



HEALTH EDUCATION ADVISORY BOARD LEE'S SUMMIT

HEALTH EDUCATION ADVISORY BOARD ACTION LETTER

Thursday, August 22, 2019

I. Call meeting to order

The Health Education Advisory Board (HEAB) meeting was called to order at 6:46 p.m. by Dr. Ed Kraemer in the Administration Board Room at John Knox Village.

Members Present

Dr. Edwin Kraemer
Dr. Steve Salanski
Cherl Orr
Tammy Landrum
Rodney McBride
Rhonda Canning
Monica Meeks

City Council

Craig Faith (by phone)

Staff

Christal Weber
Colene Roberts
Victoria Nelson

II. Public comments

None.

III. Community for All Ages presentation

Victoria Nelson has been working with a volunteer committee since January to continue the City's efforts toward maintaining gold level certification as a Community for All Ages. The committee identified some focus areas in their overall plan: housing; public facilities and neighborhood environment; transportation; social inclusion, communication and civic participation; health care and healthy living; and arts. Ms. Nelson shared their specific work items for this year: ADA in and around City Hall; ADA in businesses; sidewalk along Blue Parkway; elder and disabled abuse; and wellness hub. The committee would like comments and suggestions from HEAB on the creation of a wellness hub. They are hoping to recreate the directory that used to be put out by HSAB. They are also looking at various models like Freedom House in Liberty and New Springs Community Church in Lee's Summit. The committee has been trying to work through the systems thinking approach utilized by Jackson County's ConnectHERE initiative. The Community for All Ages page on the City's website contains information for the public, including helpful tips. The committee is working with the Creative Services Department to utilize other avenues for public outreach. Ms. Meeks suggested added information on Drug Take Back locations to their helpful tips. Ms. Orr said that LSR7 maintains a list of social services. Board members discussed the need for adding transportation and insurance assistance to a wellness hub. Ms. Nelson said that MARC offers several resources on housing and universal design that HEAB may find useful. Ms. Orr recommended looking at the Cuba model and creating a facility like a community living room. Dr. Kraemer stated that the Livable Streets Advisory Board discusses accessibility for all in transportation, including public transportation. Ms. Nelson will share the committee's full plan via email.

IV. Approval of June 27, 2019 meeting summary

Ms. Meeks suggested one change to the summary. The meeting summary was approved with the proposed correction.

V. Vaping in enclosed areas

Dr. Kraemer reported that he and Dr. Salanski have been working with City Attorney, Brian Head, on creating an approach for the issue. Mr. Head wants to make sure that the result is something that is enforceable. He has been researching other cities for models. He favors creating a stand alone ordinance rather than adding vaping to the Clean Indoor Air Act. He is working on a draft ordinance now. Ms. Orr shared a Health Advisory from Aug. 20, 2019, from the Missouri Department of Health and Senior Services titled "Severe Lung Disease Associated with Vaping." Mr. McBride made a motion to support the creation of a draft ordinance to present to City Council that would prohibit vaping in enclosed areas. Ms. Meeks seconded. The motion passed.

VI. Blue Zone communities

Mr. McBride said that the presentation on Blue Zone communities by the guest speaker at JKV was well received. Following the event, there have been some conversations about Lee's Summit becoming a Blue Zone. Dr. Salanski said that a consultant from Blue Zone would want to see a group of interested community leadership come together and assess Lee's Summit's readiness, as well as, make a commitment to the project. There is a cost of approximately \$5,000 for an initial speaker to come meet with the group of stakeholders. There are many applications for the program every year but only 5 or 6 communities are selected. Dr. Kraemer shared some information from the Blue Zones website. Blue Zones are five places in the world that have been identified by researchers as having the longest living and healthiest people. Further research identified common characteristics of those communities, called the Power 9: natural movement; purpose in life; downshift or structured ways of dealing with stress; 80% full rule; plant slant to diet; wine at 5; right tribe; family; and belonging to a faith community. On the website, under "Cities," there are examples from some of the places that have taken on the project of becoming Blue Zone communities: reduced obesity and tobacco use, elimination of one disease factor, reduced employee absences, and exercising more. Restaurants and convenience stores may offer Blue Zone choices as part of the program. There are minimum requirements for community involvement including a percentage of the population being aware of Blue Zones and willing to work on the program. Ms. Weber shared that a similar program called Healthy Hometowns was created by Wellmark. It is gaining in popularity because it is free. The program does not offer professional support. There will be a financial commitment by the City and other partners for any such effort. The Board discussed approaching the Mayor with the idea first and getting a recommendation on how to present the program to the City Council. Ms. Orr made a motion to support pursuing a Blue Zone program. Ms. Meeks seconded. The motion passed.

VII. Roundtable

Ms. Meeks said that LS Cares has received a grant to address underage alcohol use and will be holding an "alcohol town hall" on Thursday, Sept. 12, from 9:00 am to 10:30 am at the Lee's Summit Police Department training facility. She also stated that MCPL is hosting a "Resilience" film screening at the Colbern Road Branch on Sept. 19 at 6:30 pm.

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IX. Adjournment – 7:57 p.m.

MISSION STATEMENT:

In collaboration with the City of Lee's Summit we will promote and advocate personal and community health by assessing health issues and resources, educating the public and appropriate government agencies, developing plans to address health issues, encouraging public/private partnerships and evaluating our outcomes.