

DRAFT MINUTES

Edina Community Health Committee
September 21, 2010, 6:30 – 8:30 pm
Sherwood Room, Edina Senior Center

Members Present: Kumar Belani, Mary Jo Kingston, Jan Johnson, Alan Lifson, Idelle Longman, Carolyn Peterson, Students Francesca Sifferlin and John Beuerlein

Members Absent: Mark Johnson

Guests: Betty Elliot, Mary Lombardi, Berit Peterson, Ruth Tripp

WELCOME & CALL TO ORDER

Chair Kingston welcomed members and called the meeting to order at 6:30 pm. New student members Francesca Sifferlin and John Beuerlein were introduced and each talked about their background, interests, and future education plans.

APPROVAL OF MINUTES

Minutes from the May 18, 2010 meeting were unanimously approved by a motion from Member Longman second from Member J. Johnson.

GUEST SPEAKERS

Betty Elliott, Edina Public School Health Services Director, presented the 2009 Health Services Annual Report with an overview and brief summary of the school district nursing program. Allergies, asthma, attention deficit, seizures, mental health, obesity and diabetes are areas of student health concern. Response to H1N1 influenza last year was coordinated with Bloomington Public Health with mass dispensing clinics held at school locations. Student field trips continue to be challenging for the nursing staff to ensure medication needs and emergency medical service to students. An assessment will determine current needs of special education students. Elliott praised the highly skilled nursing staff, eight licensed nurses and seven health associates, dedicated to serving approximately 8,000 students in our community.

Mary Lombardi works for Sodexo Food Service and is the Director of Food Service for Edina Public Schools. Nutrition, achievement, and environment are the components of the program. Fresh fruits and vegetables and "real food" is being offered. Vegetarian and special diet meals are available as well as ala cart items and ethnic choices. To avoid allergy issues, nuts and peanuts are not used. Attempt is underway to serve lower sodium foods. Food vending machines offer healthy choices and no longer offer sweets or pop. Students are encouraged to eat breakfast and 20,000 breakfasts were served last year. Food service staff teaches nutrition classes and provides wellness fairs to help educate students on nutrition. All schools and events compost food wastes. The goal is to reduce the volume of compost, which means less food waste. Sodexo Food Service coordinates with the Edina School Health Services to address student food allergies, obesity and diabetes.

Berit Peterson, Edina Schools SHIP liaison, provided a review of SHIP activities in the Edina schools. The Wellness Council for Schools is doing a physical activity assessment. Healthy Schools Builders is an on-line assessment tool being used by Normandale Elementary. Student physical activity is being encouraged before, during and after school. South View Middle School Leadership is working on the Green, Clean & Healthy initiative. Highlands Elementary established a successful school garden with a SHIP mini grant. Safe Routes to School program has been discussed.

Chair Kingston thanked all guest speakers.

STATEWIDE HEALTH IMPROVEMENT PROGRAM

Ruth Tripp, Health Specialist and SHIP Grant Coordinator from Bloomington Public Health gave an update on health activities in Edina resulting from the SHIP grant awarded to Bloomington, Edina and Richfield. To date, efforts have been focused on schools and community and now include activities in worksites and health care settings. Ms. Tripp talked about the Edina Farmer's Market which opened July 1, 2010 at Centennial Lake Park. Daily market attendance was approximately 2,000 shoppers. "Bike-to-the-market" was being promoted to encourage physical activity. An on-line customer survey is underway to future market needs. They are encouraging worksite employees to increase physical activity during the work day by "Energize At Work". Local walking trail brochures have been developed and employers are encouraged to provide on-site exercise equipment for their employees. A two day Active Living Workshop is being planned and a vision for city walkability is being reviewed. Day Care initiatives include the "LANA" nutrition program and "I Am Moving, I Am Learning" physical activity program.

Future activities will focus on recruiting additional worksites and healthcare settings to participate in more physical activity and improved nutrition.

Chair Kingston thanked Ms. Tripp for her presentation.

HEALTH STAFF REPORTS

Liaison Engelman thanked Member Lifson for the STD article he wrote and submitted independently to the Sun Current. Topic suggestions for future articles from the Community Health Committee included school compost, aging in place, and what can we do for our seniors.

Liaison Engelman discussed the structure and responsibilities of the Edina Health Department. Updates were given on the nationwide bed bug invasion and also the status of the recent egg recall.

COMMUNITY COMMENT

None presented.

OTHER BUSINESS

None

ADJOURNMENT

Motion was made by Member Longman and seconded by Member J. Johnson to adjourn. Vote to adjourn was unanimous. Meeting adjourned at 8:30 pm.

Sherry Engelman

Next Meeting: October 19, 2011

2010 Meeting Dates: March 16 May 18 September 21 October 19