



**Executive Committee Meeting**  
September 18, 2015, Kilton Library  
9:00 am to 12:00 pm

## **Meeting Notes**

The meeting opened with welcome by Alice Ely and introductions.

### Substance Misuse Continuum of Care (Aita Romain)

Aita asked members to vote on a proposed Vision Statement for CoC work in the Upper Valley. She used a paper ballot to record preferences and announced the winning statement later in the meeting.

Aita discussed the plan for gathering information from young adults (18 to 25 y.o.) through focus groups – with food and incentives – and surveys. This will address requirements of both CoC and SMP.

### Health Impacts of Climate Change

Mike McCrory and Alice Ely presented the draft plan for addressing the health impacts of Climate Change. Alice set the stage by describing the task and our developing partnership with the Upper Valley Adaptation Workgroup (UVAW). Mike reviewed the key elements of the plan: list of exposures; vulnerable populations, and potential interventions. Input and questions included: thinking about how to deal with climate skeptics; looking at Medicaid claims data relative to impacts on older adults; cross-river deployment of interventions.

### Community Health Improvement Planning

#### *Vision and Mission of PHC*

Alice led a discussion of draft vision and mission statements for the PHC. Input provided led to the following final statements:

- Vision: Working together, our Upper Valley community will be healthy, safe, supportive, and vital.
- Mission: To improve the health of Upper Valley residents through shared public health initiatives and services within a network of community stakeholders

#### *Obesity Prevention*

This section will be titled: Promoting Healthy Weight. Alice and Emma Hartswick presented a proposed set of goals, objectives, and strategies for reducing obesity in the region and confirmed that current data supports these approaches. Input and questions included the following:

- Include breastfeeding promotion to the plan. We can add monitoring rates of breastfeeding and duration rates to measures (WIC and hospitals have some data). Look to WIC and various baby-friendly initiatives at D-H and APD. Efforts are underway to increase lactation hubs in the Upper Valley over the next 3 to 5 years (e.g. in workplaces). Breastfeeding is connected to healthy weight in children. [*Note: This will be added in Work Plan phase, due in December.*]
- Discussed new Hunger Council as opportunity but need more information to determine overlap and chance to collaborate. Margaret Brown and Kristen Coats are involved.
- Members approved this proposed plan for obesity prevention.

### *Falls Prevention*

Alice presented an overview of the Falls plan. Input and questions included the following:

- October 26 there will be a program on exercise for seniors;
- Do we want to improve the falls recidivism rate?
- Members approved this proposed plan for falls prevention.

### *Oral Health*

Updates on Oral Health issues:

- Per Nancy DuMont, both NH and VT now reimburse public health dental hygienists for applying fluoride varnish.
- We want to increase the number of certified public health dental hygienists and the number of locations for screening.
- The Ronald MacDonald van out of Concord will be coming to Upper Valley schools to provide treatment to children identified through Upper Valley SMILES project. About 1/3<sup>rd</sup> of children screened need more services. Nancy is working on scheduling these visits in the near future.
- Members approved this proposed plan for oral health.

### *Cancer Prevention*

Not including Cancer Prevention in this iteration of the CHIP. Valerie Thompson, of the Breast and Cervical Cancer Screening Program (out of Dartmouth), is working on increasing screening rates and can support:

- Education
- Health Literacy Projects
- Work to find women who are eligible for program.

### Determining Future Focus Areas for PHC

Mental Health: Look into which organizations offer “warm lines” as one approach to offering support (non-emergency places for people to call if they need to talk, motivational interviewing).

Housing: Who are the vulnerable populations? Look at Healthy Homes approaches. Need to consider adequacy, healthiness, cost, and location. We need temporary and permanent substance free housing. Look at policies and landlord practices for smoke-free housing.

Alternate Care Centers: Lebanon is getting a medical marijuana dispensary. Group suggested that Aita reach out to them as part of Continuum of Care work.

Public Health Workforce Issues (Aurora):

What are the jobs for the region’s public health bachelor students? How do they get mentoring and hours for licensure? Are there adequate internships? “Health Leads” out of Boston Medical Center.