

Board of Health Meeting – April 3rd, 2019
Community Health Division, Lowell Health Department

Community Health Coordinator
Kate Elkins

Healthy Lowell Week

- In recognition of National Public Health Week, the Health Department (HD) established the first ever “Healthy Lowell Week” taking place from April 1 – 7, 2019 in partnership with the Greater Lowell Health Alliance, Lowell General Hospital, Lowell Community Health Center, UMass Lowell, and Mill City Grows.
 - *Event schedule can be found on the HD’s webpage at www.lowellma.gov*
- 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 the team

Move Your Way Campaign

- The HD will perform outreach in the spring and summer months to raise awareness of the 2nd edition of the United States Physical Activity guidelines through the “Move Your Way” campaign. This nationally recognized campaign encourages both youth and adults to obtain the recommended number of minutes for physical activity by doing the fitness activity that is easiest and accessible to them, such as walking, dancing or swimming.
- Staff has secured outreach opportunities at several community events and will work with the recreation department summer programs to reach youth and their families in this effort.

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 CHC is working on coordinating efforts taking place between the Department of Planning and Development (DPD), Public Works, Mass in Motion, and Recreation to implement two main strategies: Park Improvements and Neighborhood Walking Routes.
- Immediate plans to be implemented this spring/summer include the restriping of two-three tennis courts to accommodate for Pickleball (a sport popular for seniors) and a series of fitness classes taking place at Kerouac Park. Additionally, DPD is working on reviewing several high-risk neighborhoods to begin assessing potential 1-mile and 3-mile walking routes.

Employee Health and Wellness

- The Community Health Coordinator (CHC) has recently completed a successful survey to City of Lowell employees to learn more about their current health behaviors and preferences for health programs. The survey, distributed at the end of February, collected data from 217 or 1000 employees and will be analyzed throughout this month – with a report prepared for the HHS Director, Human Relations Director and City Manager.
- The CHC is also working on the following employee health and wellness programs:
 - Informational e-Newsletter (monthly)

- Challenge Activities for Employees (monthly)
- Strength and Conditioning Series (April/May 2019)
- See Yourself to Success for Leaders Series (May/June 2019)
- Group Volunteer Activities (June 2019)
- Employee Health Fair (fall 2019)

Health Equity Cohort

- The CHC was selected to take part in the first statewide Health Equity Cohort, hosted by the Community Health Training Institute out of Boston. The cohort serves as a learning network that connects public health workers and coalition leaders from across the state working to promote health equity in their communities.
- The CHC will provide a mini-training to all HD staff in succession of the cohort, as a way to share best practices and lessons learned.

Health Department Branding and Communications

- The CHC is working with HHS Director to re-brand the HD including a new logo design, business cards, tablecloths, shirts and letterhead.