



## CREATING HEALTHY COMMUNITIES COALITION Meeting Minutes



Monday, September 13, 2021 @ 9:00 am - Online ZOOM

Laura Bogard called the Monday, September 13, 2021, Creating Healthy Communities Coalition meeting, held virtual via ZOOM, to order with the following participants:

Laura Bogard, CHC Coordinator/Sandusky County Public Health (SCPH); Jim Posey, SCPH PPC; Charlotte Stonerook, SCPH PPC; Jamie Belcher, SCPH Tobacco Prevention; Morgan Call, SCPH HPE; Annette Overmyer, ProMedica; Jennifer Leonard, Community Health Services; Jenny MacDonald, SCPH WIC Program; Katie Schlagcheck, OSU Extension; Pam Kensler, Habitat for Humanity; Ruby Randolph, OSU Extension; Lydia Alejandro, La Vos de la Comunidad, Inc.; Marsha Overmyer, SCPH clerk

### **WELCOME & INTRODUCTIONS**

Laura welcomed attendees to the meeting.

The minutes of the Monday, July 14, 2021, CHC Coalition meeting were reviewed, no changes or corrections.

### **RESOURCES AND LOGISTICS**

Laura stated the 2022 Creating Healthy Communities grant proposal was submitted at the end of July and the notice of award should be received by December 2021.

Laura noted for the 2022 proposal, there was a decrease in the required number of strategies for the grant, from six (6) to three (3) minimum.

Four (4) strategies have been chosen:

The first strategy is a program to work the medical/health professionals for fruit/vegetable prescriptions in local food pantries. Food prescription (recommendation) from medical/health professionals will be given to the patient to access healthy fruits and vegetables. Laura stated this would be a learning process and in the first year, research and reaching out to physicians to get on board with the food prescription program.

The second strategy is pedestrian infrastructure in Village of Gibsonburg. Potential areas identified by the walk audits completed in 2020 and the upcoming one.

The third strategy focuses on public transit. Laura will work with Great Lakes Community Action program to install one safe public transit waiting environment in Fremont. Location to be decided.

The fourth strategy is food service guidelines. Laura will continue to work with Whirlpool Corp. to improve food choices in the cafeteria. This is not utilized much due to high prices and unhealthy food choices.

Ohio Department of Health recommends CHC coordinators to focus on quality and not quantity. Laura stated funds can be spread more generously and will allow more involvement with participants. Ruby Randolph questioned if the same amount of funding was expected for 2022 and Laura believes it will be.

Laura discussed the other change in 2022 will be more of a focus on community engagement. She shared the template created by Toole Design. Laura would like to continue with quarterly meetings of the Creating Healthy Communities Coalition but they may be conducted differently. Laura stated the template will assist in an increase in community involvement with multiple aspects of healthy living. The template includes feedback, surveys, phone calls, etc. Jamie Belcher stated she can provide information that Laura can utilize in addition to communication tools and resources.

## **CAPACITY BUILDING**

Laura discussed member participation and reported there was an increase in involvement from coalition members in the spring and summer months. The request for help in specific quarter 3 activities at the June 14<sup>th</sup> meeting resulted in higher participation for projects. Morgan, Jim, and Jody Guhn assisted with the walk audit in Green Springs on July 2<sup>nd</sup>. Charlotte, Laura, and Jim assisted Morgan with the community garden project in various ways during the summer. For the Whirlpool FSG project, assistance was not needed with analyzing the survey data collected due to the smaller number of respondents than expected. There will be a need for recommendations for improvement after the vending machine assessments are completed and reviewed by Whirlpool staff. The Fremont Middle school FSG project needs will be addressed after the Laura makes contact the Child Nutrition Supervisor for status. Quarter 4 project needs are minimal, and Laura will continue to use the strategy needs form used at the June meeting. Laura will contact those who volunteered for FSGs and CS activities soon to continue with those. Attendees voiced agreement with the discussion. Laura announced there will be a potential meeting with those who volunteered for the member participation committee. Laura will contact these volunteers after she learns more about the community engagement process for 2022. Laura reported member participation for the next grant cycle may change due to the focus being more on community engagement and use of the template. More information to come at the December meeting. Laura requested members to contact her if any thoughts or ideas relating to member participation.

## **ACTIVE LIVING STRATEGIES - 2021 Updates**

**Complete Streets Policy project** - Laura continues to collaborate with 5 committee members to write the Complete Streets policy for Gibsonburg. Meetings have slowed down due to summertime conflicts. A 2–3-hour advanced walk audit is being planned to be done by September 30, 2021. Laura is working with Marc Glotzbecker to establish a date and time and inviting stakeholders such as Village administrative officials, Sandusky Co. Commissioners, and representative from Engineer’s office. Toole Design will be the leader for the walk.

