

Board of Health Meeting – February 5, 2019
Community Health Division, Lowell Health Department

Community Health Coordinator (CHC)
Kate Elkins

Healthy Lowell Week

- In recognition of National Public Health Week, the Health Department (HD) will be once again coordinating “Healthy Lowell Week” taking place this year from April 6-12, 2020 in partnership with the Greater Lowell Health Alliance, Lowell General Hospital, Lowell Community Health Center, UMass Lowell, and other community partners
 - *Event schedule can be found at <https://bit.ly/healthylowellweek>*
- Additional activities will take place during the week at the HD, such as staff participation in the Mass DPH Ounce of Prevention Conference and efforts to recognize and appreciate HD employees

Healthy Living in Lowell

- The CHC produced a February episode of Healthy Living in Lowell focused on Stroke Health and featuring Silvana Flynn from Lowell General Hospital.
- A March show will focus on women’s health.

Access to Equitable Physical Activity

- The City of Lowell was awarded a grant from the Blue Cross Blue Shield of Massachusetts Foundation to establish more equitable opportunities for physical activity in Lowell over a three-year period.
- The walking routes project, now named, “Healthy Walking Trails” is moving along and the CHC will be working with the Planning and Development department to perform outreach in the Centralville neighborhood to get the project off the ground.

Employee Health and Wellness

- The CHC and the city’s health and wellness committee created a schedule of programs for the 2020 calendar year and submitted a memo to the City Manager’s office. *Schedule attached.*

Vision 2020 Grant

- The Health Department was awarded funding from the Greater Lowell Health Alliance in October to implement a new vision program within the School Health Unit. This grant will assist with better screening equipment for our youngest children and an enhanced vision referral system. The CHC wrote the grant and is now assisting the School Health Unit with some of the grant objectives.
- A Welch Allyn SPOT vision screener has been procured and testing of students 3-5 years of age has begun. The Vision Screeners are excited to have this state of the art machine to use.
- Prevent Blindness is continuing to consult on improved referrals systems and so far has provided us with a systems flow chart, updated letters to parents, updated physician result forms, and more.

Spacers for Kids Project

- The Greater Lowell Health Alliance awarded the Greater Lowell Community Foundation (GLCF) with grant funds to launch a new initiative titled, Asthma Spacers for School Kids. This program aims to provide free spacers to school-aged children with a known asthma diagnosis in the Greater Lowell region.
- Spacers have been distributed to the school nurses for distribution to students.

Sun Safety Initiative

- The CHC will once again work with Impact Melanoma to provide sun safety programming and education for the 2020 summer season. In addition to the five water sites where sunscreen dispense kiosks were placed, we will add up to 8 new dispensers at athletic fields and recreation camps – all dispensers are free and open to the public.

Additional Notes

- The CHC is planning a maternity leave for April – July and is actively working on planning for this process during this time.
- The CHC has two interns this semester, Michael Rivera from UML and Victoria Consuelo from Northern Essex CC.
- The CHC is assisting the Substance Abuse and Prevention division in applying for a federal SAMHSA grant.

City of Lowell Employee Health and Wellness Program

Mission: To provide all employees with the resources and support they need to take action in achieving optimal health and wellness.

Timeline: 2020 Calendar Year

		Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Admin Tasks	Steering Committee Meets	x	x	x	x	x	x	x	x	x	x	x	x
	Send Memo to City Manager for 2020 plans	x											
	Biometric Screening Program Research						x	x	x				
	Planning for 2021											x	x
Programs	Monthly Health and Wellness E-Blast	x	x	x	x	x	x	x	x	x	x	x	x
	Onsite Wellness Program	x	x	x	x	x	x			x	x	x	x
	Wellness Tracking Platform	x	x	x	x	x	x	x	x	x	x	x	x
	Employee Step Challenge				x	x				x	x		
	Employee Community Service		x		x	x				x			
	Employee Health and Wellness Fair										x		

Additional: Offer "mini-grants" to departments that want to host their own health and wellness activities, if funds are available.