



Framingham ★ Hudson ★ Marlborough

MetroWest Moves



NOTICE OF OPEN MEETING

Under the provisions of G.L. c. 30A, MetroWest Moves will conduct an Open Meeting on

Thursday, July 3, 2014

9:00 a.m. – 11:00 a.m.

MetroWest Health Foundation

161 Worcester Road, Suite 202

Framingham, MA 01701

Agenda

I. Call to Order

- a. **Meeting convened:** July 3, 2014 at 9:05 a.m.
- b. **Members present:** Amanda Loomis, Sam Wong
- c. **Others in attendance:** Tammy Calise, Alex DePalo, Janie Hynson, Kathy Joubert, Paula Kaminow, Alex Mello, Evan Pilachowski, Ana Bessy Ramirez, Amanda Ryder, Roberto Santamaria, Jeanne Sherlock

II. Recent Grant Applications Submitted

- a. MetroWest Moves applied collectively with Northborough for Mass in Motion state funding; proposed strategies include complete streets, healthy dining, and schools (Safe Routes to School, increasing opportunities for physical activity)
- b. MetroWest Moves also applied for a Minority Youth Violence Prevention Grant (for Framingham, Hudson, and Marlborough) to clean up the South Side of Framingham, French Hill area of Marlborough, and downtown area of Hudson; this includes increasing police staffing, working with the Y on their "Y Nights" and "Project Wild" (10 weeks/once a week for middle school students); the goal is to focus on engaging high risk youth afterschool, during weekends, and in the summer. If funded, we plan to work with public schools, health centers, etc. to get referrals for youth to participate – this would bring about \$300,000 into the communities.
- c. MetroWest Moves also applied for a \$45,000 violence grant, specifically for Framingham, based on the same concept above.
- d. Northborough, Marlborough, and Hudson are applying for a joint mental health grant through the Central MA Health Foundation.

III. CDC Partnerships to Improve Community Health (PICH) grant – Due July 22, 2014

- a. MAPC will be applying on behalf of Middlesex County; MetroWest Moves plans to support MAPC in this application and MAPC has asked MetroWest Moves to think about the strategies that we would like to work on should they be funded; this grant is a good opportunity to focus on the Mass in Motion and Prevention and Wellness Trust Fund work.



- b. The coordination team has begun to complete the work plans that must be submitted to MAPC. The following four strategies have been proposed:
- 1. Strategy 1 - YMCA Diabetes Prevention Program (DPP):** Y U.S.A. has been funding 75% of the gap in program costs in order to ensure that the program is sustainable and Y's must fundraise for the rest of the funding; DPP costs \$429/person nationally; there is insurance provider payment, self-pay, and worksite payment on behalf of employees; 9 association Y's are currently trying to run DPP; Paula Kaminow says Edward M. Kennedy CHC has been working on integrated care models ("warm handoffs") for their patients and transitioning them into outside programs; Y DPP is a classroom-based program and doesn't have to be run/not necessarily intended to be run at the Y (e.g., could be run in a health center)
 - **Justification for the selection of DPP strategy:** diabetes is directly related to healthy eating and physical activity; very connected to Prevention & Wellness Trust Fund goals; relationships built and referral system established; diabetes is an optional condition which has not been taken on yet as part of the Prevention and Wellness Trust Fund; the Prevention and Wellness Trust Fund has established the relationships and process that would also be necessary to conduct the DPP program.
 - **Number of people reached:** MetroWest YMCA service area doesn't include Marlborough and Hudson. Middlesex County has a 8.6% diabetes rate; if Central MA does not run Y DPP then MetroWest YMCA can develop an agreement with them to run DPP in Marlborough and Hudson; there are 10-12 people in each class so they would need to run 5 concurrent classes; for year 1, the program will start in Framingham only.
 - **Timeline:** The program would start in January 2015 to line up with the Prevention and Wellness Trust Fund.
 - 2. Strategy 2 – Complete Streets:** A milestone for policy to be presented to decision-makers and policy makers will be incorporated in the work plan; the coordination team will send Evan Pilachowski the complete streets checklist; in order for Marlborough to adopt a complete streets policy, it will be critical to present information about complete streets to policy makers.
 - 3. Strategy 3 – Schools/Increasing Opportunities for Physical Activity (including Safe Routes to School, implementing My School Commute Survey):** include Reebok BOKS program, Safe Routes to School; assessment would be to identify current activities and implementing a policy/guideline throughout the school district or in other schools
 - 4. Strategy 4 – Healthy Dining Initiative:** LHIP has helped to recruit 4 Brazilian restaurants; healthy dining initiative materials can be made available in the Edward M. Kennedy CHC, MetroWest YMCA, LHIP,



etc.; Alex DePalo will connect the coordination team to a healthy eating program for older adults.

