



***Increase the number of adults and children who are at a healthy weight***

**Thursday, November 12, 2015  
Meeting Notes**

- I. Welcome  
Leslie Wireback welcomed the attendees for today's meeting.
  
- II. Workplaces
  - a. Workplace Award Panelist Discussion – December 8<sup>th</sup>  
Leslie reported the Lancaster County Business Group on Health is hosting "The Wellness Debate" addressing What Works and What Doesn't. The event is scheduled for December 8, 2015 and will be held at the Southern Market Center/The Lancaster Chamber – 100 South Queen Street - Lancaster. As a follow up to the 2015 Health Summit, our 2015 community partners and our 2015 Workplace Wellness Award Winners will lead the discussion on workplace wellness – the strategies that have worked and those that have not. It is not too late to register; there is a \$10 registration fee.
  
  - b. New Members  
The group discussed the importance of educating new members what Lighten Up Lancaster County is about. The members discussed an orientation program for new members, the possible need for a toolkit, the opportunity of partnering with a long term member, etc. Several members suggested reviewing the current website to identify information that requires updating to be current. There was a lengthy discussion about developing a site to include the member's picture, name, company name, number of employees and identify the type of business. Several of the team members felt this may help new members to connect with a member that is employed with a similar type business. Another suggestion was to develop a first time packet for new members as a reference guide. There were no decisions made at this time as to what the next step will be.

### III. Improve Your CDC Worksite Health Score (Section 1: Organizational Supports)

#### a. Health Risk Assessment & Feedback/Education

Brenda distributed three handouts:

1. The CDC Worksite Health ScoreCard – Organizational Supports
2. Well Workplace Toolkit – Implementing an HRA
- 3 Well Workplace Toolkit – Tailoring for your Workplace

Brenda reviewed the information on each of the forms and their importance.

Members provided the following feedback:

- no longer uses the health risk assessment tool, feedback from employees was the on-line tool took too long to complete, and some employees rushed through just to complete the tool. Information may not have been accurate.
- replaced the tool with screening opportunities, i.e. BMI, BP, etc.
- moved to employees working with wellness coaches
- offers their employees who are on their insurance plan a financial incentive as long as they complete the required wellness programs
- Wellness fair held at one company with the help of the Highmark truck. This is viewed by the employees as a fun day and each employee who participates receives \$50 cash
- Another company offered employees screening, the results reflected high numbers and many of the employees made significant changes and this was not only helpful for the employees but also positive for the company

A member suggested developing best practices and if any company has a policy it would be helpful to share the information.

#### b. Tailoring Programs and Educational Materials

Brenda suggested the group review the materials and determine what works for the various companies and share with others and include contact information.

### IV. Mental Well-Being

#### a. MHFA Trainings

Leslie reported the 2<sup>nd</sup> MHFA training class started today. The full day class was originally planned for October and due to lack of registrations the class was cancelled and scheduled for two half day sessions in November (11/12 & 11/19). They are planning to hold 4 more trainings in 2016. The Committee discussed the need to provide more information to help companies understand the areas in which the training is beneficial and helpful to everyone. The focus is on Mental Wellness not just Mental Health. Providing a flyer outlining more of what the class provides, include FAQs will help market the training program. Although the suggestions made by the members were all good ideas and would be helpful Barbara Kettering reminded the group that the training is an international program and we are limited to what can be changed to promote the training. She informed the group that the MHFA program has the endorsement of Michelle Obama along with Dr. Oz.

V. Physical Activity

a. Places2040 Update ([www.places2040.com](http://www.places2040.com))

Brenda provided a brief report on PLACES 2040. This is a community conversation and plan for the future of Lancaster County. The County Commissioners are working on a plan to address building, design and zoning for the future. To learn more about the plan Brenda suggested accessing the Website and take the survey and join the conversation about the future of Lancaster County.

b. Community Events (Start Walking Day – April, Open Streets & Bike Month – May, Trails Day – June)

Brenda reported the following dates

- 04/06 Walking Day
- 05/15 Open Streets Day
- May Bike Month
- 06/04 Trail Day

VI. Healthy Eating

a. Maintain Your Weight

A flyer was distributed to the group “Maintain Your Weight Over the Holidays” Leslie ask the members to review and make the information available to their employees. There is a series of e-newsletters to help keep you on track with your healthy lifestyle throughout the busy season that is filled with feasts and treats.

VI. Tobacco

Sue Lackmann reminded the committee of the importance of a smoke free environment. If anyone needs help will drafting policies and signage communicating a smoke free environment she is willing to provide assistance.

VII. Next Steps

- Brenda/Leslie will work on next steps for new members
- Brenda has a meeting set up to evaluate the website and determine steps for moving forward
- Leslie/Brenda will work with Community Services Group and Business Group on Health to update the marketing materials for the Mental Health First Aid (MHFA) trainings for 2016
- Any member with Best Practices for HRA’s is encouraged to submit to Brenda Buescher to be included in a toolkit
- All members are encouraged to take the survey on Places2040

Upcoming Meetings:

- Workplace meeting – Thursday, January 14<sup>th</sup> at 8:30 – 9:30am at LCSWMA
- LULC All Coalition meeting – Thursday, February 18<sup>th</sup> 8:30 – 10:00 am at Burle