APPENDIX D
NORTHEAST DISTRICT DEPARTMENT OF HEALTH
INITATIAVE BRIEFS

CDC's Health Communities Program Newsletter, July/October 2009

a. HealthQuest ACHIEVE article on School Walking Policy
b. HealthQuest Coach's Personal Experience article

Connecticut Weekly Agricultural Report, June 17, 2009

a. HealthQuest '09 Farm to Chef article

Connecticut Farm-to-Chef Program newsletter, June, 2009

HealthQuest '09 Event Agenda

HealthQuest '09 Promotional Flyer

HealthQuest '08 Promotional Brochure

ACHIEVE/HealthQuest Meeting Minutes (Samples)

a. October 28, 2009
b. September 16, 2009
c. June 26, 2009
d. June 3, 2008
e. April 12, 2008

Initiative Briefs

HealthQuest/Northeast Connecticut's ACHIEVE Gets Off on the Right Foot with a School Walking Policy

ACHIEVE

Action Communities for Health, Innovation, and EnVironmental changE

By Linda J. Colangelo, ACHIEVECoach, Northeast Connecticut ACHIEVE

On October 15, 2007, a northeastern Connecticut businessman and health advocate sent an e-mail to the Northeast District Department of Health (NDDH) and WINY–1350 AM, a local radio station. It said, "I just wanted to get you thinking about something we can do in our schools to help combat obesity in our children."

That e-mail turned into a conversation among community partners that quickly developed into action, and in the span of 18 months, that single inquiry snowballed into a strong active coalition that recently became another ACHIEVE community, with NDDH selected for funding by the National Association of Chronic Disease Directors.

HealthQuest Northeast Connecticut is a collaborative partnership between local organizations who share the common vision of achieving healthier communities. Now in its second year, the HealthQuest partnership includes representatives from the local health department, hospital, school district, and Chamber of Commerce and Community Development, plus a local pharmacy, manufacturing company, and radio station. Core members of the HealthQuest team now comprise the founding membership of the ACHIEVE Community Health Action Response Team (CHART).

Recently, the Northeast Connecticut ACHIEVE scored an early success when two schools in its community adopted a HealthQuest initiative to establish a school policy that requires beginning each school day by walking outdoors for 10 minutes. At the beginning of their walk, students are given a topic to discuss while walking; upon returning to the classroom, they write in a journal for 10 minutes about their walking experience and discussion topic.

"This is the easiest thing we've ever done," said Jerry Davis, Principal of Plainfield Central School. "We see this as becoming part of our school culture."

His comments were echoed by Lyn Gandolf, Principal of Plainfield Memorial School. "If you visit our school between 8:20 and 8:30 A.M. each day, you'll find everyone walking—the students, teachers, administors, secretaries, maintenance and cafeteria personnel—everyone! They love it!"

"It's going to hopefully produce some really great results in the classrooms," Superintendent of Schools Mary Conway said, "because healthy, fit kids make better students." In fact, the program is already showing such results—Plainfield Memorial School Principal Gandolf reported that some of the students were journaling up to two pages a day about their walking experiences!

To launch the initiative, HealthQuest relied on Robert Sweetgall, who has walked across America seven times and is considered the nation's leading recreational walker. Sweetgall lost several family members to heart disease and took up

(Continued, next page)

In Alexandria and Denver, Actions Speak Louder Than Words (Cont'd)

- Look for other funding opportunities, such as from the government's Safe Routes to School program (http://safety.fhwa.dot.gov/saferoutes/funding/).

At the end of the meetings, Dr. Alyssa Easton, CDC's Healthy Communities Program director, asked attendees to share their impressions of the Action Institutes. Comments were overwhelmingly positive—attendees said they were eagerly looking forward to the work ahead and that it made them feel good to be a part of this exciting national movement. They found the institutes to be useful and the quality of the presentations, speakers, and content exceptional. They also said they valued the opportunity to interact and network with others.

Alyssa gave special thanks to the participants on behalf of CDC and all of ACHIEVE's national partner organizations, whose commitment to this program will address the urgent need to combat chronic diseases at the community level. She also expressed her sincere appreciation to all the presenters, panelists, and institute coordinators for their hard work in organizing the meetings.

For more information and resource materials, including slide presentations as well as Web site and video links, visit the ACHIEVE Web site, http://www.achievecommunities.org, and click on 2009 Action Institutes.

HealthQuest Northeast Connecticut's ACHIEVE Gets Off on the Right Foot (Cont'd)

ACHIEVE

Action Communities for Health, Innovation, and EnVironmental changE

walking as a way to stay healthy. As part of a 2-day community health awareness program hosted by HealthQuest, Sweetgall conducted walking clinics and gave talks at local businesses, in schools, and for community members about the benefits of recreational walking. On May 8, Sweetgall conducted a motivational walk rally for more than 1,000 students, teachers, and administrators in the Plainfield School System.

Through financial support from the HealthQuest partners and other community businesses, students and teachers received pedometers, educational materials, and other tools to help them achieve their physical activity goals.

"It's all about making the right connections," said Linda J. Colangelo, a NE Connecticut ACHIEVE Coach. "Our Community Coach, Cherie Poirier, found Rob Sweetgall on the Internet. HealthQuest partners raised the funds to sponsor his visit, and now sustainable walking initiatives are catching on throughout our schools, businesses, and communities. Thanks to the initial work of our HealthQuest team and the support, tools, and funding provided by ACHIEVE, we anticipate many more successes on the heels of this one." Cherie, who is the Operations Manager at Daniel's Pharmacy, a founding HealthQuest partner, is equally enthusiastic.

"We are blessed to have such dedicated partners working to address the issues that affect the health and wellbeing of our communities," she said. "We know that we cannot do this easily on our own, but our HealthQuest coalition is showing that together we can achieve our goals, healthier lifestyles, and stronger communities." ☼

School principals Jerry Davis (back row, left) and Lyn Gandolf walk with students who logged the most steps in a week.

Children List Reasons to Keep Walking

The health department received more than 400 comments from students about the walking policy at Plainfield Central and Plainfield Memorial Schools. Here are the "Top 10" comments received:

"It wakes me up in the morning."

"It makes my brain work better."

"It makes me happy."

"I think better on tests and quizzes."

"I will not die at a young age."

"I love it because I can see the trees and birds and smell the fresh air."

"I love seeing how many steps I can take."

