



Muskingum County Wellness Coalition

June 4, 2009

Meeting Minutes

Present:

Dr. Whitacre—ZMCHD

Megan Thompson –ZMCHD

Melanie Smith – Starlight

Cathy Blair – Genesis L&FC

Carol Howdysshell—Genesis

Bonnie Dailey – MPD

Bonnie Kirsch—ZMCHD

Claire Gately –WIC

Valerie Wears –ZMCHD

Kate Paul --ZMCHD

Kristina Bell –ZMCHD

Breakfast Feedback: Kate shared the feedback that has been collected so far regarding the Community Breakfast:

Richard Gilbert Fitness Trail will be rededicated by the Mayor of Zanesville. The rededication date will be determined.

We received several people who filled out the coalition contact information to become involved in the Muskingum County Wellness Coalition.

Several agencies expressed interest in passing out the walking trail booklet out to their clients and display them in their waiting areas.

ODH Consultant was very impressed with the direction of the Wellness Coalition in relation to environmental change.

Rep. Balderson attended the meeting longer than expected and is interested in talking with Jody Stones further.

Sherriff Lutz attended the breakfast.

Bonnie Dailey and ODH Consultant discussed an ODNR grant and funds and made a connection between the two groups. Bonnie is planning to bring the ODNR program to the coalition's attention.

WHIZ covered the story. It was broadcasted and posted on their website.

Follow-up with potential coalition members will be completed. Follow-up calls will be made to attendees of the breakfast

Corey Hamilton was approached by a service club member who expressed interest in working with the Muskingum County Wellness Coalition.

Melanie Smith added that the Breakfast was well organized and the agenda stayed on schedule.

Action Plan: Valerie and Kate discussed the upcoming deadlines and activities in the Action Plan for the Community Section:

Community Planning: Strive to make more walk-able communities, safe (improve) sidewalks, and planned neighborhoods to promote walking instead of driving. Timeline set for summer planning and begin promoting to schools in September.

Indoor Facilities and Programs: It was suggested to contact Randy Tyo to see if the 211 system will be able to share information and resources for this inventory list. The resources list will help the coalition contact the facilities to see what programs they have already so we can promote them. Also offer assistance to start physical activity and nutrition programs. August 2009 is the timeline for the list of facilities. We have split the area into school districts, and Tri-Valley school District has been completed.

Outdoor Facilities and Programs: Upon budget approval from ODH Kate will be scheduling radio and TV spots promoting the walking trails of Muskingum County. The group also discussed asking the Times Recorder to promote the Starlight gardens and the Girl Scout gardens.

Youth (Children's) Physical Activity: Genesis HealthCare System is working on a teen program. WiiFM (What's in it For Me.) Hopefully kick-off of the program will be in July.

Family Physical Activity: Valerie has contacted 4 churches to promote wellness programs at their churches.

Promotion of Healthy Foods: Mark from OSU Extension has given Kate information on the Farmers Markets in Muskingum County and it is now posted on the ZMCHD website. Kate encourages other agencies to post the information on their sites if possible and if anyone has any information to add we will be glad to add it. A work group was established at the meeting. Several projects were discussed to start working on. Three main projects: Working with the Grocery Stores to promote healthy options and discuss food demonstrations with coupons for ingredients for the meal. Another project is to work with the local restaurants with portion sizes. The target timeline for these projects is Nutrition Awareness Month which is in March. The third is to look into the possibility of hosting cooking classes for the public. For all the ideas of this group it was mentioned to contact the area colleges to see if we could partner/utilize some of their students as internships or class projects. Nursing programs and Culinary Arts programs will be contacted. A suggestion was to engage youth in the programs and project is to invite Salvation Army, Youth Service Organizations like Key Clubs, Eagle Scouts, and 4-H groups.

Additional comments related to promotion of walking and markets: It was suggested to approach Mayor Zwelling to make a proclamation to promote the downtown market and walking: Walking Wednesday.

The other priority areas in the Community section of the Action Plan will be address at future meetings as timelines are determined and other projects are completed.

Committee Sign-Ups: Valerie asked the group to sign up for specific work groups. If you are interested in working with any of these groups call or email Kate or Valerie.

Worksite Conference: This year theme is “Worksite Wellness on a Shoe-String Budget.” It will be held October 21, 2009 at the Genesis HealthCare Systems HealthPlex. The lunch will be provided by American Cancer Society. The committee will be working on speaker topics and inviting speakers and the agenda for the conference.

Nutrition Awareness: This committee will be moving forward on the upcoming deadlines for the Action Plan. (See promotion of Healthy Foods)

Youth Physical Activity: A community Teen program WiiFM (What’s In It For Me) is being planned. The kick-off event is planned for July.

Other projects:

Zanesville-Muskingum County Health Department Website: Valerie and Kate are working with the HD’s Public Information Officer to develop a tab or section of the ZMCHD website to provide information about the Muskingum County Wellness Coalition. We are hoping to include the partners of the MCWC on the site to help promote the activities and events that relate to the mission statement of the Coalition.

Follow-up Contacts: Starting next week (June 9th) follow-up phone calls and emails will be sent out to the potential coalition members and people who left contact information on the community surveys. **If anyone would like to help with this project please email Kate or Valerie.**

Next Meeting: The next meeting will be held July 2nd at 9:00am at the Zanesville-Muskingum County Health Department 1st Floor Conference Room. It was noted the meeting date was close to the holiday but to avoid confusion with moving the meeting again we scheduled the meeting at the regular date and time.

“The Muskingum County Wellness Coalition is dedicated to educating and promoting healthy lifestyle choices for Muskingum County residents.”