



Meeting Summary January 26th, 2016

Attendees: Ashley Tomasi, Matt Pegouskie, Shelley Hehr, Cherie Vannatter, Ray Berg, Ruth VanBogelen, Sara Swanson, Barry Allen, Patty Swaney, Eileen Parker, Amelia Woods, Jeff Wallace, Kerri Ralls, Janice Steinhauer, Laura Seyfried

1. Results of HIP Survey for Manchester-Ashley Tomasi *(see presentation attached in email)*

- The HIP survey is conducted every 5 years. It is a local version of the CDC's Behavioral Risk Factor Surveillance Survey. The HIP is a phone survey that is used to collect data about residents regarding their health-related risk behaviors, chronic health conditions, and use of preventive services.
- Please email me if you would like to see the full HIP dataset (ashley@5healthytowns.org).
 - Highlights
 - Strengths
 - 68% of respondents have taken a class to manage their diabetes
 - Only 5% smoke cigarettes (4% every day, 1% sometimes). This is lower than the other 5H towns and the County
 - Highest percentage of adults who consume 5 or more servings of fruits and vegetables (25%)
 - 74% of children 6-17 years old get 60 or more minutes of exercise 5-7 days a week
 - 93% of children get 2-4 servings of vegetables per day
 - Areas of Improvement
 - 8% increase in adults who reported 10 or more poor mental health days (highest of the 5H towns)
 - Highest percentage of adults who report having been diagnosed with an anxiety disorder (26%)
 - 24% of adults reported they had been diagnosed with a depressive disorder
 - 68% of respondents had been diagnosed with high blood pressure
 - 34% of respondents had been diagnosed with high cholesterol
 - 92% of children 2-5 years old get under 60 minutes of active play

2. Year 4 Intervention Reports:

- **Youth Football-Amelia Woods** *(see presentation attached in email)*
- **Dance Manchester-Patty Swaney, Eileen Parker** *(see presentation attached in email)*
- **Community Read-Kathy Dimond**
 - Tabled for the February meeting

3. Continue discussion on Year 5 Plan development and possible interventions-*(see attachment 1 below).*



Manchester Wellness Coalition

4. **January 4 CAC Meeting Update- Joint 5H marketing, joint EDDM Farmers Market Sustainability Workshops**

- 5H marketing
 - The CAC will be creating a brochure that will feature interventions, data, and events going on in each of the 5 Healthy Towns. Brochures will be mailed out to the community.
 - Email Matt any events that will be happening in the next 3-4 months that you would like to be included in the brochure.
- Farmers Market Sustainability Workshops
 - The CAC voted to approve an intervention for Farmers Market Sustainability Workshops.
 - Market managers meet monthly during the off season from November-April. Lindsay Way, a consultant who has previously worked with the markets, will lead monthly workshops to assist each of the 5H markets in creating a 5 Year sustainability plan.

5. **Upcoming events**

- **MASCC Senior Visioning Day- Saturday, January 30th**
- **Dance Manchester-February 13th**
- **Klager Math and Science Night- April 22nd (Earth Day)**

REMINDERS

1. **Next Scheduled Coalition meeting is Tuesday, February 23rd, 12:00 PM-Village Room**
2. **Next grant submittal deadlines are and February 5th and April 1st**



**MANCHESTER WELLNESS COALITION
POTENTIAL YEAR 5 INTERVENTIONS**

Data as of January 17, 2016

Group 1 – Existing Interventions

- Continue funding of Manchester SRSLY
 - Ray will talk to Lindsay. New federal grant will require matching funds.
- Continue gazebo concert funding
 - Follow-up with intervention lead
- Continue funding the Farmers Market
 - Yes. Will provide a low, middle, and high budget at the February meeting. A firm budget will be provided at the March meeting.
- Continue funding Stress Management – dependent on year 1 rollout
 - Yes, Budget will be lower than last year
- Continue Healthy Chefs
 - Follow-up with intervention lead
- Continue SR2S
 - Follow-up with intervention lead
- Continue Dance Manchester series
 - Yes. Working on plan year 5 budget
- Continue Adaptive Movement program after initial start in late 2015 – (seniors vs. those with disabilities)
 - Follow-up with intervention lead

Group 2 – Build upon Prior Interventions

- Funding for Phase 2 of the Manchester Shared-Use Trail
 - Phase one complete. Looking for funding for phase two in the ballpark of \$20,000-\$25,000
- Funding for additional Manchester Wellness Center programs, outreach classes to particular groups, or general support of facility
 - Looking into Foundation sponsored outreach classes. Shelly will discuss further with the Wellness Center and they will provide more detail at the February meeting
- Continue funding Run Manchester/Manchester Street Festival



Manchester Wellness Coalition

- Yes. Looking to fund a different layout. Estimated budget is for \$5,000. Race will be August 6th.

Group 3 – New Proposals

- Adult Learning Program (Joan Gaughan) - There is support from the Senior Center in Chelsea and they are interested in either bringing the program over to Manchester, or generating a group to start the program in Manchester.
 - Follow-up with intervention lead
- There is interest from the Manchester Area Senior Citizens' Council to support bus transportation, replace or repair the existing bus, or other general transportation opportunities.
 - Will wait to see what comes out of Saturday's visioning session. This intervention may be out of the scope of the Foundation.
- Funding to support new park on the Manchester Mill Pond riverfront/ fishing deck. The village is working with County Parks and Recreation on a 5 Year Master Plan and 2016 grant.
 - Will wait till the year 6 plan to pursue
- Mental health support (students and parents) in partnership with MCS – Foundation will not support medical interventions, but will allow the Coalition to fund counseling and support groups.
 - Follow-up
- Disc golf course and equipment – Carr Park
 - Not pursuing this intervention for the year 5 plan
- Supporting the formulation of an active living master plan/sustainable built environment initiative – MSU-SBE Program. Perhaps table this initiative to a later date
 - Table this for the year 6 plan
- Diabetes awareness classes (NKFM)
 - Waiting to hear if NKFM receives a grant from the Foundation
- Bicycle rental and checkout from the Manchester District Library
 - Follow-up with the library. Details needed by March
- Local Alzheimer's support facilities and programs– respite care, support group
 - Out of the scope of the Foundation. Will try to provide resources/ referrals to facilities that provide these services
- Blacksmith Shop Concert Series – Riverfolk Music and Arts, concerts at the Blacksmith Shop, intimately hosting up to 50 people for once a month concerts that feature locally/regionally made food samplings with the reception
 - They recently received grant funding from another organization. Is funding still needed?
- Manchester Youth Orchestra Project, starting in January 2016 will be made up of local youth musicians ages 9-14 that will explore orchestral repertoire – music for strings, brass and percussion. This project



Manchester Wellness Coalition

will not only give local youth an opportunity to be involved in an alternative group activity that is not available at school but will allow them to connect with others of similar interests that live outside Manchester, bringing other families into town to spend local dollars. The group will continue the community outreach that was initiated by its sister group Cultural Art Strings.

- Follow-up with intervention lead.
- New proposal at Jan 26th meeting- Event sponsorships
 - See if the coalition could instead sponsor Gazebo, Blacksmith, and Youth Orchestra concerts or other events around Manchester to increase coalition branding and recognition.

Group 4 – Cooperative Efforts with Other Coalitions

- CAC – Farmers Market sustainability workshops and 5H EDDM marketing