"I love to see my progress each day."

"It makes me feel relaxed."

"It makes me proud of myself."

Awash in ACHIEVE—a New Coach's Personal Experience

By Linda J. Colangelo
ACHIEVE Coach, Northeast Connecticut ACHIEVE

We arrived from all corners and 43 communities of the United States. We left the rolling hills and scenic valleys of Connecticut, the big skies of Montana, the diverse cultures of sunny and shore-lined Florida, and the theme parks, forests, and freeways of California.

At the invitation of four national partner organizations, 153 newly ordained "coaches" converged in Atlanta for 2 days in April to learn how to implement policy, systems, and environmental changes to reduce chronic disease rates in our communities. For many of us passionate (and impatient) to create positive healthy changes in our communities, it seemed like a long time getting here.

We came to share stories, to ask questions, and to find answers. We found all that and more.

(Continued, next page)

Awash in ACHIEVE—a New Coach's Personal Experience (Cont'd)

From the rousing energy and enthusiasm of facilitator Monte Roulier to the captivating stories and charming southern drawl of 2008 Coach Karma Edwards, we were educated, entertained, and inspired.

The more we listened, the more we learned—and not just what was on the minds of our experienced presenters, but what was in the hearts of our community coaches. The firsthand accounts of what is lacking in so many towns and cities—from a fresh banana to basic health care—provided a sobering perspective for many of us and made us mindful of the many opportunities and blessings that were waiting for us back home.

We networked, brainstormed, broke bread, forged new alliances, and exchanged business cards and good wishes for shared success. We realized just how united the states of America really are in their quest to be a healed and healthier nation.

Then, one by one, we filed out of the conference hall, empowered and energized to bring our knowledge and vision home. Many of us couldn't wait to get there, but Mother Nature had other plans. Rain and strong winds caused travel delays for many of us at Atlanta's Hartsfield-Jackson Airport, so we had plenty of time to reflect on the past 48 hours. In Eastern cultures, rain is thought to be a joyful gift—a sign of good fortune and prosperity. How appropriate to think that perhaps this was a metaphor for the first gathering of the 2009 Coaches.

Linda Colangelo and Cherie Poirier represented the Northeast District Department of Health/ HealthQuest Northeast Connecticut ACHIEVE community at the Coaches Meeting in April.

Kudos to all who endeavored to make the ACHIEVE Coaches Meeting a resounding success. Who would have thought there would be so much to ACHIEVE?

Pioneering Healthier Communities

Using Community Engagement in Birmingham, Alabama, to Improve the Built Environment

PHC
Pioneering Healthier Communities

By Webb Lyons, Community Investment Manager, Community Foundation of Greater Birmingham; Lisa Jones, Association Advancement Director, Birmingham Metropolitan YMCA; and Sarah Ho, Project Assistant, Activate America: Healthier Communities Initiative (Pioneering Healthier Communities), YMCA of the USA

Just 2 weeks after returning from the Pioneering Healthier Communities (PHC) Conference (Action Institute) outside of Washington, D.C., the Birmingham, Alabama, PHC team had a great opportunity to turn its newly acquired knowledge into action.

In late December 2008, Birmingham Mayor Larry Langford introduced a proposal to spend $11.6 million to repave all of the streets in downtown Birmingham, and the City Council scheduled a vote on the proposal within the week. The PHC leadership team, recognizing the importance of street design in promoting physical activity and eager to begin the work of policy and environmental change, organized a quick response to educate local policy makers about the importance of making the newly paved streets both bike and pedestrian friendly.

The PHC team first set out to determine a feasible recommendation to present to the Mayor's Office and the City Council. To complicate matters, Birmingham lacked a master bicycle plan and had already chosen a contractor to do the repaving. Working with the Regional Planning Commission and several other urban planners and traffic engineers, the PHC team developed a realistic, no-cost recommendation that would greatly improve the design of the streets—striping the inner traffic lanes of the streets to a minimum width standard and allowing significantly more room in the outside lane for cyclists to ride safely in a shared lane with motorists. Striping in this manner would preserve the possibility of adding designated bicycle lanes at a future date, when the city develops a master bicycle plan.

With the recommendation in place, Birmingham's PHC team began reaching out to local businesses and organizations—including the city's largest employer, the University of Alabama at Birmingham—and, within just 2 days, gained the signatures of more than 30 businesses and organizations on a letter supporting the recommendation to stripe the inner traffic lanes to minimum width standards. The PHC team then presented the letter of support to the Mayor's Office and City Council. A few days later, the Council voted to

(Continued, next page)

Farm to Chef

CONNECTICUT WEEKLY

Connecticut Department of Agriculture
M. Jodi Rell, Governor
F. Philip Prelli, Commissioner
Robert R. Pellegrino, Bureau Director

CONNECTICUT GROWN

Marketing & Technical Bureau
Wednesday, June 17, 2009

NOTES from the DEPARTMENT . . .

CT GROWN LUNCH AND DEMO BY FARM-TO-CHEF MEMBERS FEATURED AT HEALTHQUEST '09

By Linda Piotrowicz, Agriculture Marketing Representative

HealthQuest '09 was held last month at Quinebaug Valley Community College in Danielson to help raise community awareness about healthy lifestyles. As one of the event's highlights, attendees were treated on Saturday to a CT Grown lunch of fresh roasted turkey sandwiches with goat cheese, field greens, asparagus, and balsamic maple vinaigrette, served with potato leek soup and the Vanilla Bean Café's famous chili soup.

As guests feasted on their delicious and nutritious lunch, CT Farm-to-Chef Program members John Turenne of Sustainable Food Systems and Marydale DeBor of New Milford Hospital gave a culinary demonstration and sustainable foods presentation created by the Plow to Plate® program. Joining them were Barry Jessurun of the Vanilla Bean Café, and 85 Main and Putnam Community Development Coordinator Delpha Very.

"The CT Grown lunch was a huge hit," said Farm-to-Chef member Cherie Poirier of Daniel's Pharmacy, who was one of the organizers of the event. "We received numerous emails, compliments, and thank-yous for making people aware of what was available in our area. We are very excited about what we have started, and we are committed to keeping this momentum going in our community."

Other weekend activities offered by HealthQuest '09 included a motivational walk rally by Robert Sweetgall of Creative Walking, Inc. Sweetgall, regarded as one of the world's leading recreational walkers and walking advocates, led over 1,000 students, teachers, and administrators from the Plainfield School System on a walk around the high school track. The walk kicked off a new wellness initiative for Plainfield students in grades 4-8, who now will begin the school day with a 10-minute walk, then journal about their daily experience.

