

Chronic Disease Prevention Council (CDPC) Meeting  
239 Golden Hill Office Building, Kingston, NY  
May 21, 2-4 pm

**1. Introductions:**

- Those in attendance introduced themselves to each other.

**2. Recent Healthy Ulster County Developments**

- Vin Martello Introduced the newly revised Healthy Ulster County Network website. Linked here: <http://healthyulstercounty.net/>
  - This site is designed to showcase all the prevention resources in Ulster County.
- Everyone is encouraged to post health related events using the *Event->List Your Event* tab.
  - The site also features a healthy *Lifestyle Business Directory*. Become a part of it by using the *List Your Product/Service/Program* tab to get listed.
- Reducing Youth Exposure to Tobacco Marketing Law passed the vote.
- Ulster County has a new Disposable Polystyrene Law (DPL)
  - Members asked: Why are hospitals, prisons, etc. exempt from law?
  - Can an alternative list be posted on a website?
- DEP to put \$2.5 million for development of a public rail trail along the Ashokan Reservoir.
  - Rail Road Contract expires next May
- Meals on Wheels being provided by Gateway Communities. The new program will include hot meal deliveries to eligible seniors, and enhanced at home support and advocacy for the County's most vulnerable seniors.

**3. Survey & Communications:**

- We are continuing to collect data about prevention resources and encouraged everyone to keep adding to the SurveyMonkey.
- Here is the link: <https://www.surveymonkey.com/s/CDPCsurveyround2>
  - You can also email her with the information at [kew67@cornell.edu](mailto:kew67@cornell.edu)
- The updated inventory will be available on the council website.  
<http://ulstercountyny.gov/ulster-county-chronic-disease-prevention-council>
- Communications for council:  
Internal-Email list directly from Kristen  
Google Group- [uccdpc@googlegroups.com](mailto:uccdpc@googlegroups.com) (can unsubscribe at bottom of the page)  
External-Constant Contact List  
Ulster County Human Services Listserv  
[LinkedIn Group – UCCDPC](#)  
[Ulster County Health Department Facebook](#)
- Please do not send emails to Kristen to share with the Council as she cannot be an information clearing house.

**4. Policy, System, Environment (PSE)**

- Stages of Partnership- How do we get to collaboration?
  - 1) Networking, 2)Cooperation, 3)Coordination, 4)Collaboration

- Policy Change- meaning strategies may involve a law, ordinance, resolution, mandate, or rule.
- Systems Change- meaning strategies are changes that impact all elements of an organization, institution or system.
- Environmental Change-meaning strategies involve physical or material changes to the economic, social, or physical environment.
- Spectrum of Prevention: 1) Strengthening individual skills and knowledge; 2) Promoting community education; 3) Educating Providers; 4) Fostering coalitions and networks; 5) Changing organizational practices; 6) Influencing policy and legislation
- Moving Upstream Story
  - About pulling people out of the river from drowning, but have to look upstream to solve the over-arching problem of why they are falling in to begin with.
- Discussion about possibly switching the Chronic Disease Prevention Council name to Healthy Ulster for a more positive and shorter name. No objections were noted.

**5. Physical Activity Break- Aikido with Kathleen Nolan**

**6. Group Presentations:**

- Healthy Eating- Community Kitchens and having buses stop at farm stands
- Active Living- Wanted to develop a 5 minute stretch break every 2 hours in the work place setting
- Family and Social Support- Having a bike donation, so that families can be active
- Education- did not present due to time constraints.

**7. Homework:**

- Identify a group leader
- What is the next thing that your group needs to complete
- Continue to refer people to the survey
- Provide thoughts on the Draft Commitment Letter

**Members in attendance:**

Sherry Runk	Ulster BOCES - HSNY
Debra Lundgren	Adat Chaim Massianic Synagogue
Marge Gagnon	Rose Women's Care Service
Diane Moore	TFAC
Sylvia Murphy	Vestracare/Golden Hill Nursing and Rehab
Steve Sharpiro	CHEF/ Health Coach
Stacy Kraft	UCDOH/MH
Kathy Nolan	Catskill Mountain keeper
Lori Rotolo	MISN
Cameron Williams	Shandaken Community Gardens
Gloria Waslyn	Parrotsforpeace.org/Shandaken Community Gardens
Vin Martello	UCDOH/MH
Dr. Smith	UCDOH/MH
Shayna Russo	CCEUC-Eat Smart NY
Brenna Robinson	Kingston

Chronic Disease Prevention Council (CDPC) Meeting Notes

Diane Mueller	Volunteer
Katie Sheehan- Lopez	CCEUC
Rebecca Dean	HVCS
Mark Josefski	Institute for Family Health
Laurie Mozian	HAHV
Kasey Redmond	UCDOH Intern

Respectfully Submitted by: Stacy Kraft, Public Health Education Coordinator  
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