



MEETING MINUTES TEMPLATE 1 – CCPHC

Clay County Public Health Center
800 Haines Drive
Liberty, Missouri 64068
Revised: 1/26/16

LCHAT

1-27-16, CONFERENCE ROOM #1, 1:00PM

I. Attending:

II. Welcome & Introduction:

III. Team Updates:

A. LCHAT Board – Gary E. Zaborac

- Monthly meetings
- 501 (c) 3
- Working on draft agreement with partners
 - Liberty Parks
 - Public Schools
 - Liberty Hospital
 - CCPHC
- GP Red ended December of last year
- Looking at ways to get the community/businesses more engaged

B. YANS Liberty Survey Update – Dr. Compton

- Children and Obesity
- BMI Scores & Comparisons – Initial Analysis
- 1/3 children have High Health Weight
- 60% children average weight, 30% Obese, 5% underweight
- This report will be placed on the LCHAT website

C. Nutrition Team-Goal: Select evidence based nutritional programs to increase healthier eating in 10-14 year olds in Liberty by 2017.

Objective 1: Identify three nutrition priorities to focus on in the next year.

Nutrition Priorities Selected:

1. Increase fruit and vegetable consumption from 50% of students eating them 4+ times a week to 75%, 4+ times a week in Liberty Middle School Students by December 2017.
2. By December 2017, Liberty School District will raise awareness among 100% of their buildings of the following selected School Wellness Policies: (these may change)
 - a. Using teachers as positive, healthy role models
 - b. No unhealthy snacks in classroom
3. Increase daily water consumption from 68% to 75% in students by 2017.

Objective 2: Research evidence based programs that deal with each nutrition priority identified. (a work in progress)

Objective 3: Decide how and what health outcomes will be measured to determine change.

D. Service Providers – Social Acceptance & Inclusion for All Team – Team leader needed

1. Develop a communications plan for service providers, including a focus group to determine how to get others on board.



MEETING MINUTES TEMPLATE 1 – CCPHC

Clay County Public Health Center
800 Haines Drive
Liberty, Missouri 64068
Revised: 1/26/16

- a. Focus group is set for February 5th.
2. Develop framework to obtain data through school district regarding program needs, wants and gaps in services available for 10-14 year olds.
3. Develop resources that connect community to service providers.

E. Physical Activity Team – 3 main goals - Chris Wilson

1. Complete a Walkable assessment of the community.
2. Complete a Bikable assessment of the community.
3. Assess the availability and quality of natural and build assets for outdoor recreation.

F. Communications Team – Team leader needed

- Brochure has been developed and printed.
 - Kate has been presenting to various community groups-if you know of any more, please let her know.
 - Website has been updated with new information, and will continue to be updated as we progress. You can now direct people to sign up for our email list, which is on the home page!
 - William Jewell Health Communications class will be helping us develop more website content.
1. Increasing awareness of LCHAT
 - a. Ask each LCHAT member to approach 3 others to explain LCHAT and ask them to join one of our teams.
 - b. Increase web and social media presence
 - c. Attend more community events

IV. Call to Action – homework

- Our goal is to recruit more members to be a part of LCHAT. Each member is tasked with approaching 3 community members and asking them to join one of our teams.
- Messaging is provided-make it your own but make sure you have correct and compelling facts.
- Give each person a brochure and have them to visit the website to sign up to be on the email list, or contact Kate to join a team.
- Please try to do this by the end of February.

V. Health Impact Assessment

- Health Impact Assessment (HIA) is a practical approach that uses data, research and stakeholder input to determine a policy or project's impact on the health of a population.

VI. Breakout Discussions:

- **Walkability & Access to Community Spaces**
 1. Sidewalks on both sides – walkability would increase – connectivity and purpose (10)
 2. A combination of street grid and cul-de-sac – trails to connect – commit to green space on street grid (4)
 3. Mixed land use/smart growth – starts with getting people out of their homes (4)
- **Safety**
 1. Street design for bike lanes/traffic calming? (safe pedestrian use) (7)
 2. Comparison of data on accidents in street grid system versus cul-de-sac system. (9)
 3. Parents' safety perception of children playing in street? And the reality of safety. (1)
- **Storm water**



MEETING MINUTES TEMPLATE 1 – CCPHC

Clay County Public Health Center
800 Haines Drive
Liberty, Missouri 64068
Revised: 1/26/16

1. Does grid design versus cul-de-sac encourage more rooftops or more concrete in turn creating more storm water runoff? (7)
2. Could permeable pavement requirements reduce storm water runoff? (7)
3. Would requiring sidewalks on only one side effect storm water quantity and quality?
 - **Community Value**
 1. Are sidewalks a burden to homeowners? Cost of fixing maintaining them (10)
 2. Do sidewalks decrease crime? (6)
 3. Cul-de-sac-sidewalk or trails?

VII. **Adjourn:** 2:30pm

VIII. **Next Meeting:** TBD

IX. **Minutes Filed By:** Cindy St John