



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

### Agenda Thursday, September 10, 2015 8:30am - 9:30am LCSWMA

- I. Welcome  
Leslie Wireback called the meeting to order at 8:30 am
- II. Workplaces
  - a. Workplace Award Panelist Discussion – Winter 2016
    - revisited the Well Workplace Awards and had a good discussion and sharing of ideas to improve the program.
    - connect with previous award winners to get their feedback on the potential of having a panel discussion/round table event
    - the general consensus is that others would like to better understand the reason for the company winning the award
    - suggested round table discussion with facilitator and note taker and then the potential of compiling “best practices” from the event
  - b. Goal Contributors
    - Reference handout “Community health Improvement”
    - discussed Goal Contributors
    - identify member vs goal contributors and define the categories
    - identify criteria...this is a work in progress
    - share ideas
- III. Mental Well-Being
  - a. MHFA Training at ECORE  
*The two part MHFA training is scheduled for Friday – September 11<sup>th</sup> and Thursday – September 24<sup>th</sup>. Both half day (4 hour) sessions are scheduled for 8:30 am until 12:30 pm. The training is hosted by ECORE located at 715 Fountain Avenue – Lancaster, PA.*
    - full class, 30 attendees, signed up from a variety of different companies
    - positive feedback/responses
  - b. Potential October Training
    - CSG is willing to conduct a second class
    - looking for a company to host the class
    - determine 1 full day class or two half day sessions (8:30 am-12:30 pm)

- Debra Welsh from EHD offered to check with her company to see if they would be able to host the October class – she will follow-up with Leslie

#### IV. Physical Activity

##### a. Bicycle Friendly Businesses

- 7 companies currently participating in Lancaster County
- companies who submit an application and do not receive approval can re-apply again in three years
- it is not unusual for a company to not be approved the first time around and work to improve in the areas they fall short and apply again
- look into the National League for more information on biking and the application process
- contact Brenda Buescher, [bbuescher2@lghealth.org](mailto:bbuescher2@lghealth.org) for bicycle related assistance

##### b. Walk Audits

- there are specific locations identified for walking areas
- the group will assign a lead person to walk the designed area and complete a check list identifying what meets the walking area criteria and make recommendation for required changes to pass a walking audit.

#### V. Healthy Eating

##### a. Recipes

- suggested accessing the website and the newsletter for healthy recipes
- encourage employees to send in their suggestions for healthy recipes working with the LGH dieticians to review the recipes and provide feedback
- if necessary make recommendations as to possible changes in the recipe to make it healthy
- review Lighten Up Lancaster website for healthy recipes postings

##### b. CSA Feedback

- this program is a co-partnership with local farmers
- discussed the benefits and how the program works
- suggested members look into the program and plan to sign up for next year

##### c. Healthy Vending

- the group discussed how to improve vending machines to provide healthier food choices
- LGH dieticians are looking into the current vending choices and making recommendations for improvements
- some companies are offering a reduced cost for purchasing a healthier food item and increasing the cost of food items that are not healthy

## VI. Tobacco

### a. Young Lungs at Play

- promoting municipalities who are adopting “smoke free” zones.
- healthier places for families
- free signs available for posting

### b. Tobacco Policy

- general information available for policies
- offer to review company’s current policy and make recommendation if changes are required due to rule changes
- the Great American Smoke Out is planned for November - 2015 the group is looking to spread a regional message
- contact Sue Lackmann, [selackma@lghealth.org](mailto:selackma@lghealth.org) if you want assistance in creating or revising your workplace tobacco policy

## VII. Next Steps

- Janeen Maxwell from Millersville University shared information about the upcoming AMERICAN DREAM SCHOLARSHIP RIDE planned for Saturday – September 19, 2015 at 7am. Registration begins at 6am. The ride is planned to raise scholarship dollars that will allow students to live the American Dream through Higher Education. Janeen plans to send the details for the event to the members to share with others.

### Upcoming Meetings:

- Workplace meeting – Thursday, November 12<sup>th</sup> at 8:30 – 9:30am at LCSWMA
- LULC All Coalition meeting – Thursday, October 15<sup>th</sup> 8:30 – 10:00 am at Burle