



Live Healthy Oberlin Notes
 Thursday, February 25th, 2021
 8:30 AM – 10:00 AM [on Zoom](#)



AGENDA ITEMS	DISCUSSION/ NOTES	ACTION/FOLLOW UP ITEMS
Introductions	<ul style="list-style-type: none"> ● Name/Representing Organization ● <i>Attendance: Jaris Owens, Assistant Food Program Coordinator Oberlin Community Services; Amber Pogacnik, Oberlin Resident Trained Sociologist/Nutrition; Maggie McCutcheon, CHC Erie County; Linda Slocum, Oberlin City Council; Judith Sellers, Oberlin Social Equity Family Practitioner at Lorain County Free Clinic; Donna Sims, Mercy Health Allen Parish Nurse; Jeni Hoover Kendal at Oberlin Early Center Center (KELC); Catherine Woskobnick, Director of Community Outreach, Mercy Health; David B. Whitworth, Rec Coordinator Oberlin Recreation; Tina Hayslett, Lorain County JVS Communication Liaison Health & Wellness; Ian Yarber, Rec Superintendent City of Oberlin; Sharon Pearson, Lorain County Mobility Manager at United Way, Kat Bray and Vivian Taylor, LCPH</i> ● 14 attended 	<ul style="list-style-type: none"> ● none
Review Purpose and Principles	<p>Live Healthy Oberlin connects people and resources for the improvement of the Oberlin Community by increasing opportunities for increased physical activity and improved nutrition. We collaborate to promote health and prevent chronic disease and work to create a community where the healthy choice is the easy choice.</p> <p>Creating Healthy Communities Principals</p> <p>While multiple factors must be considered when determining which CHC strategies to prioritize at any given time, CHC’s principles are a useful place to start. These principles provide guidance for how to implement CHC, within complex community contexts. The five principles are:</p> <ol style="list-style-type: none"> 1. Activate and Engage Communities. CHC is the conduit for motivating and driving change, through community engagement and mobilization. Activities of CHC are rooted in community priorities. 2. Cross-Sector Collaboration. There is coordination of work and consistent messaging among partners in diverse sectors at the national, state, and local levels around policy, systems, and environmental change in healthy eating and active living. 3. Ease of Access. By addressing barriers, CHC improves accessibility of healthy choices to Ohioans, especially for those groups facing the steepest barriers. 4. Health Equity. CHC is invested in individuals and populations disproportionately affected by chronic disease. 	<ul style="list-style-type: none"> ● All: Option to read more on CHC grant program

	<p>5. Sustainable Change. CHC leverages resources, forms partnerships, and builds capacity to ensure lasting policy, systems, and environmental change.</p>	
<p>Evaluation Discussion</p>	<p>Review Coalition Evaluation</p> <ul style="list-style-type: none"> ● Themes & Discussion <ul style="list-style-type: none"> ○ Most members feel that there's a strong group culture, shared responsibility, vision, sustainability, and good value for time invested. ○ Areas of improvement included <ul style="list-style-type: none"> ■ diversity in coalition members, having projects that focused on engaging the religious communities, LGBTQ communities, health inequities, racial disparity. ■ Members suggested LHO connect with Oberlin's religious community. Suggested partners included members of past/defunct Oberlin Area Cooperating Ministries, First Church, and Stan Miller, Pastor Nevels, AG Miller ■ Ian shared that some churches are focused on active transportation (applied to sustainable reserve funding through Linda Arborgast) ○ The group discussed need for more shared projects so a few aren't left to carry the load for the entire group. How could LHO improve collaboration on projects? <ul style="list-style-type: none"> ■ Talk with your org. leadership about the work we do and opportunities for working together. Work smarter not harder! ■ Examples: <ul style="list-style-type: none"> ■ When LHO does public input, can the topic be combined with another meeting/event/townhall that your org. may be involved in/leading? ■ Sharing information, marketing and promoting among this group 	<ul style="list-style-type: none"> ● All: contact Kat or Vivian if you would like a copy of the coalition results ● Vivian: include attachments explaining LHO coalition, and past projects for making these invites (see below) ● Jaris, Linda, Ian, Donna: will connect with faith partners and share info on LHO, invite to next meeting, share examples of past projects from Vivian ● Kat connect with Neighborhood Alliance/Oberlin's senior center. Inquire if they can send a representative to LHO meetings? ● All: invite possible partners to join

