

ATWC-DPF

MEMORANDUM FOR RECORD

SUBJECT: Community Health Promotion Council/Well Being Board (CHPC/WBB)
Minutes, 9 March 2015

Meeting Attendance:

Membership

Chair, CHPC/WBB*
CSM, USAWC
Director, SLDR, USAWC*
Chief of Staff, USAWC
Commander, DAHC*
Commander, DENTAC*
Commander, USAG*
CSM, USAG*
G3*
CBks Ministry*
DAHC/Behavioral Health*
DAHC Community Health RN
USAG Human Resources*
Public Affairs Office*
Army Community Service*
DPTMS, USAG*
Safety Office*
ASAP*
MWR*
DHR*
SLDR, USAWC
SLDR, USAWC
SLDR, USAWC
SLDR, MFP
EEO, USAG
Army Wellness Center
Security Manager
DPW – Chief Army Housing

Present/Represented

COL David Funk

Dr. Thomas Williams
Mr. Keith Norris
COL Rebecca Porter

LTC Kimberly Peeples

MAJ Nicole Brooks
CH (COL) Gregory D'Emma
Dr. Ines Roe

Mr. Robert Martin
Ms. Rebecca Myers

Mr. John Knowles
Ms. Rebecca Myers (rep)

Ms. Dee Connelly
Mr. Joseph Mallis
Mr. Robert Stanley
Ms. Laurel Cioppa
Ms. Ginny Ivanoff
Ms. Jennifer Caywood
Ms. Tanya Heinbaugh

* Positions requiring attendance or designated representation.

1. Opening remarks from Chair, CHPC/WBB: COL Funk opened the meeting by emphasizing the need to finalize the proposed monthly CHPC-WBB themes during today's meeting.
2. The 11 February 2015 meeting minutes were reviewed and approved as written.

COMM: Events that the CHPC community emphasizes even though one group may have lead.

PROG: Events that a particular organization takes responsibility for and leads efforts with limited, if any involvement (other than awareness) by the other CHPC members.

3. Old Business: An AAR/Update of the February, March, April and May CHPC/WBB themed events and activities was completed.

February

COM: *Wise Health Consumer Month* (AWC) - "Health Smart Items:" Army Wellness Center placed tags on heart healthy grocery items and provided educational literature at the commissary. COL Funk suggested AWC staff look into a way of tracking commissary purchases to see if tagging the healthy items is increasing sales of those items.

March

COM: National Nutrition Month and National School Breakfast Week (DAHC/AWC): An educational article is published in the DAHC newsletter and materials have been placed on the AWC bulletin board and on Facebook. The DAHC dietitian reviews and inspects the CDC food programs at both Letterkenny and Carlisle Barracks.

COM: Mental Health and Brain Injury (TBI) Awareness/ National Sleep Awareness Week (BH, DAHC): The BH/DAHC staff has electronic signage and displays, as well as Facebook and Banner articles, to promote the message of TBI awareness & correct helmet usage. DAHC has a display in the clinic atrium with TBI and concussion educational material which is staffed on Thursdays. ASAP will work with DAHC and PAO to include information on self-medication. DAHC offers on-going sleep classes. These classes will be posted to the IMC. The BH staff will provide a class on concussion prevention at the Youth Center.

PROG: National Colorectal Cancer Awareness Month (DAHC): The HEDIS nurse will provide educational information on recommended screenings to DAHC beneficiaries.

PROG: National Inhalants Awareness Week (ASAP) – 15-21 March: ASAP is providing education through a Banner article and electronic signage to increase awareness.

April

COM: Month of the Military Child (ACS, CYSS): An Easter Egg Hunt is planned for 28 March at the Chapel/CDC area. The Family Fun Fair is being planned for 18 April on Indian Field. This will include a children's Fun Run, as well as many community activities, participant prizes, animals, and educational venues.

