

COMMUNITY HEALTH & WELLNESS ADVISORY COMMITTEE

Meeting Minutes from March 23, 2015

I. Meeting called to order by Lois at 19:07.

II. The Pledge of Allegiance was led by Beth.

III. Roll Call present: Lois, Kacky, Don, Linda, Arline, Mary, Daniel, Beth; Alderman Violet; staff liaison Cathy Pratt.

IV. Minutes from February 23, 2014, were approved as received.

V. Public Comments / Guests

A. No public comments.

B. One guest: Chido from UMSL, originally from Zimbabwe, working on her graduate degree in nursing.

VI. Items of discussion:

A. Plans for 2015

- a. Garden contest starting up again in April
- b. Future topic: Drugs and Teens upcoming this autumn
- c. Don feels we need to establish a focus for what we hope to accomplish
- d. Regarding the disseminating of information:
 - i. Can we come up with a pretty info bag using our apple logo for use at fairs and events?
 - ii. What info do we need to add?
 - iii. Come back in April with ideas!

B. Bike & Kite Event

- a. May 9, 2015; 10-2
- b. Sign up sheets sent around for 1-hour shifts

C. County Health Rankings and Roadmaps Presentation from Mercy (Don Kalicak)

- a. St. Charles County is consistently in the top 3 for health in the state
- b. Opportunities to improve our rankings exist in these categories:
 - i. Smoking
 - ii. Obesity
 - iii. Excessive drinking
 - iv. Driving alone to work
- c. Three broad categories in Community Health:
 - i. Primary healthcare—personal/family (hand-washing, hygiene, etc.)
 - ii. Secondary healthcare—environment (draining puddles of water, mosquitoes, etc.)
 - iii. Tertiary healthcare—in hospitals (IV's, dehydration, etc.)

d. Board Comments

- i. Lois would like our Board to focus on areas to get more info and raise awareness to larger groups of people, not just doing fairs and

seminars, etc. These Community Assessments can guide our efforts going forward.

- D. Community Health Assessments Report Findings Summary from SSM Healthcare (Kacky Garner)
 - a. These health assessments were the opinions of the top representatives who met to come up with the high-priority needs for St. Charles County and St. Charles County West.
 - b. They are trying to do a full-county assessment.
 - c. Blue Zone project being considered. Our Board might be able to partner with them in that endeavor.
 - i. <http://www.bluezones.com/services/cities/>
 - d. Number one cause of death in St. Charles County is heart disease, followed by cancers of all kinds (between 1997-2007)
- E. Follow up with articles, etc. by sending them onto friends
 - a. One example is the upcoming Funeral Planning seminar that Cathy recently sent out.

VII. Next Meeting will be April 27, 2015.

VIII. A motion to adjourn this meeting was made by Kacky; Don seconded. Meeting was adjourned at 20:00.

Respectfully submitted by: Beth Carsten