

**McDonough County Interagency Council Meeting Minutes
January 18, 2012**

In attendance:	Agency:	Email (if changed):
Amy McCallister	MCHD	
Keri Allen	MCHD	kallen@mchdept.com
Holly Whatley	The Crossing	
Alaina Schoerwald	PACT Head Start	
Sarah Baca	PACT Head Start	
Patty Swank	PACT Head Start	
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Laci Zurek	Mosaic	laci.zurek@mosaicinfo.org
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Jane Carlson	Tri-States AIS	ja-carlson3@wiu.edu
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Kathy Drake	ROE #26 Preschool for All	
Kate McGruder	Early Beginnings/ROE #26	
Kasie Muchow	Early Beginnings/ROE #26	
Jenna Johnson	Early Beginnings/ROE #26	
Maggie Brooks	NCBHS	
Ellie Zoerink	Macomb Schools	
Rick Beal	Addicts Victorious	
Elizabeth Cox	WIAAA	
Kim Lampitt	BBBS	
Amy Hutcherson	Boy Scouts – Illowa Council	amy.hutcherson@scouting.org
Brian Davenport	DHS-DRS	
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Meeting Topic: iPlan
Speaker: Amy McCallister
McDonough Co. Health Department

Kerri Allen, RN, Public Health
Obesity in McDonough County

- Statistics are on the website – can be printed as PDF
- Data falls right before the census

Three Areas of Priority: Cardiovascular Disease, Obesity, Respiratory Disease
Primary Focus: Obesity

Date range for the iPLAN is 2010-2015

Focus on Childhood and Adult Obesity

Demographics:

- Median age: 15-24
- Programs begun as a result of iPLAN findings may focus on this demographic

Coronary heart disease and heart disease are the primary causes of death in McDonough County

There has been an increase in hospitalizations for diabetes

22.6% of residents in McDonough Co are living with obesity

59.3% of McDonough Co. residents live a sedentary lifestyle

32.1% of McDonough Co. residents are not living a lifestyle of physical activity

McDonough County Residents were asked how they feel about their health.

- 55.2% reported feeling their health was excellent
- 39.2% feel their health is fair
- 5.9% feel their health is poor

Only 16.6% report not taking medication for high BP

Those reporting taking medication fall within the following ages:

- 10% of those 25-44
- 35-40% of those 44-65
- 50% of those 65+

What do the statistics mean?

The community could benefit from programs re: heart disease, physical activity, obesity, and many more.

Do any agencies have programs ongoing or upcoming to combat obesity?

LifeSmart for Women

- Mini grant for Health Dept.
- \$6000 grant
- 10-week program implemented by Kerri Allen
- 30 women
- Two versions: 18-55, 55+
- Macomb & Bushnell

- Topics: Cardiovascular health, nutrition, stress management, substance abuse, physical activity, stress, etc.
- Tests, educational handouts, lunch bag incentives, giveaway for free grill for perfect attendance
- Hospital will be doing screenings in conjunction
- Hy-Vee will teach nuval program, health healthy grocery tours, dairy classes
- U of I extension will provide facility and offer handouts/incentives
- Free program

Agency Programs

Early Beginnings

- Collaborate with DHS/tanf U of I Extension: Sugar in your pop
- February – Hy-Vee will partner to focus on nutrition

Housing Authority – Gardening program

- Nutritional information/gardening – coalition with WIU professors
- Prairie View established community garden with emphasis on nutrition and fresh food

WIU employee wellness – Leathernecks in Training

- Culminates in walk at Bridge the Gap
- Encourages long-run running
- Nutrition, fitness, walking shoes, variety of topics

MDH – Heart health and obesity

- 10,000 step club to promote health and walking for employees

Mosaic

- Partners with Simply Well to promote wellness programs for their employees
- Screenings, educational modules, earn points to earn incentives, monthly newsletters

Area Agency on Aging

- Nutrition education, home delivered meals, senior center has exercise program, health risk assessment

Head Start

- Children are taught about go, slow, whoa foods
- Choosy – CD's for dancing, track children if they fall over 95th percentile, nutritionist can come into meeting with parents

Health Department

- They have programs they can take their screenings to places of employment
- Break the Habit – 10 week program to help stop smoking
- Presentations, booth, information

DHS

- Rehabilitation plans for specific people

Diabetic Outreach clinic at MDH

- Diet, therapy counseling

Boy Scouts

- Core value is remaining physically fit and strong
- Boy scouts can participate in programs if necessary

*Health department has community board for posting information
Health dept. would like to know how much programs cost to run

Networking/Agency Roundtable Sharing

Victim Services – January is National Stalking Awareness Month

- Stalking – Know it. Name it. Stop it.
- Silver awareness ribbons are available
- No contact order in the state of IL. First state to have a specific “No contact order” for someone stalked by someone else – cyber, in person, where the person does not have a relationship with the stalker.
- Looking for individuals interested in doing a simulation program for teen dating violence. Teens and adults who work with teens.