<p>Coalition Building and Strategy</p>	<p>City of Oberlin: Healthy Community Policy, System, Environment (PSE) Planning</p> <ul style="list-style-type: none"> ● May be Social Equity SubCommittee Potential Partnerships ● LHO is actively recruiting new partners and community members. Suggestions: <ul style="list-style-type: none"> ○ Coalition agreed to record meetings and share them on organizations/city’s website and social media for residents who are unable to attend meetings. LCPH will also post LHO meetings on the agency website. Coalition members inquired about LHO Facebook Page. ○ Coalition decided that it may be best to hold separate meetings for coalition members who want to be involved in separate projects. <ul style="list-style-type: none"> ■ Topic or project specific follow up meetings will be scheduled to move things forward. Quarterly meetings will be used for brainstorming and high level action items. 	<ul style="list-style-type: none"> ● Kat will connect with a previous coalition member about LHO Facebook page login information. ● Vivian and Kat: will discuss plan for posting materials on website(s) ● Vivian and Kat: fine tune Quarterly meeting agendas VS. Project specific agendas
<p>Active Living</p>	<p>City/Schools Active Living Planning</p> <ul style="list-style-type: none"> ● Safe Routes <ul style="list-style-type: none"> ○ Vivian and Kat are meeting with Oberlin Council and submitting the grant application for Non-Infrastructure by 03/05/21. ○ Projects for 2021/2022 at Oberlin Schools include a communication campaign, walk to school day planning, student safety patrol, and integrating bicycle and ped education into STEM and PE curriculum and labs. ○ Kat/Vivian noted that the majority of SRTS discussions will be moved to School Wellness Meetings so that LHO can focus on more community-facing programs, and PSE changes, such as park enhancements, free fitness offerings, etc. 	<ul style="list-style-type: none"> ● none
<p>Healthy Eating</p>	<p>Continued Brainstorm on Engagement and Diversifying the Coalition and our Work</p> <ul style="list-style-type: none"> ● Cultural celebration including food and music <ul style="list-style-type: none"> ○ Highlight healthy food recipes, LCPH can offer healthy food and beverage guideline/policy for food vendors to follow for 1-3 items on menu ○ Engage college, churches, city, Oberlin Business Partnership, other partners, etc. 	<ul style="list-style-type: none"> ● Vivian: schedule Live Healthy Oberlin Approved meeting (LHOA) for those interested in planning launch and timeline

	<ul style="list-style-type: none"> ○ Hold event (post-COVID) at Tappan Square, or virtually. Feature healthy food and recipes, international engagement, connect with healthy eating messaging and sustaining healthy eating choices around town. ○ This relates to the concept of Live Healthy Oberlin approved... ● Live Healthy Oberlin Approved (LHOA) <ul style="list-style-type: none"> ○ Coalition brainstormed events and strategies to launch a program that recognizes healthy menu items in restaurants, food venues, recipes, etc. ○ LHOA: Ideas and suggestions included the following: Opportunity Cable Co-op, Small Food Festival, JVS, Virtual Food Festival, Having Food Trucks in Oberlin, Label LCPH approved healthy food on menus and grocery stores, Monthly Challenges for families to engage in, Scan codes, Recipe Contest, shared Live Healthy Oberlin playlist. ○ LHO can be the delivery method for produce delivery, connected with the Bonner Center at Oberlin College. Call out for Live Healthy Oberlin logo design and Live Healthy Oberlin approved information. ● Produce Prescriptions Rx Models <ul style="list-style-type: none"> ○ Midwest Produce Perks Potential Food Rx Program with Mercy ○ Meeting with Midwest Produce Perks & Catherine Woskobnick went well. Catherine was able to connect with Bon Secours and overarching boss Kendra, meeting is scheduled. <ul style="list-style-type: none"> ■ Next step: We're currently reviewing Food Rx Models that have been implemented in other Ohio counties in partnership with Mercy Hospital. Will connect with Linda Arbogast contact information LArbogast@CityofOberlin.com or 440.775.7254 	<ul style="list-style-type: none"> ● All: will be contacting you with opportunities for involvement to launch LHOA and Produce Perks RX
CHIP	<p>Community Health Improvement Plan (CHIP) update</p> <ul style="list-style-type: none"> ● Working on RX for produce and fitness. This is connected to strategies that we are piloting in Oberlin 	<ul style="list-style-type: none"> ● none