

Healthier Together – Pierce & St. Croix Counties and HEAL	Meeting Date : July 16, 2015, 9 AM – 10:30 AM
Chairperson/Facilitator: Deb L, Amy H, and Kelly A	Recorder: Teresa Kvam RD,CD,CLC
Location: Hudson Hospital & Clinic, Pine & Spruce Conference Rooms	

Topic	Information/Discussion	Conclusions/Action
1. Welcome & Introductions	See sign in sheet.	
2. 2015 Community Opportunity Grant	Pierce & St. Croix Counties grant through the WI Partnership Program. \$50,000 to expand and continue Active Schools Core 4+ DPI program. Promoting 60 min. of physical activity daily. Pierce is fiscal agent and 10 of 12 school districts have signed on. Includes active PE classes, active classrooms, active recess/open gym, active before and after school programming, and family/ community physical activity.	<ul style="list-style-type: none"> -Next steps include hiring 0.4 FTE with background in physical education, education, public health. Job description draft is available and Pierce County will be hiring in Sept. Contact Amy Hess for details. -Create workgroup with school leads. -Baseline evaluation--Pre and post evaluation through the University of Wisconsin.
3. Breastfeeding	<ul style="list-style-type: none"> -Heather Prigge shared breastfeeding support information that was implemented into Healthy Foods work group. Amy Hess from Pierce has coordinated goals with St. Croix. -St. Croix objective is to implement two worksite lactation programs that comply with current labor laws. Utilized What Works for Health and National Prevention Strategy. Four activities including collaboration with Pierce to form a community Breastfeeding Coalition, targeted worksite lactation program outreach, worksite consultation and review. - Aligning with Healthy People 2020 Breastfeeding Objectives for duration, especially exclusively through 3 months and 6 months. -Reminder that NOT breastfeeding does put moms and babies at risk and breastfeeding is recommended by most Professional Health Organizations. -Women are the fastest growing segment of the US workforce- over 57% of women work outside the home. Lasting impact of providing breast milk for babies in daycare persists well into child's second year of life. - Financial implication: cost of formula feeding= \$715-3163/year. \$13 billion /year spent in U.S. for premature deaths or costs of diseases when not breastfed. For every 	<ul style="list-style-type: none"> -Work places can complete a Self-Assessment Tool to identify what is in place and future needs. Gain assistance from community resources, establish as a part of company health benefit services, house within the wellness division and promote with all employees and supervisors to gain buy-in and support. -www.womenshealth.gov has breastfeeding section that is very business friendly. Here is a link to a resource where businesses can find breastfeeding friendly support solutions for their type of work environment. Supporting Nursing Moms at Work: Employer Solutions

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	<p>1000 babies not breastfed= excess of 2033 MD visits, 212 days in hospital, and 609 prescriptions.</p> <ul style="list-style-type: none"> - Worksite Lactation Program Components: Privacy for pumping, flexible breaks and work schedule, education, and support. -Breast milk is not classified as a body fluid. It does not need to be stored in a separate refrigerator. - Univ. of WI- RF has updated the overall campus map to indicate three areas where lactation rooms are located. The renovated student center will include lactation rooms as well. 	
4. Activity Break		
<p>5. Task Force Updates</p> <ul style="list-style-type: none"> -HEAL: -Oral Health: -Healthy Foods: -Physical Activity: -Support: 	<p>HEAL: Working on Blue Bike Program in River Falls. Currently assessing the bikeability of the city. Amy Hess shared articles indicating need for more bike lanes and education. Katie Feuerhelm from UW- extension also assisting with bike safety education and RF Chamber involved. Obtaining adult and children bikes to be painted and repaired prior to kick-off. Free Bikes for Kids will be providing 30 bikes or so in December. There will be four fix-it stations with education on safety and bike maintenance at each one. Two fix it stations will be maintained by the CHANGE grant funds. Stockholm, WI and Wood County have similar programs.</p> <p>Oral Health: Rural Health Dental Clinic now called Menomonie Dental Center sponsored by Family Health Center of Marshfield. They are federally funded and open to all. Will be expanded in a year to reduce wait lists.</p> <p>Healthy Foods: Five Loaves Food Pantry board approved "Better Shelf for Better Health Project" on Tuesday July 14. - The task force submitted an application for a Community Teams Program which gives year-long team facilitation and support, rather than money to expand Better Shelf for Better Health project. A Farmers Market is coming to the SCCSC parking lot area by first week of August. Coordination with www.betterbitesscv.org to manage the market.</p> <p>-School celebrations baseline evaluation completed for Hudson, NR, and Somerset. Power Up cards are available that could be used instead of food for student prizes.</p> <p>Physical Activity-Completed work plan. Coordinating county-</p>	

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	<p>wide Walk to School Day on Oct. 7 with one school from each district participating. Sustaining/planning next years after school programming.</p> <p>-How to work in Community Opportunity Grant.</p> <p>-Teresa K. shared updates on the good work being down with Power Up from the last Power Up Steering Committee with expansion to Amery and progress on School Health Council/Policy in Stillwater School District. Fruit and Veggie RX program to start at Westfield's Hospital in August to provide an RX to redeem for \$10 of produce at CUB or Family Fresh.</p> <p>Support – No report as regrouping.</p>	
<p>6. Healthier Together Pierce & St. Croix Counties: Transition and Timeline</p>	<p>See Attached timeline document.</p>	<p>Let Deb L. or Sue G. if you are interested in being involved on Planning Team for the two county coalition.</p>
<p>7. Upcoming Meetings</p>	<p>Proposed Dates: 3rd Thursday every other month: Sept. 17 (Dementia Friendly Communities); Nov. 19; & January 21, (2016)</p>	<p>Other meetings: Physical Activity- July 20th Oral Health- August Healthy Foods- October</p>