

# Monona County Board of Health

## MINUTES

X Regular Meeting      \_\_\_ Special Meeting

November 13, 2017

5:30 p.m. – 7:30 p.m.

Onawa Public Library, 707 Iowa Ave., Onawa, IA 51040

**BOH Members Present:** Kathleen Bonnes, Chair; Connie King, Vice-Chair;  
Dr. Tracy Kahl, Scott North

**BOH Members Absent:** Mike Collison

**MCPH Staff Present:** Kristin Schmidt, Administrator; Danelle Riley, Asst. Administrator

**Others Present:** none

**I. Call to Order, Introductions** – Kathleen Bonnes, Chair

**II. Approval of Agenda for November 13, 2017**

**Connie King made a motion to approve the agenda for this meeting as presented. Kathleen Bonnes seconded. All in favor. Motion carried.**

**III. Approval of Minutes of the September 18, 2017 meeting**

**Scott North made a motion to approve the minutes of the September 18, 2017 meeting as presented. Connie King seconded. All in favor. Motion carried.**

**IV. Wellness Program Updates** – Kristin Schmidt (informational only)

**a. Healthiest State Walk**

Iowa has a goal to become the healthiest state in the nation. One of the strategies to help accomplish this goal is to have all 99 counties in Iowa hold at least one walk each year on October Fourth. Monona County Public Health developed and distributed a flyer throughout the county, and promoted it on our FaceBook page. Four “Healthiest State Walks” were officially registered in Monona County: Healthy Monona County, Healthy Onawa, Spartan Pride, and Outdoor Adventure 4-H Club Geocache Hunt. Additionally, West Monona School collaborated with us by hosting a breakfast and an all student/staff walk at the beginning of the school day. They had a total of 320 students/staff walk. The state goal was met, all 99 counties had at least one walk taking place. Over 850 walks took place throughout Iowa.

**b. Monona County Wellness Coalition Press Release**

One of the top health priorities that the county chose to improve upon during the CHNA & HIP process was to increase physical activity in the residents. The Monona County Wellness Coalition was established to focus on this priority, among other high priority health needs. To assist us, we invited the Live Healthy Iowa team to our September 2017 meeting to discuss:

1. The state of Monona County’s health
2. Improvements that can be made to the residents overall health
3. Begin to develop a community wellness calendar

Chuck Long, Live Healthy Iowa CEO and former pro football player signed autographs and approximately 25 organizations and individuals attended the meeting. Additionally, Geri Johnson

alerted the West Monona School and helped go set up an assembly where Chuck Long talked to the students about staying healthy and working hard.

**c. Breast Cancer Awareness Month Initiative**

October was National Breast Cancer Awareness Month. This was a chance to raise awareness about the importance of early detection of breast cancer. We asked everyone in Monona County to wear pink and send a picture of themselves to Monona County Public Health. A flyer was developed and it was promoted on our FaceBook page. The pictures were then posted on the public health FB page and a press release was developed and sent to the local papers. In addition, the Monona County Courthouse employees collected funds to donate to Burgess Health Center to be used to provide mammograms to patients that can't afford this screening.

**d. Live Healthy Iowa 10-week Wellness Challenge**

The dates for this year's 10-Week Wellness Challenge are January 22 – March 30, 2018. Teams of 2-10 people can participate in tracking activity minutes and/or weight loss into an online database. The cost is \$22 and participants receive a t-shirt, a one-year magazine subscription, and \$10 discount to the LHI 5K we hold out at Lewis & Clark State Park in April.

Additionally, each participant will receive a discount card to Iowa businesses. Monona County businesses can participate in this discount card by offering discounts to LHI participants on Products & services or admission to movies or events. They can contact Kristin for a 2018 Access Card Partner Form and send to Live Healthy Iowa or they can use the on-line submission process.

Last year, Monona County had 190 people participate which is approximately 2% of our 8,898 population. Participants tracked a total of 328,098 total activity minutes and lost a total of 588.7 pounds. It was decided to set a goal of at least 3% of our population for this year or 266 participants.

**V. Learning for Life Program Updates – Kristin Schmidt (informational only)**

**a. Family Caseload Data / Family Group Meeting**

Our new Parent Educator, Sara Gualazzi is doing a fantastic job since she started in September. The October LFL program data report was reviewed by Kristin.

**b. National Car Passenger Safety Technician Certified**

Sara Gualazzi attended the car passenger safety technician training and is now the only person certified in Monona County. With this certification, she can help to inspect and install car seats/booster seats.

**c. ICAPP / CBCAP Child Abuse Prevention Council**

This MOU is a letter of intent letting Prevent Child Abuse Iowa know that Monona County Public Health is planning to apply for the ICAPP grant funding. In previous years, we only applied for CBCAP funds and were applying as the Harrison, Monona and Shelby (HMS) Learning for Life affiliate program. We learned that additional funding was available if we applied separately and if each county developed a Child Abuse Prevention Council. Since the Monona County Wellness Coalition is already focused on child abuse, we are developing a sub-committee of the coalition called the Monona County Child Abuse Prevention Council that will focus on child abuse prevention initiatives. Monona County Public Health will be the fiscal agent for the funds received by this council.

**VI. Nursing Program Updates – Kristin Schmidt (informational only)**

**a. Keep Your Cider Safe Press Release**

This press release was distributed throughout the county in order to remind people to check the labels of their apple cider to ensure it has been pasteurized (heated before packaging to kill bacteria) to ensure any harmful foodborne illnesses are killed.

**VII. Financial Reports – Danelle Riley**

August 2017 Accounts Receivable and Reconciliation Report

September 2017 Accounts Receivable and Reconciliation Report

**Dr. Kahl made a motion to approve the financial reports as presented. Connie King seconded. All in favor. Motion carried.**

**VIII. Next Meeting:** Proposed next meeting date is Monday, January 15, 2018

Kristin let the members know that this date may need to change according to when we need to have the next year's budgets submitted to the Monona County Auditor.

Scott North brought information from a webinar about the opioid epidemic in America which he shared with Kristin and expressed his concern to the rest of the board members. Dr. Kahl voiced some of her concerns about this problem in our local communities. There was some discussion regarding how public health and our community partners might be able to help. Possibly by bringing more awareness of the problem through social media posts and newspaper articles.

**Adjournment:** meeting adjourned at 7:35.

**Respectfully submitted:** Danelle Riley

**Title:** Administrative Assistant / Assistant Administrator