**Park/Playground Improvement project** – On August 16, 2021, the Kiwanis Inclusive Play Park project began at Rodger Young Park. The existing playground will be integrated with the inclusive play park in phase 2 of the project. Sandusky Co. Commissioner Scott E. Miller, artist, is working with committee members on designing signage and seating for the park. Laura is on the Phase 2 committee to finish the project for the year. Laura shared pictures and praised what a great project and asset for the community the inclusive play park is. The Grand Opening for the park is being planned for October 2021. Laura stated “big kudos” to Kiwanis Club for a very progressive project and she was blessed and proud to be a part of the project. Over 100 volunteers participated in the build over 3 days which was very impressive.

**Pedestrian Infrastructure project** – Laura worked with the Village of Green Springs Administrator to make pedestrian infrastructure improvements on Clay Street that leads to the Green Springs elementary school. A new sidewalk was installed on one side of Clay St. (approx. 1150 ft.). In July, 2021, a walk audit was conducted by Jody Guhn, Jim Posey, Morgan Call and Laura, which focused on safety and potential improvements to the street and sidewalks of Clay Street. Jody could not get his motorized wheelchair on parts of the sidewalk; there were no tactile warnings available in some areas, along with the overgrowth of grass and weeds at some sections. Laura will complete a survey of bike/pedestrian count of the completed project before the end of October. Lydia Alejandro complimented Laura on the project. Jamie stated it provides increased safety to the school, basketball courts, community park and playground.

## **HEALTHY EATING STRATEGIES – 2021 Updates**

**Food Service Guidelines project** – Laura is currently working with Whirlpool Corporation to help improve the drink and food options in the vending machines. Fifteen (15) food/vending areas were surveyed in the summer and found to provide a high amount of unhealthy food choices. There were approximately 170 employees that completed the healthy eating survey in July and August. Laura thought there would be more responses, but Whirlpool chose to close the survey after 2 weeks. Assistance from Coalition members was not needed due to the smaller number of respondents. The results were analyzed, and a draft power point was created for Whirlpool to review. Laura is waiting on feedback currently about the power point. Laura will continue to work with the Environmental Health and Safety Analyst at Whirlpool too make improvements and write a policy.

**Food Service Guidelines project** – Laura is working with Fremont City School Child Nutrition Supervisor, Tracy Rusch, to create healthy food and beverage options for employees at the middle school. A meeting with Tracy was held at the end of July. Discussed smaller size snack carts for teachers/employees in the work and break rooms at the school and the cafeteria may be able to supply some fresh fruit and vegetables. Tracy volunteered to look at potential infrastructure items and get input from school staff. Laura emailed Tracy FSG policy examples recently to review and has not received a response. Will reattempt contact with Tracy soon.

**Community Garden project** – Morgan Call reported the kickoff for the Community Garden @ Green Springs United Methodist Church was held September 8th. A reporter from the News Messenger was there to interview church members about the garden. The church committee is looking to increase the garden size by removing bushes and planting the produce on a different side of the church that will get more sun in 2022. The produce picked was weighed using a food scale and placed in a box at the front entrance for public to pick from. The committee created educational information about the vegetables and potential recipes were placed on the front window of the church. The committee will be working on drying the herbs. It was a great experience, and the community is very excited for next year.

Annette Overmyer stated other Community Gardens include the Countryside Drive Garden, Vanguard and other disbursed throughout Sandusky Co. Annette encouraged boxing extra fruit/produce and take to Share and Care and Fremont Food Pantry. Ruby stated she uses vegetables from the Countryside Garden for cooking programs @ Ohio State University Extension classes. Pam Kensler stated the Hayes United Methodist Church Community Garden is doing very well and requested volunteers to close the garden this fall. Sandusky Co. Public Health has a container garden and produce is put on display in the lobby for the public to take home.

## **OTHER**

Annette stated the Community Wellness Calendar is up and running. Contact Annette or Rachel Wynkoop to place activities/events on the calendar, which can have a year of events scheduled. A member of Sandusky Co. Chamber of Commerce may post events/activities. If not a member, please contact Annette or Rachel.

Street Play Saturday will be the 18<sup>th</sup> from 9 AM to 1 PM, downtown Fremont, with approximately 17 programs or agencies providing activities for kids.

Annette asked for the time of Jazzercise, 11 AM to 1 PM and cardio drumming from 9-10:30 AM in the parking lot on the corner of Front St. and Birchard.

## **ADJOURN**

With no further business, the meeting was adjourned at 10 am.

**THE NEXT CREATING HEALTHY COMMUNITIES COALITION MEETING WILL BE HELD VIRTUALLY VIA ZOOM ON MONDAY, DECEMBER 13, 2021 @ 9:00 A.M.**