"I've seen these programs successfully implemented at thousands of schools across America," said Sweetgall. "In addition to the health benefits, many school administrators report an increase in academic achievement, improved morale, and a significant decrease in discipline problems."

Following the walk, Sweetgall and Marc Cerrone, MD, from Day Kimball Healthcare (DKH), hosted an educator's forum for other schools interested in adopting sustainable walking wellness initiatives.

Sweetgall also spoke to the HealthQuest '09 attendees at Quinebaug Valley Community College. His lively keynote address literally kept attendees on their feet as he explained how to fit 6,000 steps into each day to reduce heart disease, diabetes, stress, weight, and the rate of aging.

A Heart Truth™ Workshop capped off HealthQuest '09, thanks to Northeast District Department of Health (NDDH) and a grant from the U.S. Department of Health and Human Services Office on Women's Health. A presentation and discussion about women's heart health and risk of heart disease was led by Cardiologist Lisa Canter, MD, FACC, from DKH, and a Red Dress fashion show starred employees of NDDH and their families.

Now in its second year, the HealthQuest planning partnership includes representatives from NDDH, DKH, Daniel's HealthMart Pharmacy, Plainfield Public Schools, the Northeastern Connecticut Chamber of Commerce, Town of Putnam Community Development, Whitcraft, LLC, and WINY Radio. NDDH has been selected for funding by the National Association of Chronic Disease Directors, and the HealthQuest coalition has become a national ACHIEVE community (Action Communities for Health, Innovation, and Environmental Change, an initiative of the Centers for Disease Control's Health Communities Program).

"HealthQuest is a collaborative health partnership of a number of local organizations who share the common vision of achieving healthier communities," said Poirier. "We're focused on promoting the simple steps we can all take to prevent illness and promote wellness in our own lives, and, in turn, improve the health of our schools, businesses, and communities."

For more information about HealthQuest, contact Cherie Poirier, cpoirier@danielspharmacy.com or 860-779-1136. Special thanks to Linda J. Colangelo from NDDH, who contributed to this article.

NO AGRICULTURAL REPORT NEXT WEEK!

The Connecticut Weekly Agricultural Report publishes 48 issues per year. We do not publish four weeks throughout the year. Next week is one of the weeks when we do NOT publish. You will receive your next issue the week of July 1, 2009, and all ads will be extended to compensate for this week.

CT Grown Lunch Featured at HealthQuest '09

by Linda Colangelo, NE District Dept. of Health

HealthQuest '09 was held over the weekend of 05/09/09 at Quinebaug Valley Community College in Danielson to help raise awareness in the community about healthy lifestyles. As part of the event, attendees were treated on Saturday to a nutritious lunch of fresh roasted turkey sandwiches with goat cheese, field greens, asparagus, and balsamic maple vinaigrette, along with potato leek soup and the Vanilla Bean Café's famous chili soup. All ingredients were grown or produced locally.

Along with the CT Grown lunch, a Plow to Plate® sustainable foods presentation and culinary demonstration was given by FTC member John Turenne, President and Founder of [illegible] Barry Jessurun of the Vanilla Bean Café and 85 Main, Putnam Community Development Coordinator Delpha [illegible], and FTC member Marydale DeBor, Vice President of External Affairs at New Milford Hospital, which sponsors the [illegible]

"The CT Grown lunch was a huge hit," said Cherie Poirier, Operations Manager for [illegible] and one of the organizers of the event. "We received numerous emails, compliments, and thank-yous for making people aware of what was available in our area. We are very excited about what we have started, and are committed to keeping this momentum going in our community."

Other weekend activities included a motivational walk rally by Robert Sweetgall, considered the nation's leading professional walker. Sweetgall led over 1000 students, teachers, and administrators in the Plainfield [illegible] school system on a walk around the high school [illegible]. The walk kicked off a new wellness initiative for grades 4-8 at Plainfield Memorial School and Plainfield Central School where students will begin the school day with a 10-minute walk, and then journal about their daily experience.

"I've seen these programs successfully implemented at thousands of schools across America," said Sweetgall. "In addition to the health benefits, many school administrators report an increase in academic achievement, improved morale, and a significant decrease in discipline problems."

Following the walk, Sweetgall was joined by Day Kimball Healthcare (DKH) Pediatrician Marc Cerrone, MD, to host an educator's forum for other schools interested in adopting sustainable walking wellness initiatives. Sweetgall also was a featured speaker on the second day of the HealthQuest event at Quinebaug Valley Community College. The lively keynote address literally kept attendees on their feet and detailed how to fit 6,000 steps into a day to reduce heart disease, diabetes, stress, weight, and the rate of aging.

The HealthQuest event concluded with a Heart Truth® Workshop made possible by the Northeast District Department of Health (NDDH) through a grant from the U.S. Department of Health and Human Services Office on Women's Health. Female employees of NDDH and their families were featured in a Red Dress fashionshow and DKH Cardiologist Lisa Canter, MD, FACC, lead a presentation and discussion about women's heart health and risk of heart disease.

Now in its second year, the HealthQuest planning partnership includes representatives from the NDDH, DKH, Daniel's HealthMart Pharmacy, Plainfield Public Schools, the Northeastern Connecticut Chamber of Commerce, Town of Putnam Community Development, Whitcraft, LLC, and WINY Radio. The HealthQuest coalition recently became another national ACHIEVE community, with NDDH selected for funding by the National Association of Chronic Disease Directors. ACHIEVE stands for Action Communities for Health, Innovation, and Environmental Change and is an initiative of the Centers for Disease Control's Health Communities Program.

"HealthQuest is a collaborative health partnership of a number of local organizations who share the common vision of achieving healthier communities," said Poirier. "We're focused on promoting the simple steps we can all take to prevent illness and promote wellness in our own lives, and in turn, improve the health of our schools, businesses, and communities."

For more information about HealthQuest, contact Cherie Poirier, cpoirier@danielspharmacy.com or 860-779-1136. (Photos from the event on Page 8.)

HEALTHQUEST '09

Achieving Healthier Communities Together!

