up. DHD #10 staff have worked with low income worksites to implement PSE changes to increase healthy eating and

physical activity and have implemented the “Learning Kitchen” curriculum in worksites in Wexford, Manistee, Mecosta and Mason counties. Grayling is working on signing “Walking Loops” in the community and the hospital cafeteria is working on adding local foods to the menu.

Sally Wagoner reported that Newaygo County Breathe Well is working on a workplace tobacco-free policy with support for cessation. They are also interested in tobacco 21 advocacy and are promoting cessation services for Pulmonary Rehab Month

Sally Mellema reported that the Lake County Food Policy Council members have implemented a “Choice Pantry for their food pantry. They are implementing canning classes in partnership with MSU Extension. They are also looking at expanding their canning “Library.” They are working on grocery store labeling at the Dublin grocery store.

Munson Healthcare Cadillac has completed their CHNA and CHIP and a link is on the Live Well website. They are also partnering with the Cadillac Area YMCA on a blood pressure monitoring and education program for the public.

Doris Silver reported that she is implementing diabetes management classes monthly in Manistee county.

Donna reported that DHD #10 has just completed their CHNA and three Issues have been identified by local coalitions and Collaboratives for each of the 10 counties in the jurisdiction. The next step will be to gather input from the counties on strategies to address the priority issues.

Karen Ripke reported that DHD #10 has two interns from FSU. One will be working to educate and advocate for a tobacco-free campus at FSU and one will be assisting with the Girls on the Run Program. Coaches are needed. Please contact Karen at kripke@dhd10.org if you know of anyone interested.

MSU Extension is hiring bi-lingual facilitators for the DPP. They are also implementing Powerful tools, a caregiver training. They are starting a DPP class in Lake county at family Health Care. They are also providing the “Safe At School” program for diabetes management.

Anuli stated that there are additional FSU interns available for the summer semester.

Next meeting date: March 3, 2017 from 10 – 12 at Ferris State University.