

**POLK FIT, FRESH and FRIENDLY**  
**January 25, 2018**  
**12:00 Noon, Polk County Library**

**MEETING AGENDA**

Attendees: Michele Trofatter, Linda Greensfelder, Jerry Stensland, Buffy Ashmore, Anne Britton, Jada Scruggs, Lisa McAlpine, Donna Bruce, Samantha Collins, Tommy Melton, Donna Carson, Karen Goodale, Kim McDonald, Scott Dadson, , Nick Byrd, Josh Kennedy, Steve Lockhart

Introductions were made by attendees.

Minutes: Jerry made a motion to approve the September, 2017 minutes. Linda seconded the motion, and it passed unanimously.

Minutes approved.

Speaker for today is Nick Byrd with WorkF.O.R.C.E Wellness Program

The WorkFORCE Wellness Program is a comprehensive workplace wellness model that uses an innovative community-focused approach for helping local employers not only save money and improve their bottom line, but also make their respective worksites healthier places to be employed and help connect their employees to local free or low-cost resources. Mr. Nick Byrd, WorkF.O.R.C.E Wellness Advisor presented the program. Nick was born and raised in Marion, NC. His Southern, rural upbringing offered more than a great taste in food and many lessons in self-sufficiency. It taught the importance of loving and taking care of one's community to ensure that everyone has what they need. He earned a Bachelor of Science Degree in Nursing from Wingate University, where he focused his time outside of the hospital on community health and chronic disease prevention. Upon graduating, he returned to Marion and began working as a Health Educator in Diabetes Prevention and Maintenance. It was here where a home-grown passion started burning to do something that would truly impact the health and well-being of the community in which he grew up. To make this happen, Nick went on to create and manage the WorkFORCE Wellness program which set out to bring manufacturing workers and small business owners affordable services and resources to create an environment where employees could thrive, rather than survive. Nick is currently working toward making this program even more comprehensive, offering health care services, telemedicine, and case management.

**The following are bullet points from his presentation.**

- Nick presented the current County Health Road Maps and Rankings by Robert Wood Johnson Foundation.
- Health outcomes and factors do relate to a long and healthy life
- Factors- Environments and behavior affect our health.
- 7300 people die prematurely in Polk County
- Assessment includes looking at eating, transportation, substance abuse, access to healthcare

- There is a direct correlation with factors and outcomes in Polk County. Health is related to socio economic status. In Polk County we have more imported wealth than Rutherford, Cleveland and McDowell. Only 1% difference in rankings.
- In the workforce, we want decreased sick days, substance abuse, smoking and turn over. Would like to see an increase in access to Mental health resources, high school grad, some college and college completion.
- The local coalition worked with the local community college and employers to hear their needs in the early stages. All of the needs had to do with health. Worksite wellness depends on the program and the worksite. Employees must buy in to the program and take ownership.
- What WORKFORCE WELLNESS DOES-/ how it works
- Build relationships
- When working with organizations you will want to access their CDC Worksite Health Score Card.....perfect score is 256, highest score Nick has seen is 140, he works mainly in manufacturing. There is only so much you can do without policy change, that's why you need management support.
- Mobilize employee led initiatives for health and wellness
- Listen to the needs and barriers of the employees
- Connect the employers/ employees to local services. Most of the programs successes are from this. Community paramedic program. Paramedics find those that utilize ER and go visit. Nick took paramedics into worksites to do the same and have had great success.

#### **Outcomes and Successes**

- Year 1 Outcomes 13 employers have engaged in the program, 6 have completed CDC assessments, 6 have wellness committees, 9 are implementing strategic plans, 6 committed to pilot project, 3 small businesses have partnered.
- Outcomes for employees 659 have info about community resource
- 276 workers have participated in interventions at worksite, 25 have completed DPP program, 13 workers now have mental/behavioral support, 3 have insurance.

#### **Future Plans/ Where we want to go...**

- Build capacity and begin to bring to Polk, Rutherford and Cleveland. Community connections are key. Regional collaboration. Overall goal is culture change.
- Program model trying to get funded include: Employees, Community Care Paramedic Program, MATCH Program, WorkFORCE Wellness Program.
- CAPP- Know your numbers, mental health services, health navigator, motivational coaching, strong partner of multi-disciplinary team.
- MATCH a network of "Safety net" providers
- Next.... Kate B. Reynolds grant- applied but didn't get fully funded. Will submit another grant in Feb. for paramedic.
- Appalachian Regional Commission grant to create a community collaborative healthcare model tool-kit.

### **PF3 Update**

COPE will be held on February 20<sup>th</sup> from 4-6pm at Tryon Presbyterian. PF3 received funding through Polk County Community Foundation to provide four free simulations this year. The simulation is open to the community. If you are interested in attending please contact Buffy Ashmore.

Buffy reported that she is continuing to provide H2H trainings. The next H2H training is scheduled for Feb. 5 at Polk County Health Dept. She will be focusing on the faith-based community and has met with Lorna Dever from Seventh Day Adventist Church to kick off that initiative. Also, A H2H Advisory Board is being developed to assist with organizations staying connected and continuing to improve the H2H program. The Community Resource Guide is continually updated and can be found on the PF3 website.

### **Sharing of Member Information**

**Kim McDonald-** Polk Substance Abuse Commission –Lock your meds program, will be getting posters and rack cards will be in touch with community organizations.

**Josh Kennedy-** March 20 is 2<sup>nd</sup> Opioid Forum at 5pm at the Middle School.

**Lisa McAlpine-** Affordable Care Act special enrollment is available.

Meeting adjourned at 12:56pm.

### **2018 PF3 General Meeting Dates** (Fourth Thursday of the month, every other month)

Thursday January 25

Thursday March 22

Thursday May 24

Thursday July 26

Thursday September 27

### **Mission**

Polk Fit, Fresh and Friendly" is a broad-based group of community leaders, health professional and concerned community members working together to plan and implement effective strategies to promote wellness in our community.

### **PF3 Guiding Principles**

- We facilitate systemic change through the creation or enhancement of health and wellness programs and find ways to fund and implement
  - We use data to determine local needs and objectives
  - We include all stakeholders