Saturday, May 9, 2009 / 9:00 – 3:30
Quinebaug Valley Community College

AGENDA

Early Bird Walk with Robert Sweetgall

Registration/Continental breakfast

Welcome & Introductions – *Linda J. Colangelo, Director of Health Education & Communications, Northeast District Department of Health*

HealthQuest Partner - *Robert E. Smanik, FACHE, President & CEO Day Kimball Healthcare*

Keynote Address
Motivation to Move...Fitting 6,000 steps into Your Day to Reduce Heart Disease, Diabetes, Stress, Weight, and your Rate of Aging
Robert Sweetgall, President, Creative Walking, Inc.

HealthQuest Partner – *Cherie Poirier, BS, MBA, Operations Manager, Daniel's HealthMart Pharmacy*

Plow to Plate ® Sustainable Foods Presentation & Culinary Demonstration
Marydale DeBor, JD, Vice President of External Affairs, New Milford Hospital
John Turenne, President and Founder, Sustainable Food Systems, LLC
Barry Jessurun, President, The Vanilla Bean Café & Partner, 85 Main
Delpha Very, Community Development Director, Town of Putnam

Enjoy a nutritious, delicious Lunch, Sponsor Exhibits, & Robert Sweetgall Book Signing - CAFETERIA

Nordic Walking Clinic with ***Robert Sweetgall***

Heart to Heart at HealthQuest – A Women's Heart Truth™ Workshop

- HealthQuest Partner – *Patricia Beckenhaupt, RN, MS, MPH, Director of Health, Northeast District Department of Health*
- Mother's Day Red Dress Fashion Show
- Educational Materials Review & Pre-Quiz
- Heart Truth Workshop Presentation & Post Quiz - *Lisa Canter, MD, FACC*

Evaluations/Event Close/Door Prizes

HealthQuest '09 is a collaborative community health partnership of:
The Northeast District Department of Health, Day Kimball Healthcare, Daniel's HealthMart Pharmacy, Plainfield Public Schools, The Northeastern Connecticut Chamber of Commerce, Town of Putnam Community Development, and WINY Radio
With special support from:
The Center for Bone & Joint Care, The Newell D. Hale Foundation, Marge and Steve Townsend, Quinebaug Valley Community College, and United Natural Foods, Inc.
With grateful appreciation for in-kind donations from:
Desired Weddings and Special Events, Putnam, CT, / Putnam Farmer's Co-op, Putnam, CT
Stop & Shop Supermarkets, Killingly & Putnam, CT

With sincere thanks to our presenters, models, volunteers, and attendees!

HealthQuest '09

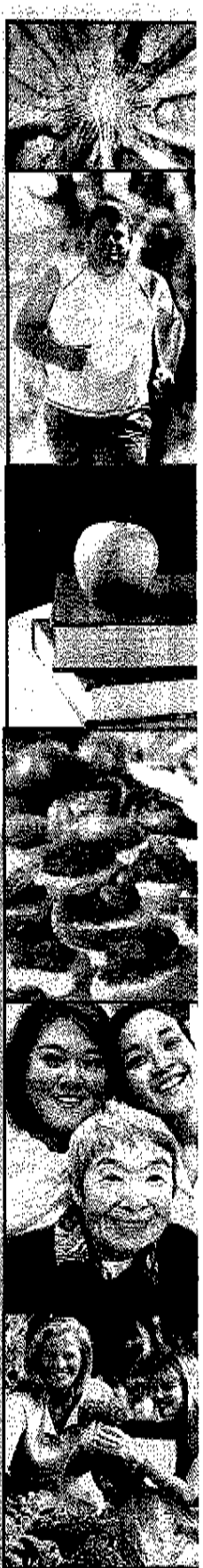
Walking the Walk to Better Health in N.E. Connecticut

A special two-day health event for businesses, schools, and communities!

featuring

Robert Sweetgall

Often called the "real" Forrest Gump, Robert Sweetgall has walked across America seven times and is the only person to walk all 50 states (11,208 miles) in 365 consecutive days. Author of 17 books, Robert has appeared on hundreds of television and radio talk shows and has made over 5,000 presentations to over one million people worldwide.
Better health is just one step away!



Friday, May 8, 2009

7:30 – 9:00 a.m. **Northeastern Connecticut Chamber of Commerce Breakfast Program**
Quinebaug Valley Community College/UNFI Community Room – ***"Worksite Wellness on a Zero Budget"*** for business owners. Presenters: Robert Sweetgall and Jeff Paul, President/Owner/COO of Whitcraft LLC.
To register, call 860-774-8001
9:30 – 10:30 – **Walk Rally for Plainfield Public School Students grades 4-8**
12:00 – 2:30 – **Presentation** for school administrator/educator teams only – ***"The 10 Healthiest Things Educators Can Do for Their Schools."*** Presenters: Robert Sweetgall, DKH Pediatrician Marc Cerrone, MD.
To register: tammy@plainfieldschools.org

Saturday, May 9, 2009

A full day of healthy activities and events at Quinebaug Valley Community College, Danielson, CT

Keynote Address
Motivation to Move...Fitting 6,000 Steps into Your Day to Reduce Heart Disease, Diabetes, Stress, Weight, and your Rate of Aging
Plus
An Early Bird Walk & and Afternoon Nordic Walking Clinic

THE heart TRUTH™

Sink Your Teeth Into This!
Plow to Plate Sustainable Foods Presentation & Culinary Demonstration!

Plow to Plate is a community coalition supporting local farms, foods, and health. Learn how to grow community without growing your waistline and enjoy a delicious, nutritious lunch on us!

Presenters: Marydale DeBor
VP External Affairs, New Milford Hospital;
John Turenne
Founder, Sustainable Food Systems;
Barry Jessurun
President, The Vanilla Bean Café
Partner, 85 Main

PLOW TO PLATE

Heart to Heart at HealthQuest
A Women's Heart Truth Workshop

An engaging, educational, & entertaining way to increase your awareness about heart disease!
Enjoy a Red Dress Fashion Show, presentation by DKH Cardiologist Lisa Canter, MD, FACC, educational materials, giveaways, entertainment and more!

For Grandmas, Moms, Wives, Sisters, Daughters, Aunts – any important woman in your life!

Grant funded by the U.S. Department of Health and Human Services Office on Women's Health
Special thanks to Desired Weddings & Special Events
The Heart Truth and Red Dress are trademarks of DHHS. Participation by HealthQuest does not imply endorsement by DHHS/NIH/NHLBI

To register for the Saturday event, call the Northeast District Department of Health at 860-774-7350! Seating is limited! Please register by May 4th!