PROG: Sexual Assault Awareness and Prevention Month (ACS): Ms. Gina Beck will be added to the CHPC-WBB membership and included in future meetings. Ms. Beck is developing educational awareness opportunities & signage. COL Funk stated that it is the commandant's intent to conduct a SHARP Summit in the near future.

PROG: Child Abuse Prevention Month (ACS): Educational information will be incorporated into the Family Fun Fair on 18 April.

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PROG: Alcohol Awareness Month with Alcohol Screening Day (ASAP): This year's theme is, "For the Health of It, Early Education for Alcohol Awareness." There will be an alcohol awareness presentation for middle school and high school students on 6 April as well as Banner articles, digital signage, and handouts at DAHC to increase awareness. Alcohol avoidance during prom celebrations will be emphasized. National Alcohol Screening Day is 10 April and ASAP is offering a self-screening questionnaire on-line.

PROG: Volunteer Recognition Month (ACS): There will be a Volunteer Recognition Luncheon at LVCC on 30 April.

May (Please note: These reflect the newly adopted 2015 CHPC/WBB Wellness Themes)

COM: Performance Triad & Stress Management (DAHC).

COM: Army Heritage: Army Heritage Days 16-17 May. (AHEC)

COM: Military Spouse Appreciation (ACS): ACS is working various ideas.

COM: Motorcycle Safety Awareness Month (Safety).

PROG: High Blood Pressure Education Month: DAHC and AWC will publish articles on stress management and hypertension. BP screening will be offered on a walk in basis.

PROG: 101 Days of Summer-Universal Substance Abuse Awareness (ASAP): ASAP plans a series of educational articles, classes and signage from Memorial Day through Labor Day emphasizing safe alcohol use with summer activities. The Safety Office also plans activities during the month and throughout the summer.

4. New Business:

a. The Integrated Master Calendar (IMC) Report: 90 Day Well Being "Significant Events" was reviewed. COL Funk asked that individuals adding items to the IMC look carefully at what is the most pertinent wellbeing drop down option for the event. Often an event fits into more than one category (e.g., "Social" and "Family" may be very close).

b. LTC Peebles provided an update to the 2015 monthly themes emphasized by the CHPC/WBB. These were reviewed and the CHPC approved by unanimous vote accepting these as the new CHPC/WBB themed events for tracking by the CHPC/WBB. LTC Peebles will work with Mr. Zimmerman to ensure community awareness of these monthly themes. COL Funk stressed that this is a living document and suggested updates are welcome at any time.

c. LTC Peebles will provide Dr. Williams with the recommended changes to the AY14 End of Year Student Survey questions on well-being services and programs.

d. The *Physical Fitness and Spiritual Working Groups* (WG) presented updates: Mr. Robert Stanley, SLDR, reported on the Strength for Wisdom program, providing updates on participation (361 total participants as of 27FEB15) and future events.

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e. *Spiritual Fitness Working Group*: COL (CH) D'Emma provided information on upcoming events at the Chapel. The Marriage Enrichment weekend, led by CH Barbee, was attended by 23 couples and all provided very positive comments. The National Prayer Breakfast, held on 26 February, also received very positive comments and was well attended. There is no replacement for a Family Life Chaplain when CH Barbee departs. COL Funk indicated that he wanted to followup on the loss of our Family Life Chaplain.

f. LTC Peeples provided a report from the *Environmental Working Group*- There have been less traffic citations but an increase in speeding citations as compared to this time last year. There has also been a decrease in slips, trips and fall reports, and consequently, less time lost by employees from work.

5. COL Funk provided closing remarks thanking everyone for their many efforts in support of the community and well-being initiatives. He expressed appreciation to LTC Peeples for her work on the Monthly Wellness Themes.

6. With no other issues before the board, a motion was made and seconded, and the meeting adjourned at 1430.

7. Next CHPC/ WBB Meeting: Wednesday, 8 April 1330-1430, CCR. Future meetings are scheduled for the second Wednesday of each month, 1330-1430 in the CCR.

DAVE FUNK
COL, IN
Chair, WBB/CHPC

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