Community Action Agency

- Tues., Thurs., Fri. 9-3 Food pantry
- Mon., Tues., Wed. 9-12:30 Clothing center
- Can provide rent if there is an eviction
- Can also provide money for mortgages in case of eviction

Mental Health Center

- Licensed to provide DUI services
- Life management group – starting pilot program 1/30

Wesley Church February 4 – Broadway and Chocolate

- Community Fundraiser for Imagine no Malaria
- Goal: eradicate malaria in sub-Saharan Africa
- 6:30, tickets are \$20, Broadway music, followed by desserts & silent auction

Mosaic

- Lunch and learns – discover the possibilities – two a month
 - Get people into the homes to educate on the work of Mosaic
- Starting a host home – 1 or 2 people living with a family they have chosen
 - Anyone interested in hosting individuals in their home, contact Mosaic

Eagle View Community Health

- Accepting new medical and dental patients
- New medical professional joining the staff
 - Extended hours will be held then

Radio Information Services

- Any volunteer or listener referrals, contact new director, Jane Carlson

Housing Authority

- Opened referrals for two days
- Took in 39 applications in two days
- Looking for applications for Bushnell area
- Making plans for Family Fun Nights which will start back up next week
- Martin Luther King day of service – great turn out of volunteers and youth to participate

Preschool for All

- Free Soup and More dinner at Presbyterian church this Sunday, January 22.

Early Beginnings

- Waiting for payment from the state
- Providing services for children birth-3

Eileen Worthington – director of homeless grant from ROE

- Grant at ROE to provide vocational services
- Training coming up to support children of the national guard – need 95% attendance to receive institute credit and course materials
 - March 6-7 in Macomb at Mid-America National Bank Conference Room C
 - 2500 East Jackson in Macomb
 - How to support children and military families

Addicts Victorious

- Conference to be held in Quincy in April
- Meetings at the Salvation Army will be starting back up Tuesdays at 6:15
- AV approached by AA to start meetings at the Salvation Army

North Central Behavioral Health Systems

- Two part-time positions available in Canton (20 receptionist, 20-hour counselor (CADC preferred))

Big Brother/Big Sister

- January is national mentoring month

Boy Scouts

- Kick-off friends of scouting campaign at the end of January

Dept of Human Service

- Push to increase referrals. They can work with people with disabilities.
- Reminder: get on the list serve list to communicate with others in IAC – talk to Brian or Donnice.
- Want more information about the website: talk to Brian or Ellie

Catholic Charities

- Mobile food pantry will be held February 4 at The Crossing
 - VIBE sponsored Food Bank will be held May 5 in Colchester with the location to be announced
 - Bushnell June 7 with location to be announced
 - Macomb August 9 at the VFW
 - Sponsors are always needed: cost is \$1800, a neutral location in town is required with seating and restroom facilities, would be willing to hold it at another location
- Transitioning March 1 to the Center for Youth and Family Solutions
 - Same programs, no longer affiliated with the Catholic Church
 - Still non-profit, not faith based
- LAN money is available for plans for kids who are at risk
- There is money available for extended family service – relatives raising relatives interested in non-contested guardianship, can help with related fees
- Volunteer NOW – fundraiser dinner/auction March 27 at Wesley Methodist Church

Early Beginnings

- Childbirth education first and last Saturdays of February free of charge

Spoon River College

- Starting GED classes for the semester, open enrollment until Jan 31
- English as a second languages classes available

Family Violence Coordinating Council

- Collaborative efforts with Jr. High/Middle Schools in the area, cyber-bullying classes
- Spring training workshop addressing issues of special needs and disabilities, organizations interested in participating, see her

Spoon River College

- Community education classes and free computer training – check the website or call office

Quality of Life Youth Task Force

- Meet first Friday of the month
- ROE conference room
- How can we strengthen parents in the community/county?

Samaritan's Well

- Knights of Columbus doing fundraiser – collecting supplies last Friday in February, food available for monetary donation or household supplies

McDonough Co Health Dept

- National Radon Month - \$6 pick up radon kit

- New Illinois law requires landlords to provide information about radon to tenants
 - Food scores available online
- Conference on February 3 at SRC outreach center
 - Help to provide continuing education for health care professionals
 - \$75 for professionals
 - Disaster preparedness topic of event
 - Always looking for volunteers for disaster relief