HealthQuest '09 is a collaborative health partnership of The Northeast District Department of Health, Day Kimball Hospital, Daniel's Pharmacy, The Northeastern Connecticut Chamber of Commerce, Plainfield Public Schools, Town of Putnam Economic Development, and Quinebaug Valley Community College
With special support from Marge and Steve Townsend

SPONSORED BY:

DKH Day Kimball Hospital

Daniel's Health Mart Pharmacy

IN PARTNERSHIP WITH:

Northeast District Department of Health — NDDH — Established 1971

DONATIONS MADE BY:

United Natural Foods — America's Premier Certified Organic Distributor

STEVEN & MARGE TOWNSEND

NORTHEASTERN CONNECTICUT
Chamber of Commerce

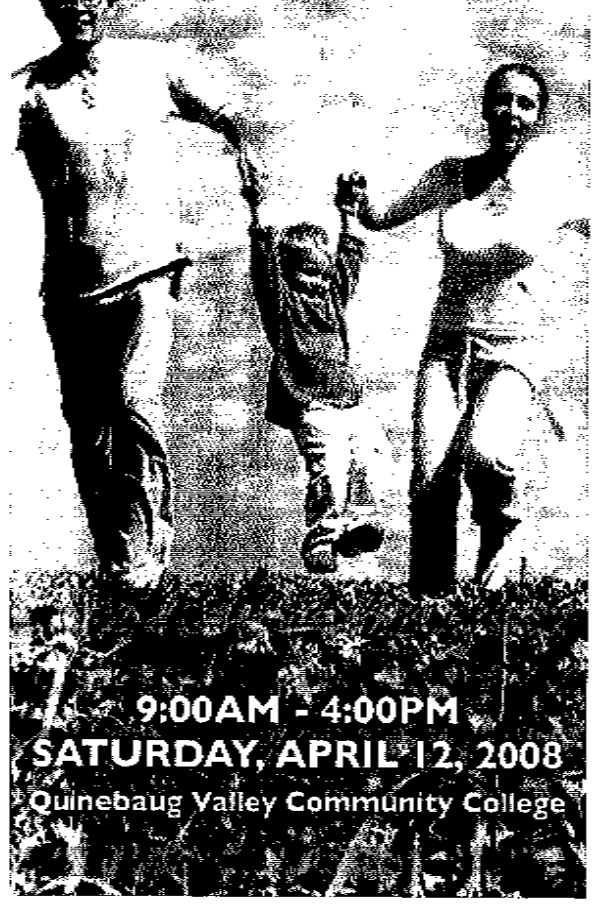
320 Pomfret Street
Putnam, CT 06260

NORTHEAST DISTRICT DEPT. OF HEAL
Ms. Pat Beckenhaupt
69 South Main Street - Unit 4
Brooklyn CT 06234

YOU ARE INVITED TO ATTEND

Health Quest '08

An Educational Community Health & Wellness Symposium



9:00AM - 4:00PM
SATURDAY, APRIL 12, 2008
Quinebaug Valley Community College

Health Quest '08 | Grow a healthy culture in your life, community, workplace and school!

WHAT: Spend a casual and educational day learning about the benefits of adopting a healthy culture and how to go about getting it!

WHERE: Quinebaug Valley Community College

WHEN: Saturday, April 12 from 9:00am to 4:00pm

GROW A HEALTHY COMMUNITY!

- Learn about creating healthy environments that support healthy behaviors
- Morning speakers program & solution sharing session
- Continental breakfast and lunch served
- Handouts and Fitness information materials provided

KEYNOTE SPEAKER:
Dr. Bernie Siegel

Seating is limited at this free event and reservations are required.

RSVP by Wednesday, March 26, to (860) 963-6384 or lengberg@daykimball.org

PRESENTERS:

Pat Beckenhaupt, RN, MS, MPH
Director, Northeast District Department of Health

Marc Cerrone, MD
Pediatric Centers, Day Kimball Hospital

Linda Colangelo
Director, Health Education and Communications
Northeast District Department of Health

Mary Conway, PhD
Superintendent of Schools, Plainfield

Nancy Morrow, M.Div
Vice President of Philanthropy, Day Kimball Hospital

Jeff Paul
Co-owner of Whitcraft, LLC

Elaine Turner, RN, BSN,BCH
Director of Community Education, Day Kimball Hospital

Delpha Very
Community Development Director
Town of Putnam

ACHIEVE Meeting Minutes

Date: October 28, 2009
Time: 7:15am - 8:15am
Attendees: Pat Hedenberg, Marc Cerrone, Betti Kuszaj, Bob Smanik, Delpha Very, Linda Colangelo, Cherie Poirier, Mary Conway, Brittany Otto

Subject	Discussion	Outcome
Bob - Putting Communities to Work grant	• Has not been decided yet	Email Bob's contact John Blair? About status of grant
• Bob handed out map of NECT w/ DKH providers	• 91,000 patients • Alignment between physicians and DKH • Population healthcare • 50% of primary care is under DKH umbrella • 450 sq. miles	Being able to use this map to show people that we can use/need/handle funding is an advantage
• Delpha/Betti on grant funding	• No confirmation or rejection of funding yet • Keep branding funder's with our name and eventually we will become top pick for funding • People will keep hearing about our efforts and realize that we aren't going away anytime soon	
Linda - Go over the 2009 ACHIEVE Communities Progress Report		Got through about half of the report, Linda will email CHART with specific questions
Bob - Suggestion of a nurse to be a member of the CHART/or subcommittee for Worksite Wellness	• Yes! Would like to meet with her to bring her up to speed on ACHIEVE	Will set up individual orientation with Linda or Cherie

ACHIEVE Meeting Minutes

Date: Wednesday, September 16, 2009
Time: 7:30am-8:30am
Place: Day Kimball Hospital Board Room
Presiding: Linda Colangelo
Present: Karen Osbrey, Delpha Very, Betti Kuszaj, Marc Cerrone, Brittany Otto, Cherie Poirier, Mary Conway

