

**Minutes**  
**Owning Your Own Health Committee**  
**June 18, 2014 – 9:30 a.m.**  
**Scott Heyman Conference Room**

APPROVED

Present: Mack Cook, Board of Directors; Jackie Kippola, Brooke Jobin, Tompkins County; Mike Catalano, City of Cortland Police Chief; Leslie Moskowitz, City of Ithaca; Ted Schiele, Tompkins County Health Department; Ken Foresti, Excellus; Bev Chin, Health Planning Council

**Health Screening**

Mr. Schiele circulated a document entitled OYOH Health Screening: Pre Evaluation (Ignite) for the City of Ithaca that was created in Survey Monkey. Comments made included: scheduling was easy for their appointment for the actual screening event and in general people thought they need to make lifestyle changes. The screening was done at the Greater Ithaca Activities Center and Mr. Schiele and Ms. Chin were located outside the testing area and then conducted survey.

There were 33 participants of which 8 made appointments for follow-up. A pre-screening test and post screening has been done. E-mail addresses were collected.

Ms. Moskowitz spoke to successful outreach that has been done. It was done four weeks in advance. She spoke with supervisors and department heads and notice was sent to employees. Ignite Health provided posters. Fall would have been a better time; summer was not good with Youth Bureau and the Department of Public Works.

Ignite Health had three tables set up and conducted weight and height screening, finger stick blood test, blood pressure test, and had information available. Participants signed up online and if they were a no-show Ignite Health followed up with a phone call.

Three stations were set up in the GIAC gymnasium. It was very private and they did not tell blood numbers, they pointed to numbers on a page.

The City of Cortland only had four individuals signed up. The City of Ithaca suggested that perhaps forming a Wellness Committee to get the word out would be helpful. Ms. Chin noted that she and Mr. Schiele are working with different worksites on different workplace wellness activities. Ms. Moskowitz circulated a sample template for wellness activities and said that while it is great for us to develop ideas it must come from the employee groups. It is important to figure out our mission and what kind of word we would like to put out to employees. At a future meeting suggestions will be made for the mission statement.

The City's flu shot clinic will be held on October 16<sup>th</sup> and October 23<sup>rd</sup>. The City will connect with the Town of Ithaca and the Town of Enfield and consider inviting them to participate in the City's clinic.

**Next Meeting**

The next meeting will be July 16<sup>th</sup> at 9:30 a.m.