

## **Healthy Ulster Council Meeting Notes**

239 Golden Hill Office Building, Kingston, NY 12401  
January 12, 2017

**Present:** Stacy Kraft, UCDOH; Vin Martello, UCDOH; Melinda Herzog, CCEUC; Diane Mueller, UC Office for the Aging; Christine Noble, UC Office for the Aging; Laurie Mozian, HAHV; Susan Lennon, Center for a Tobacco-Free Hudson Valley; Katie Sheehan-Lopez, CCEUC; Christina Carranceja, Institute for Family Health; Rhea Paniesin, YMCA; Fern Suess, CCEUC; Avery Herzog, independent film photographer.

**Melinda Herzog** opened the meeting and introduced **Vin Martello from UCDOH** who presented a Power Point and discussed the Updated Community Health Improvement Plan (**CHIP**) for 2016-2018. Vin stated that forty community partners had worked on the plan with regard to strategies. Over 600 respondents replied to the Community Health Needs Assessment with their priorities. The respondents had been asked to choose the three biggest health concerns for their community. Drug Abuse, Mental Health, and Obesity and overweight were the top three responses. The survey also asked participants to identify the top three health concerns for themselves; identifying Nutrition and Eating Habits, Overweight and obesity and Access to specialty care as the top three concerns. He reviewed the results of the Needs Assessment, and ended the presentation by saying when it comes to Public Health improvement, “We can never stop.”

Melinda told the attendees about the Healthy Ulster Radio show, which airs on Sunday mornings at 7:30 AM on WBPM (92.9 FM) and at 8:30 AM on WGHQ (920 AM), WLNA (1420 AM) and WBNR (1260 AM) but is taped prior to that. Guests have fifteen minutes to talk about their program. Melinda urged those present to sign up if they have not taken advantage of this opportunity before.

All shows are archived on the website: <http://ulstercountyny.gov/health/healthy-ulster-radio>

Council members were asked to share what healthy thing they had done for themselves in the past two months. Most responses seemed to center around giving up or cutting down on sugar, and increasing their walking time.

**Stacy Kraft of UCDOH** reported on the CHIP and the two Prevention Priority Goals:

- #1: Preventing Chronic Disease Action Plan
- #2 Promote Mental Health and Prevent Substance Abuse action Plan  
(see email attachment, pdf.doc, for details)

Stacy encouraged agencies and organizations to post what their agency is doing and mentioned that there is a Six Week Diabetes Self-management Workshop that begins on Monday January 23<sup>rd</sup> at the Saugerties Public Library.

Melinda spoke on our impact Health as a Council, and reviewed the 2016-2018 Community Health Needs Assessment (attached as document) and **CHIP**. She discussed:

1. **Formula for Success:** More collaboration; networking; following Healthy Ulster on Facebook; being a guest blogger on the UCDOH site, posting events on the site, promoting activities agencies and organizations on the Events
2. **Cooperation:** Promote the Council; promote the members; promote and share Healthy Ulster events.
3. **Coordination:** Provide letters of support; work on projects together; advocate for healthy change.

4. **Collaboration:** Working on action plan; writing grants to support the efforts; partnering with other agencies.

With regard to the previous structure of the Council of “Workgroups”, it has been determined that action work would be best served if it were worked on within the Healthy Ulster Council (HUC) meeting by all present.

To support that decision, the goals set for 2017 are: Work together as a Council; use dedicated time; support the CHIP; create an action plan. The first objective is to increase attendance at the HUC meetings. Everyone present was asked to encourage others to attend – spread the word!

The meeting broke out into small groups of three persons each with a goal of generating ideas that all could work on together as a Council.

Results:

1. Have all council members choose one (1) topic that they can get behind and is in line with all their objectives, i.e. Diabetes (which would include smoking cessation, better nutrition, weight loss through increased physical activity, etc.).
2. Stamford Group – work on getting more facilitators trained to administer programs.
3. Healthy Ulster Walk at Dietz stadium or comparable location, with the intent of gathering many health orgs. To participate.

The meeting adjourned at 4:00pm