Subject	Discussions & Motions	Recommendations & Due Dates
ACHIEVE funding	Linda announced that our ACHIEVE group received an additional $10,000 in funding.	
Community Action Plan (CAP)	Worksite Sector-If through chamber, we have to do all 10 towns that the chamber serves. Betti handed out example of a 3yr plan. - Worksite wellness initiative sub committee Worksite wellness to be considered a policy change. - An outreach program would be a systems change Restaurants in Putnam - Could put a healthy eating section on menu School Sector-Plainfield schools walking initiative started out as environmental change. - Progressed to policy and systems change Suggested plan for involvement of more schools: - Year 1: meet with school administration from Putnam & Killingly - Year 2: continue to	Betti will do worksite sector of CAP

	implement program in schools - Board of Education's approval of system-wide policy for 10 minute walk Invite other schools administration to walking demonstrations at Putnam & Killingly schools <u>Community Sector</u>- Focus on Airline trail and healthy eating at restaurants initiative.	
Name of our coalition CHANGE tool	<u>HealthQuest</u>- Achieving Healthy Communities Together HealthQuest as name insures sustainability. What to do with collected data: - Use data as indicator of need - Do not use specific number, but see where there is a need or room for improvement.	
Funding Opportunities Robert SweetgalL or Mark Fenton?	Betti- Wellpoint Foundation - Sustainability for HealthQuest Robert - For school children. Mark - For worksite wellness programs in businesses.	

HealthQuest Northeast Connecticut

MEETING: **ACHIEVE CHART**

DATE: **Friday, June 26, 2009**

TIME: **7:30 am – 8:30 am**

PLACE: **Day Kimball Hospital Board Room**

PRESIDING: **Linda Colangelo**

PRESENT: **Betti Kuszaj; Brittany Otto; Cherie Poirier; Pat Hedenberg, Karen Osbrey, Dr. Marc Cerrone; Pat Beckenhaupt; Dr. Mary Conway**

NOT PRESENT: **Delpha Very; Robert Smanik; Steve Townsend**

SUBJECT	DISCUSSIONS & MOTIONS	RECOMMENDATIONS DISPOSITIONS & DUE DATES
ACHIEVE GRANT	Linda presented a recap of the ACHIEVE initiative and the three towns selected for assessment – Putnam, Killingly and Plainfield. The program goals are to increase physical activity, decrease smoking and decrease obesity.	Ongoing.
Five Change Assessments	Mary submitted the Plainfield School Assessment	Complete
	Group discussion on Community at Large Assessment	Linda to complete evaluation.
	Members to review remaining assessment/evaluations forms and return to Linda/Cherie prior to the next meeting.	Ongoing
Next Meeting	**Friday, July 10th 7:30 am Robert H. Field Conference Room 1 Day Kimball Hospital**	

Respectfully submitted,

Pat Hedenberg

HealthQuest 08
Meeting Minutes
June 3, 2008

Present: Pat Beckenhaupt, Mary Conway, Dr. Marc Cerrone, Nancy Morrow, Jeff Paul, Cheri Poirier, Bob Smanik, Elaine Turner
Excused: Laura Engberg, Steve Townsend, Delpha Very and Linda Colangelo

Discussions:

1. Community Assessment: On hold until we hear about the Healthy Nation Grant (This grant includes a community assessment)
2. Hospitals Step Up to the Plate Workshop June 13th- to be attended by Ruth Gregoire, Judith Hansen, Cheri Poirier, and Elaine Turner.
3. CDC Healthy Nations Grant – NDDH, Pat B is in need of assistance writing 8 pages outlining a proposal for grant for a sustainable, chronic disease prevention model for the community, schools, health care setting or workplace (choose 2). Group discussion lead to the suggestion of workplace and school. Pat will speak with the CT Dept of Health as to our suggestion. Elaine and Pat will meet this week and pull it together. Letter of support is needed from the HealthQuest Coalition.

Next Meeting:

July 10th from 7:30-8:30am in PDR

July 10th Agenda:

1. Report on Hospitals step up to the Plate – Cheri and Elaine
2. CDC Grant proposal - Pat B.
3. Wellness Grant – Smoking Cessation and Youth – Elaine
4. Future Projects

Respectfully Submitted:

Elaine Turner RN

"HealthQuest 08!"
Symposium
Saturday April 12, 2008
Quinebaug Community College
9am – 4pm

Planning Meeting Minutes: March 3rd
Next Meeting March 13th in RHF 2 12:30-1:30. Lunch provided.

9-9:30am Registration – 5 volunteers at registration tables.
Continental Breakfast
Packet Distribution – Resources for an active and healthy community, workplace and school environment. Laura will work with Corporate Communication on Folder, Invitation, mailing list, evaluation tool, survey and give-away.
9:30-9:40am **Welcome and introduce program and panel guests.** Auditorium

9:40 – 11am **Growing a Health Culture-** Auditorium
9:40 - 10:05 Community – Pat Beckenhaupt, ?Bob Viens
10:05 – 10:30 Worksite – Elaine Turner, Jeff Paul
10:30 – 10:55 Schools - Mary Conway and Dr. Cerrone

Community – Pat will work on trails and town with Bob Viens. Waiting to hear from DEP (no child left inside). Bob tentatively agreed to speak pending further details and timeline. **Restaurants** – Cherie found tools from Highland Health District to be difficult to follow. She will be working with Brian from the Vanilla Bean in establishing some guidelines for restaurants. Nancy Morrow has list of town contacts (selectman, town managers and mayors) and will forward to Laura. Elaine contacted Eugene Nichols from the CT Dept of Public Health office of Obesity and Cardiovascular Health for resources and support.
Work Place – Elaine will compile employee wellness tools. Jeff Paul, co-owner Whitcraft, accepted offer to present workplace wellness. Betty, Chamber of Commerce will be contacted by Linda and asked to send the mailing list for all the Chamber members to Laura Engberg.
Schools – Elaine will contact Susan Fiore from the CT State

Dept of Education (Team Nutrition, School Health Index Updates). Awaiting response. Mary Conway, Plainfield Superintendent was contacted by Linda and she has agreed to present. Elaine contacted Marc Cerrone and he has agreed to present in lieu of Dr McDermott. Elaine has list of school contacts which she will forward to Laura.

11-11:45am Solution Sessions

A. **Community Solutions** – Community Room I – Pat & panel
B. **Worksite Solutions** – Classroom – Elaine and panel guests
C. **School Solutions** – Auditorium – Linda and Panel guests

11:50 to 12:30 – **Share Solutions** - Auditorium – Where from here? Linda will lead summation. Next steps/meeting and how we communicate. Transition with a call to action….healthy lunch, walking break, post evaluation, contact sheet and prepare for our Key Note Speaker!

