

Cooper Healthy Lifestyle Meeting Minutes

October 12, 2011

Members present: Kim Wiemholt, Cooper County Public Health Center; Laura Holman, Unlimited Opportunities and Boonslick Industries; Casey Johnson, Cooper County Public Health Center; Art Schneider, University Extension; Carol Cox, Boonslick Sustainable Living; Mandy Dixon, Prevention Resource Center; Theresa Hendrix, YMCA.

Art Schneider facilitated today's meeting.

Theresa Hendrix reported that the Livable streets committee had not met since the early September meeting. She has asked M. L. Cauthon with the city of Boonville to give GSI Coordinates prior to the October 25th meeting so that she can get the information to Latisha with the CDC.

Art Schneider reported that our survey results were not adequate for those who were under 50 years of age. The school districts have agreed to send them electronically. We should have the results around November or December.

Theresa Hendrix reported that the YMCA, Cooper County Memorial Hospital and Cooper County Public Health Center had written for a collaborative grant, worth \$150,000 for Obesity Prevention and submitted by the YMCA was declined.

Theresa states that Pete Rodman with the YMCA will go ahead with the functional conditioning program part of the grant application. Kim Wiemholt with the Cooper County Health Center also will still take appointments for the Diabetes Conversation Starter Sessions.

The YMCA is also trying to apply for the ACHIEVE Grant. In order to apply for this grant, the YMCA has to find a community partner that has gone through the achieve program. Some of the neighboring states that have had the grant awarded are Illinois, Kansas, and Tennessee.

Kim Wiemholt reported that the Smoking Programs committee held its first Smokebuster's training at Cooper County Public Health Center. All four of our County High Schools participated in the program. There were 8 adult mentors, two from each school. Kim Wiemholt will work with Laura Mauzey from the Boonville School and her FCCLA members. Vicki Friedrich and Yancy Cody from Bunceton will work with the Student Council members. Gay Baer and Sharon Nave will work with the Student Mentor group from Pilot Grove, and Doug Distler and Donna Sharpe will work with the FCCLA students from Prairie Home. This program will run for two years. The training was a fun and interactive way for students to learn about the dangers of tobacco chemicals and second hand smoke. Each group will give presentations the first year and work toward smoking policy changes in the second year. Each school completed an Action Plan for the first year. Thank you to Art Schneider with University Extension who provided breakfast and snacks for the students and to Melanie Hein at Cooper County Public Health Center who provided lunch for the students through Maternal Child Health Funding.

Mandy Dixon with Prevention Resource Center reported that our CHELi committee has been designated as a State Coalition. This makes CHELi eligible for funding opportunities through Prevention Resource Center. Although funding opportunities are closed for this year, we can work towards that goal for next year. There are also some mini grants available. Mandy will help the coalition work on outlining strategies for what the coalition would like to work towards. The smoking committee worked on their Action Plan for the Smokebuster's Program, Air Quality check in Boonville which may be used later when we are working toward a Community policy. Stan Cowan with University Extension will let us use his equipment to perform the Air Quality sampling.

Tiffany Bowman with University Extension explained that the boxes that we take into the restaurants will record air quality over a 45 minute period in each restaurant that they are taken into. The information is then downloaded into a computer and checked against EPA standards. Stan Cowan will print the data for us to utilize.

Diane Coffman suggested that Stan has presented the information to other groups and that we could ask him to present the information at the meeting after our air quality checks are completed in November.

Mandy Dixon offered to ask Stan if he would be willing to present the air quality results at the next meeting.

Tiffany states that Stan works through the Regional Support Center Division of Alcohol and Drug abuse. The equipment is a small box with a tube that pulls air from the room every 10 to 15 minutes. We don't tell them that we are coming because it could alter the behaviors of the patrons and businesses. Tiffany states, "The total numbers of patrons, in the restaurant, are counted as well as the number of patrons who are smoking. Even when no one is smoking at the moment, you can still get residual. It takes 30 days to clear the air or residual smoke.

Art suggested that we make a press release with the results after we have completed the assessments. It will make a stronger case for smoke-free policies.

Carol Cox states that she recently took a trip to Germany, Austria, and France. During the trip they were only offered a choice of the non-smoking section once. Smoking used to be allowed everywhere inside. Now it is only allowed outside. Europe has been passing non-smoking policies in a big way for the past five years.

Tiffany states that she sent us some sample Smoke Free Policies.

Mandy Dixon states that she has copies of them.

Art states, "Once we have some evidence, we can use it to approach City Council. We can get them to introduce it as an agenda item."

Art also informed the group that the funding he had hoped to receive for the Food Pantry was rejected.

Diane Coffman presented new information on the Quit Line, which is through the Department of Health and Senior Services. Changes have been made to the Quit Line with the new grant funding. Women who are pregnant can now call the Quit Line several times over two weeks – including: one call right before their due date and 2 calls after delivery. The Quit Line will help women who smoke develop skills to quit. Breastfeeding Moms can participate up to five times. There is also web coaching available to anyone who has a web address can participate in as many sessions as you want.

Diane states: 18% of pregnant women smoke. No pregnant women have taken advantage of the quit line. The new rules hope to improve this rate.

Art states that the smoking is the most preventable, but has the highest social cost.

The next meeting will be held on November 9, 2011 at 11:30 a.m.

Respectfully submitted,

Kim Wiemholt