5. **Strategy 5 - Tobacco/Smoke-Free Environments:** Roberto S. says Framingham is planning to focus on environmental justice neighborhoods, making parks smoke free; all of the communities which are part of the regionalization grant are in Middlesex County; the group decided to include this strategy.

IV. **Harvard Pilgrim Health Care Foundation's Culture InSight Training**

- a. Shani Dowd is willing to provide at least two day-long trainings. The Coordination Team is going to meet with her next week. The training will probably be 6-8 hours/day. The goal is for the communities to be culturally sensitive and to adopt policies that are culturally sensitive. School leadership/partners will be invited to participate in one of the trainings. Two of the three communities have scheduled a professional development day on November 4th, which might be a convenient time to hold the training. The Culture InSight training can include up to 25 people. One of the trainings will be opened to MetroWest Moves participants. This training could be aligned with the start of new DPH Mass in Motion funding which, if awarded, would begin in October 2014.

V. **Action Plan:**

- a. **Community Design Standards:** Marlborough is interested in adopting a complete street policy. Framingham is working on recodification/ incorporating complete streets into zoning bylaw. In the CIC meeting a couple of months ago, Chris Kuschel emphasized that as it may be difficult to get a policy adopted, even if a resolution can be passed this is at least a starting point which can be used to leverage additional grant funds. Framingham's Master Plan specifically calls out specific sections related to healthy communities and complete streets. Kathy Joubert discussed Northborough's efforts to incorporate community design standards.
- b. **Healthy Dining Initiative:** Four restaurants which LHIP has helped to recruit are nearly approved but are still finalizing approved menu items. The Coordination Team is planning a restaurant networking meeting based on feedback from the evaluation that was conducted with participating restaurants. The group discussed encouraging/requiring restaurants to include the approved healthier dining options in their regular menu. Another option could be to change the wording to "MetroWest-certified option", but previously we were required to use the Mass in Motion language "healthier dining option". Another idea in terms of making the initiative sustainable would be to incorporate the initiative into restaurant inspections. Roberto S. said that, in Everett, restaurants which agreed to participate in the healthy dining initiative received a discount on the



basic permit/administrative fee. Alternatively, by offering such a discount, it could be challenging to cover the costs of the inspector.

- c. **Worksite Wellness:** MetroWest Moves has talked with DPH and MAPC about the fact that we should only focus on strategies which have been successful given the funding coming to an end. Therefore, this strategy has been removed.
- d. **Awareness and Media:** The Coordination Team provided a social media report for March 26, 2014 – July 2, 2014. The percent of new visitors to the website has continued to remain high (71% for the month of June 2014). The Coordination Team has continued to focus on posting community events on the website as well as writing press releases, which have been published in several newspapers and on the MetroWest Moves website. Steering Committee members and community partners should continue to send events to the Coordination Team to feature on the website/social media channels.

VI. Administrative

- a. **Approval of meeting minutes:** The Steering Committee voted to approve the meeting minutes from April 5, 2013 – May 12, 2014.
- b. **Completion of work group timesheet:** The Steering Committee and partners completed the timesheet for May 13, 2014 – July 3, 2014.

VII. Review of Tasks

- a. Boards of Health should submit Letters of Support for the PICH grant to the Coordination Team by Friday, July 11th.
- b. The coordination team will send Evan Pilachowski the complete streets checklist.
- c. Continue to send events to the Coordination Team to feature on the website/social media channels

VIII. **Next meeting date/time:** The next meeting has been scheduled for Thursday 8/7 from 9-11am at the Hudson Town Hall.

IX. **Adjourn:** The meeting adjourned at 10:45am.