Possibility of having someone type up our notes and copy for the afternoon. Elaine will check with Krissy for possible computer and printer connection.

12:30- 1:30pm Lunch followed by walk or stretch class for 15 minutes.

1:45- 4pm Dr. Bernie Siegal Talk and Book Signing

Working Objectives:
Define a Healthy Culture (What)
What are the Benefits of having a healthy culture? (Why)
How do you support its growth? (How)

Breakfast Sponsor - Steve Townsend- continental breakfast for 200
Snacks Sponsor – UNFI – beverages, apples and nuts
Speaker and Lunch Sponsor – Daniel's Pharmacy
Lunch menu – turkey, tuna and humus wrappes, fruit and beverage
Advertising, Give-Aways and folders sponsored by Day Kimball Hospital.

NDDH/HealthQuest Northeast Connecticut

APPENDIX D
INITIATIVE BRIEFS

Bike It, Hike It, Like It – Physical Activity Initiative

- Identification and assessment of existing spaces in 12 town region that may readily be converted to 1-2 mile physical activity trails
- HealthQuest mileage marker signage to be placed along trails that promote health benefits of trail use for increasing physical activity
- Clusters of outdoor fitness equipment will be placed along all trails to further encourage physical activity
- Media campaign: Local residents invited to submit their favorite walking/biking/hiking loops in each town for chance to win a bike. Contests held twice a year in each of the 12 towns – six bikes given away per contest (youth, adolescent, and adult for both males and females) for a total of 288 bikes awarded in funding period. Submitted entries serve as measure of community engagement
- Consultant Lead: Mark Fenton
- Expected outcomes:
    - Town leaders receive training on fundamentals of active and healthy community design leading to approved land use for physical activity trails;
    - Zoning boards adopt regulations to support signage placement;
    - Trail network development, with a focus on transit and functional links, not just recreational use. Focus on assessment of Airline Trail and East Coast Greenway, both which run through northeastern Connecticut
    - Land-use regulation with a focus on healthy town development, as well as policies supporting healthy eating (including farmland preservation, community gardens, farmer's markets and similar policies).
    - Engagement and support of proposed regional YMCA can integrate physical activity trails into programming and events

WriteSteps School Walking and Writing Physical Activity Initiative

- Expansion of highly successful initiative adopted by Plainfield School System during HealthQuest '09 – the entire staff and student body of Plainfield Central School and Plainfield Memorial School begin each school day by taking a 10-15 minute walk. At beginning of walk, students are given a topic to discuss. Upon return to the classroom, they journal about the walking topic and ensuing discussion. Participating schools are reporting decrease in disciplinary reports and increase interest in writing (students are journaling up to two pages per day!)
- This initiative received exceptional press and piqued the interest of many other schools. Pomfret Community School has moved ahead with their adoption of the program, with students taking note of the environmental changes that are happening each day on their walk.
- HealthQuest seeks to expand this popular initiative to at least one school in each of the remaining ten towns.
- Consultant Lead: Robert Sweetgall
- Expected outcomes:
  - School administration and boards of education adopt policies to implement WriteSteps initiative, thus allowing increased time for physical activity and education
  - School administration and boards of education adopt policies to approve a school Staff Wellness Program, empowering and energizing teachers and school support staff to role model healthy behaviors and turn each campus into an active learning center.
  - Students model healthy behavior at home to parents and siblings and encourage family walk times with potential to link this activity to the Bike It, Hike It, Like It initiative
  - Invites to local and state legislators to be guest walker for the morning will promote activity and heighten awareness for benefits of higher physical education standards for schools

Breastfeeding initiative - Nutrition

- HealthQuest partner Day Kimball Healthcare (DKH) has seen a recent trend away from breastfeeding and to that end, has expressed interest in establishing a Breastfeeding Action Program.
- Grant funding will allow DKH to hire a full time certified lactation consultant to work both in the newborn nursery and in the pediatric practices to assist mothers in need of additional help, so their frustration does not cause them to abandon breastfeeding.
- In addition, a physician and nurse champion will be trained to educate colleagues about positive, encouraging instruction for new nursing mothers.
- To substantiate their intent, DKH will implement The Baby-Friendly Hospital Initiative (BFHI) http://www.babyfriendlyusa.org/eng/01.html. It is a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) to encourage and recognize hospitals and birthing centers that offer an optimal level of care for lactation. The BFHI assists hospitals in giving breastfeeding mothers the information, confidence, and skills needed to successfully initiate and continue breastfeeding their babies and gives special recognition to hospitals that have done so. (Currently Connecticut based Hartford Hospital and Middlesex Hospital are among only 85 hospitals in the US with the Baby-Friendly designation and the only two in Connecticut.)
- Expected outcomes:
    - Hiring of certified lactation consultant
    - Identification of physician and nurse champions
    - DKH Board of Directors adopts hospital policy to support Baby Friendly Hospital Initiative
    - Implementation of data collection methods to track increase in percentage of new mothers breastfeeding upon hospital discharge

Prescription for Health Initiative – Physical Activity and Nutrition

- The Prescription for Health Program will be supported by DKH and area pediatricians and family practices to educate patients via a prescription pad of health tips. This is a simple way to engage children in taking a personal interest in their own health. On the "prescription," the doctor could check off pre-printed tips as he or she reviews them with the child and can verbally cue them to suggest additional individualized health tips that can be charted on the pad. This Rx can be manufactured in duplicate, so a copy can be placed in the patient's chart or used for tracking patients placed on a weight loss program. In addition, the physician can include a date for follow-up on the prescription, and can encourage the patient to post it in a prominent place, like on the refrigerator, as a daily reminder of the doctor's recommendations and a likely way to improve patient compliance.
- Expected outcomes:
  - All pediatricians and family practice physicians will support the Prescription for Health Initiative through the acceptance of printed prescription pads. A grant-funded Data Quality Specialist will be responsible for making contact with physicians to track monthly prescriptions issued

Sample:

HealthQuest Northeast Connecticut

Healthy Eating Active Living Prescription

Northeast District Department of Health
69 South Main Street, Unit 4
Brooklyn, CT 06234
860-774-7350 www.nddh.org

