

## **MOCAN Workgroup Minutes 7.19.18**

### **Attendance**

Columbia Site: Natalie Hampton, Co-Chair, Derek Hashimoto, Co-Chair, Andria Caruthers, Brenda Maley and Dana Meyer.

### **Meeting Discussion**

- **SPAN Grant**  
Natalie has applied for the SPAN Grant to hire an intern (one each semester) to help with various duties including the MOCAN End of Year Report. Notification of awards will be sent at the end of September.
- **Workgroups Funding Request for 2019**  
A request is being considered for the creation and funding of brochures for healthcare providers. The brochures if approved will target Missouri lobbyists. The Communications Workgroup have proposed working with the Policy Group headed by Dave Zellmer as well as the Schools/Child Care Workgroups.
- **2019 Chairs**  
Natalie Hampton and Derek Hashimoto have agreed to continue as co-chairs for 2019.

## **MOCAN Food Systems 7.19.18**

### **Attendance**

Present: (Columbia Site) Erica Williams (Co-Chair), Lorin Fahrmeier, Donna Mehrle, Marie Ballew, Jennifer Hunter, Jill Lucht and Bill McKelvey

### **Meeting Discussion**

- **Workgroups Funding Request for 2019**  
  
A project is planned to expand the 4-H Program recipes with fresh fruits and vegetables as well as informing concessions stands to include healthy food options.
- **2019 Chairs**  
  
Cathy Brown will continue as Chair with Erica Williams as Co-Chair of the workgroup.

## MOCAN Healthcare Minutes 7.19.18

### Attendance

KC Site: Sarah Hampl, Columbia Site: Rebecca Ehlich, Terese Cook, and Amy Hampton.

### Meeting Discussion

- **Upcoming Plans**

- a. Those receiving the Healthcare Professional Awards may present at the October or January MOCAN meeting.
- b. State trainings are continuing with the Children's Mercy "KC Obesity Treatment Pilot for Missouri's Children" Project.
- c. The Healthcare Workgroup wants to work with the Communications Workgroup on how to promote the Student Healthcare Awards.

- **2019 Chairs**

Sarah Hampl has agreed to continue as the Healthcare Chair for 2019. If interested in co-chairing for the workgroup, please contact either Sarah Hampl at [shampl@cmh.edu](mailto:shampl@cmh.edu) or Dana Meyer at [meyerda@missouri.edu](mailto:meyerda@missouri.edu).

## MOCAN Physical Activity Minutes 7.19.18

### Attendance

Columbia Site: (Columbia Location) Kristin Miller, Amy Bartels, Morgan O'Connor, (KC Location) Shelly Summar, and (On Call) Cindy Mense (Chair), Amy Vance.

### Meeting Discussion

- **Upcoming Plans**

The Physical Activity Workgroup is planning to do traffic calming education and awareness around local schools, recreational areas, parks, sports fields, etc. to promote physical activity. It is a concern for rural communities, specifically schools built on major roadways without sidewalks.

- a. Kicking the project off around the "National Walk to School Day," Wednesday, October 3, 2018.
- b. Facilitating Traffic calming demonstrations across the state utilizing local pedestrian groups and traffic calming lending library resources provided by Trailnet (St. Louis, KC, Springfield).
- c. Working with regional planning commissions to determine what resources are in your area.

- d. Creating infographic for free download to add to MOCAN Website to promote traffic calming education in areas without lending libraries.
  - e. August 10th, MO Transportation Summit is hosting a traffic calming demonstration in Jefferson City.
  - f. Locate a list of community use/share agreements with school districts, to help promote physical activity in communities
- **Workgroups Funding Request for 2019**  
The Physical Activity has a funding request in progress.
  - **2019 Chairs**  
Volunteers are needed to chair and co-chair the workgroup. Be on the lookout for an email about Chair and Co-Chair nominations, with a list of what each of those duties entail.
  - **Physical Activity Conference Call**  
Do we need a new PA group call time? Qualtrics or Doodle link to gather information on when works best for everyone will be sent soon.
  - **Additional resources for making Walk to School Day have a policy and built environment impact:**
    - Traffic calming lending libraries established in [Springfield, KC](#) and [STL](#) and available to community partners.
    - Walk audits to help make walking to school safer/ engaging parents and elected officials
    - Members share experiences and [lessons learned](#) with similar projects
    - [Case Study](#) on crosswalk improvements
    - Advocacy and education about why we need traffic calming - this lays the groundwork for safer streets and supports more walking and biking (traffic calming infographic in design phase)

## MOCAN Policy 7.19.18

### Attendance

Columbia Site: Dave Zellmer

### Meeting Discussion

- **2019 Chairs** Dave is stepping down as the Policy Chair. New leaders are needed for chair and co-chair by October. Anyone interested may contact [meyerda@missouri.edu](mailto:meyerda@missouri.edu) and your interest will be forwarded.

