

## *Tillamook County Community Advisory Council*

*Wednesday, March 14, 2018, 3:00 -5:00 pm*

### **AGENDA ITEMS:**

Chair opened the meeting at 3:01. Minutes/Agenda approved. Requested further input on Charter. CAC approved suicide outreach event.

### **Incentive Measure Projects Update**

Heather provided the latest Incentive Fund Guide, along with a one-page list of updates. In April, we will discuss the results of the metric survey and choose a focus.

### **Quarterly Focus: Diabetes**

*Explanation of quarterly focus: CPCCO recognizes the impact of diabetes on the health and wellbeing of the communities we serve. We value the collaboration of all our stakeholders, including our members and community partners, to create a healthier Tillamook County. To that end, the CPCCO Community Advisory Council seeks to inform, convene and sponsor community conversations and efforts to reduce the risk of diabetes as well as the health impact of diabetes on the community.*

Michelle Jenck from Year of Wellness and Kelly Benson from the YMCA presented on the Year of Wellness effort in diabetes. They presented the Health Benefit Pyramid, which demonstrates which efforts are likely to produce the greatest impact on the population. A new committee has been formed that is focusing on five key areas: access to physical activity, health promotion, health screenings, access to healthy food, and workplace wellness. The first week of April, a new community based walking program, Step It Up, will begin. Kelly discussed the new YMCA/CCO partnership, which provides a greatly reduced YMCA membership for CCO members. There is a special program focusing on people who are prediabetic, and personal coaching and group work to promote a healthy lifestyle. She mentioned that one out of three people are diabetic, and nine out of ten of them don't realize it.

The group did a SWOT (Strengths, Weaknesses, Opportunities, and Threats) analysis, and the resulting report is attached. Joell Archibald provided her Innovator Agent update for the month of March.

The meeting adjourned at 5:00pm. The next meeting is April 11, 2018, 3:00-5:00pm at Tillamook Bay Community College, **Room 101 downstairs**.