Name_____

Address_____ Date_____

- ☐ *Eat at least 7 servings of fruits & vegetables daily*
- ☐ *Avoid added fats (oil, butter, margarine) on food*
- ☐ *Eat whole grains at each meal*
- ☐ *Exercise 3 times a day for 10 minutes each time*
- ☐ *Take a 15 minute brisk walk each day*
- ☐ *Invite others to join your quest for health!*
- ☐ _____
- ☐ _____

Refill NR 1 2 3 4+ Void After: *no expiration*

_____

Health Care Provider Signature Phone

Pediatric Outreach Team & School Health Outreach Team

- In recent years DKH Board of Directors, medical Staff and Administration have identified community focused primary care delivery as its top strategic goal. Over the past two years its involvement through its CEO and pediatric physician as members of the leadership team of HealthQuest have served to provide clarity and opportunity to develop and begin implementation of its community focused primary care goal. As the top priority of the organization much work is underway at DKH to advance the effort. The continued linkage with HealthQuest assists efforts to expand their work beyond one-on-one patient doctor relationship and include population management work. Much has been learned about the challenges and realities of public health and behavioral change. DKH looks to support and participate with HealthQuest as an ongoing long term strategy.
- In the past 2 years one of the pediatricians has teamed with the superintendent of Plainfield schools to develop and promote a school system wide exercise and nutrition program. This work has been highlighted at two annual community meetings and is beginning to be considered by other school systems. The DKH practice management strategic plan for this up coming year will build on this relationship with the establishment of a 5-physician Pediatric Outreach Team.
- The 12-member School Health Outreach Team will include school nurses, administrators, physical education instructors and food service personnel who will work collaboratively to further the school-based CPPW initiatives in all 12 towns
- Expected outcomes:
    - DKH will adopt a systems change to establish the Pediatric Outreach Team, which will establish direct relationships between pediatricians and school officials to discuss and coordinate initiatives to encourage and support good nutrition and exercise for school age children.
    - Pediatric practices will implement Medical Home Model initiatives with obesity being one of top conditions for care coordination
    - Establishment of multiple interdisciplinary teams will foster rich dialogue and empower stakeholders to lead by example in furthering physical activity and nutrition strategies. The only thing we plan to "super-size" in northeastern Connecticut is community participation in healthy eating and active living.

Plow to Plate® and Sustainable Food Systems Nutrition Initiative

Plow to Plate is an initiative founded 3 years ago at New Milford Hospital in Connecticut that achieves the transformations of dining services and food sourcing to bring into the hospital fresh-made food, made from scratch, locally sourced whenever possible. This new identity for the hospital opens up new linkages for the hospital to initiatives that support the environment and food as medicine, in turn creating an array of opportunities in disease prevention through community engagement. This program brings added dimension to the hospital as a place that provides personalized service for not only the patients but also concern for their entire family's wellness and that of the employees at the hospital.

Results

The hospital's new food makeover is enjoyed by everyone, from staff to the patients to their visitors. The greatest change in the way food is prepared lies in the increase in morale of the dining services workers. Previously, and somewhat typically for the menial job that dining services traditionally can be, the hospital experienced high rates of employee turnover, high rates of absenteeism and low to no involvement in any hospital initiatives that required volunteers. Now, almost 2 years after the transformation has been in full swing, the dining services employees say that they are proud, "feel like leaders" and consider themselves to be a part of the care team. The difference in their attitude can be seen by the way they smile and make eye contact. There is low to no turnover and low absenteeism. Also, the dining services workers now volunteer when they are given an opportunity.

With respect to the "in hospital" component of Plow to Plate, the patient satisfaction scores measured by Press Ganey increased significantly: within one year the scores for food service went from the 30th percentile to the 89th percentile. Next, the transformation has had a neutral overall impact on the balance sheet.

- Streamlined food choices keep costs down using a positive message of a "simple but elegant, from healthful ingredients" culinary offering
- Increased retail traffic at hospital with employees and visitors attracted by the desirable food choice and special offerings such as Farmers Cow®
  Dairy products and healthy "grab and go" choices
- The increase of retails sales can offset any marginal costs of the higher quality food
- Vastly increased employee morale, reduced absenteeism and low to no turnover in dining services staff

The visibility that New Milford hospital has achieved shows the positive public reaction that taking a leadership role in food transformation through a comprehensive, well orchestrated program such as Plow to Plate can provide to an institution and the communities it serves:

- Expanded public awareness and education via culinary and healthy food events: regular Plow to Plate events are well attended by a broad representation of the public and civic leaders
- Awards received create visibility: this year NMH received recognition and awards at Health Care Without Harm's Food Med conference, The Spirit of Planetree Award for Nutrition and Nurturing Aspects of Food, Glynwood Center Harvest/Good Food for Health Award, and the NW Connecticut Conservation District's award for innovation in sustainability
- Increased visibility within the local and national press -- the hospital now sees regular and positive mentions in a variety of media on healthcare and food blogs

HealthQuest Components:

- Hospital: John Turenne of Sustainable Food Systems will work with MDs regarding supply of local goods, ingredients, procurement per assessment above; hospital communication staff when appropriate regarding in house marketing and external communications about "new" p2p food services
- Farmers' markets in three towns: include p2p community educational components and enhancements to those markets; drive traffic and engage people in prevention learning and activity
- Farm Bucks: Identify physicians, local nutritional experts, parent advisory group to encourage utilization of redeemable farm bucks at the markets, media partners, etc.
- Youth Chef Advocates: Debor/Gallagher/D'isidori will identify local agency able to sponsor this program.
- Expected Outcomes:
    - Assessment of community capacity, capabilities of members of existing coalitions in terms of services/support we they can provide
    - Assessment of local agriculture/farm capacity, ability and willingness to partner with hospitals, schools, restaurants, to provide locally grown, on seasonal basis; methods of business/payment
    - Addition of strong sub-core of local chefs as a leadership group within the HealthQuest coalition
    - Addition of new members to communicate coalition goals such as media partners, specific schools, local nutrition experts, CT DoAg/Farmers' Market Program, town leaders
    - Assessment of willingness, competency, capacity of local primary care providers to participate in prevention activities via p2p components and promotion of fitness activity (creativewalking.com)
- Evaluate results of these assessments; identify coalition members that can best participate in the development and delivery of P2P components; coordination with the fitness components so all grant activities coordinate synergistically.
- Create the working groups to implement the p2p components for long-term/sustainability
- DKH Board of Directors adopts policy for implementation of p2p initiative at Day Kimball Hospital