# MOCAN Schools/Child Care 7.19.18

## Attendance

Present: (Columbia Site) Lynn Cole, Denise Strehlow (Co-Chairs), Julie Boeckman, Cindy DeBlauw, Laura Beckman, Julie Boeckman, Lauri Choate, Camille Smith, Pat Simmons, Mary Telthorst, Dee Vandenburg and Karen Wooton

## Meeting Discussion

- **Upcoming Plans**
  - a. The workgroup has planned to have a coordinated School Health Program.
  - b. Funding may become available through the Department of Health and Senior Services (DHSS).
  - c. “Knapsack” Grant which is a self-assessment in 7 areas
    - i. Breast Feeding
    - ii. Farm to Early Childhood
    - iii. Outdoor Play
    - iv. Screen time and Health
    - v. \$25,000 is available
  - d. CSC Coordinating
  
- **Workgroups Funding Request for 2019**

Funding Request plans are in progress.

## MOCAN Worksites Workgroup Session Minutes 12:30 pm July 19, 2018

In attendance: Kris Drake, Sarah Swearingen, Karla Voss, Lauren Remspecher, Kelsey Weitzel, Megan Wilde, Becky McCarthy, Denise Sullivan, Andrea Abbott

- I. Worksites Co-Chair Vacancy & Nominations for 2019 Election (Kris Drake)
  - Sarah Swearingen, wellness coordinator for Neosho Schools, has accepted position.
  - She has also agreed to be on the ballot for co-chair for 2019
  - Elections for new officers will take place at October meeting
  - Kris Drake has agreed to be on the ballot for Chair in 2019
  - **If you are interested in serving as chair or co-chair, let us know by Sept. 12**
  
- II. Interest in adding farmer panel QA to MOCAN lunch during Oct meeting (Kris Drake)
  - Steering committee is considering creating a panel of beef & dairy farmers, as well as vegetable or fruit growers to do QA at our next MOCAN meeting
  - Would you welcome this at the October meeting? No objections

- III. Mindfulness Webinar
- Please complete the digital evaluation form provided by July 25
  - Recording will be available on MOCAN's website
- IV. [Missouri Arthritis and Osteoporosis Program](#) (MAOP) programs. (Beth Richards)  
MU will receive a grant from CDC on worksite wellness & welcomes us promoting following
- CDC ScoreCard
  - CDC Work@Health classes
  - Chronic Disease Self-Management Program – Dates for upcoming Trainer Class ([www.moarthritis.org](http://www.moarthritis.org))
  - Diabetes Self-Management Program
  - Walk with Ease
- Courses scheduled in state can be found here:  
[https://compass.qtacny.org/find-a-workshop?search\\_workshop\\_form%5BzipCode%5D=&search\\_workshop\\_form%5Bdistance%5D=&search\\_workshop\\_form%5BownerId%5D=7&search\\_workshop\\_form%5BprogramId%5D](https://compass.qtacny.org/find-a-workshop?search_workshop_form%5BzipCode%5D=&search_workshop_form%5Bdistance%5D=&search_workshop_form%5BownerId%5D=7&search_workshop_form%5BprogramId%5D)
- V. Update on Wellness Award (Kelsey Weitzel)
- Karla is preparing a funding request to cover award expenses *due Sept. 1*
  - Kelsey is finalizing the application & website.
  - Discussion on providing a plaque vs framed certificate for awardees. Certificate is more cost-efficient. Businesses would appreciate more advertising (press release, social media, etc.). Can we work with the Communications group to advertise more? Ask local Chambers to present the award or a workgroup or MOCAN member?
  - When we are ready to accept applications, we will provide email template with link
  - We anticipate about 10 recognitions per year.
- VI. Addition of Accessibility Guide to WorkWell Tool Kit
- Guides you in making your workplace wellness program inclusive to all
  - Posted live: <https://extension2.missouri.edu/mp912b>
  - Will be added to our MOCAN WorkWell Tool Kit page
  - We need to look at printing these additions for Toolkits that are already printed.
- VII. **Next Conference Call is September 12, 2018 at 9:00 – 10:00 am.**