

# Living Well Medina County Stakeholder Meeting

September 4, 2019; 9:00 AM  
Medina County Health Department  
Meeting Summary



- Attendees: Devan Althen, Gail Houk, and Jeff Allen (Alternative Paths); Suzie Muniak (Medina County District Library); Chaundra Rudolph and Sarah Arend (Medina Hospital); Nancy Peacock (Free Clinic of Medina County); Melissa Pearce (Community Action Wayne/Medina Counties); Representative Steve Hambley; Rick Dumpert (United Way); Heather Whensch (Akron Children's); Krista Wasowski, Lisa Strebler, Christy Rickbrodt, Libby Thomas, and Kristen Hildreth (Medina County Health Department)
- Vaping presentation – Libby Thomas, BSPH, CHES

*Libby shared information on vaping education, a tobacco prevention and cessation grant recently received from the Ohio Department of Health, and resources available. We are conducting policy scans and assessing current cessation services in the county. This year is to establish some baseline data. Will be working with vendors with new Tobacco 21 law. Libby noted that vaping/e-cigarettes are NOT an approved cessation method. Additional information can be found at: <https://medinahealth.org/people/nicotine-tobacco-and-vaping/>*

- Healthy Worksite Awards – October 31, 2019 deadline  
<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/healthy-business/worksite-award/>

*Kristen shared that when the combined "Chronic Disease Action Teams" met, the discussion was to develop a recognition program for Medina County employers for the positive things they currently do to improve the health of their employees. After some research, a program currently exists with the Ohio Department of Health. So, instead of inventing something new, this program will be promoted. Once the list of winners is announced, LWMC will work to spotlight those Medina County employers who were recognized. LWMC members will be encouraged to share and promote. See draft below (there is a URL link to <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/healthy-business/worksite-award/> with the image... let's hope it works). An email will follow with the image.... (note: Medina County Economic Development sent an email on Friday, September 6, 2019)*

## Healthy Worksite Award



The Healthy Worksite Award program annually recognizes Ohio employers that have demonstrated a commitment to their employees' health by providing comprehensive worksite health promotion and wellness programs.

Let's show them what Medina County is made of ...  
Click image ... APPLY NOW!



## Highlights from the 6 CHIP Action Teams

### Mental Health/Addiction

- Suicide/Depression: *2 Greif workshops held; Coaster Campaign has gone well – a second order of coasters has happened; Cling campaign still in process as well; Devan has done many presentations with schools and is at Clagget MS every Thursday; Met with Ohio Suicide Prevention; Video contest kicking off with a new component for Middle School students to submit posters instead of videos; Annual walk set for April 26, 2020.*
- Mental Health/Bullying: *No update at this time.*
- Alcohol/Tobacco Use: *See above. Libby noted that the group has been focusing on tobacco use, but will be partnering with our Safe Communities Coalition to continue to education about alcohol related issues.*

### Chronic Disease

- Diabetes & Obesity: *The team has been looking at consistent messaging. Libby and Sharon Jaeger have piloted a Know Your Numbers presentation for Wadsworth employees which was well received. They will provide the PP via livingwellmedinacounty.com groups.*
- Heart Disease: *Krista and Sarah met with the library to discuss having blood pressure cuffs available for residents to borrow. The main branch does have them for checkout. This was a great initial conversation on how to get these items borrowed, noting that not all branches have this feature. More to come on this project!*

- Highlights from other initiatives and activities

- *Kristen showed some updates to livingwellmedinacounty.com including a tool for reading (to change font, color, contrast, etc) – it is a red button that hovers to the right of the page.*
- *Add videos – if you post a video from YouTube to a group – it will automatically show within a post. Videos are more engaging for those who come to the site.*
- *We currently have 19 active groups, 2 private (under development), 95 registered users with 67 active users.*
- *Sarah shared some Healthy Medina outcomes. Contact her for details: sarend@ccf.org*
- *Information was shared on the Human Services Levy that is on the November ballot. A handout with levy facts and a voter adoption event on 9/4/19 was shared.*

- Schedule of LWMC meetings – please let Kristen Hildreth know if you'd like to be spotlighted (like we did with vaping) for any of the dates below. All meetings from 9:00 – 10:00 at the Medina County Health Department.

- December 4, 2019
- March 4, 2020
- June 3, 2020 (note corrected date from agenda)
- September 2, 2020
- December 2, 2020

***If you have meetings for Action Teams or other events that you want added to the LWMC site – just send to Kristen at [khildreth@medinahealth.org](mailto:khildreth@medinahealth.org).***

**Go to [livingwellmedinacounty.com](http://livingwellmedinacounty.com) and make a group, join a group, and post in a group!**