

Board of Health Meeting – June 5th, 2019

Community Health Division, Lowell Health Department

Community Health Coordinator (CHC)

Kate Elkins

Sun Safety Initiative

- Blue Cross Blue Shield of Massachusetts awarded Impact Melanoma, a national nonprofit, with grant funds to launch a sun safety initiative in the City of Lowell. The CHC will be working with Impact Melanoma to introduce the following efforts for summer 2019:
 - 6 sunscreen dispenser kiosks at City of Lowell pools and water recreation sites, free for community use
 - 3 sunscreen dispenser kiosks for City of Lowell employees, free for employee use
 - Technical assistance, staff training, and event promotion from Impact Melanoma

Healthy Lowell Show

- The CHC is working with Lowell Telemedia Center (LTC) to coordinate a monthly health-focused show. The first episode will be filmed in June, to be released in July, and will focus on the Health Department's new Syringe Collection Program and Syringe Service Programs throughout the City of Lowell. Future episodes will include themes such as Health Equity, Mental Health, Substance Abuse, Maternal Child Health, and more.

Move Your Way Campaign

- Community outreach is being performed 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 children 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 completed outreach tables at two events so far: Lowell Public Schools Family Resource Fair (~100 people reached) and a health fair at D'Youville Life and Wellness (~100 people).

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.
- Scheduling of the Pickleball court restriping is complete and will take place in June. A community fitness series, including Yoga, Zumba, and Crossfit, will also start in June at Kerouac Park.
- DPD and the CHC are in the process of identifying three neighborhoods to begin walking route plans, using the CDCs 500 Cities Data which shows, through census tract, our most physically inactive areas.

Employee Health and Wellness

- The CHC is also working on the following employee health and wellness programs, with valuable input from a recent employee survey:
 - Informational e-Newsletter (monthly)
 - Challenge Activities for Employees (monthly, planned for start in July 2019, this was slightly postponed)
 - Employee Health Fair (fall 2019)