



Northcentral Pennsylvania Tobacco-Free Coalition

Wednesday, March 10, 2021

10:00 a.m. – 12:00 p.m.

[Microsoft Teams](#)

MINUTES

Roll Call: Derek Leshak, Alex Battaglia, Caitlin Cluck, Carmela Carr, Chelsey Hildebrand, Eileen Panzarella, Jeannette Brelsford, Julie Bartol, Katie Taylor, Marlene Doan, Maya White, Melissa Farenish, Nancy Miles, Sheila Packer, Pascha Ferry, Susan Gage, Thurman Brendlinger, Timothy Mahoney, Tony Delonti, Yvonne Kuhenbeaker, Maya White, Lillian Burnett, Ceasar Bramen, Jeanette Ovens

Welcome & Introductions

Coalition Updates

- **Coalition Website**

- Regional Pennsylvania Tobacco-Free Coalitions; Rptfc.org. Internet Explorer does not work well with the website. Firefox and Chrome Browsers work best for the website.
- Check out coalition dates and events on the website's calendar including information on Virtual Day at the Capitol 2021. Please reach out to [Julie Bartol](#) for any dates you wish to have included on the calendar.
- Links for each provider's webpages can be accessed by clicking each organization's logo.
 - If your logo is missing, please contact [Julie Bartol](#) and we can ensure that it gets on our webpage.
- Job openings will be posted on the website.
- Any pictures from providers that wish to be posted on the website can be sent to [Julie Bartol](#).
- Any new individual or organization wishing to become a new member may visit the site to fill out new membership information and [join](#).
- [Resources](#) include prevention, cessation, secondhand smoke exposure, advocacy, and additional information.
- Any ideas for the website can be shared with [Julie Bartol](#) for discussion.
- For any coalition website questions or to share on the website please contact Julie Bartol at Julie.Bartol@lung.org.

- **Coalition Facebook**

- Here is the link to the coalition Facebook page: <https://www.facebook.com/RPTFC1>. For any coalition Facebook questions or to share on the Facebook page please contact Julie Bartol and Julie.Bartol@lung.org
- Please follow our Facebook page and reshare our posts. We will be sure to share your posts as well, so please tag us in any programs that you are conducting.
- Here is a link to an article that discusses the best time to post social media updates. <https://www.socialmediatoday.com/news/the-best-times-to-post-your-social-media-updates-in-2021-infographic/593185/>

- **Coalition Newsletter**

- Distributed the last week of each month. Please be sure to check spam folder if having difficulty receiving the newsletter.
- Brief highlights and pictures are welcomed to be submitted to [Julie Bartol](mailto:Julie.Bartol@lung.org) to be included in the newsletter.
- For any coalition newsletter questions or to share in the newsletter please contact Julie Bartol and Julie.Bartol@lung.org.

Prediabetes: Incorporating CDC's Diabetes Prevention Program in the Rural Community

- **Geisinger – Carmela Carr**

- National DPP is an evidence based program developed by the CDC to prevent or delay type 2 Diabetes. It is offered through public and private organizations including employers, health companies and departments. The program goals target a 5% weight loss and 150 physical activity minutes for the individual. The program is led by a trained lifestyle coach.
- Experience with the National DPP. Geisinger has received full recognition status and offers the program to any willing participant including those with Medicare. Partnering with local organizations are important for advertising and recruitment. 650 participants have attended the program since 2016.
- Importance of offering the National DPP to the rural community. Barriers to providing DPP in rural areas include access to care, transportation, technology, program participation, and awareness and availability. Partnering with local organizations helped overcome these hurdles. The plan to target rural areas included marketing, increasing awareness of the availability of DPP, offering the program in an area with high prediabetes prevalence, and utilizing a referral strategy.
- How is tobacco related to this program? Smoking is associated with heart disease. The curriculum includes the impact of tobacco use while at risk for type 2 diabetes. Cross referrals into other programs such as FFS.
- If you would like to learn more about offering the DPP in your area, please contact [Yvonne Kuhenbeaker](mailto:Yvonne.Kuhenbeaker@lung.org).

Workgroup Updates/Breakouts

- **Prevention** (Tony Delonti, Julie Bartol, Pascha Ferry, Sheila Packer, Thurman Brendlinger, Ceasar Breman, Jeanette Ovens, Timothy Mahoney)
 - Meeting was held in November, most people were not on today's call
 - Looking to recruit faith-based organizations and schools to TRU
 - Interested parties can sign up by TRU's website. www.TRUinPA.org
 - Start a TRU group TODAY! Visit the [How-to-Guide](#).
 - Member had contact with two after-school programs. One said they would be interested when the after school program resumes.
 - Will look at reaching out to after school programs when those opportunities open back up.
 - There has not been a lot of in-person outreach due to Covid.
 - Tony has 2 youth vaping virtual presentations and 1 adult. He offered to present when needed.
 - Most places are waiting to go back to normal before pursuing these programs
 - Currently looking for people to take training to become TRU advisors including in Williamsport.
 - Last year there were 100 TRU students, this year there are 20 in the area.
 - Looking for members with diocese connections.
 - Members are currently meeting with organizations.
 - Mini grants are available and attached in the email with the meeting minutes.
 - [Vape-Free Schools Initiative](#)
 - Join today if you meet the following criteria. Reach out to [Tony Delonti](#) for more information.
 1. Alternative to Suspension program - [INDEPTH](#)
 2. Vaping Education & Tobacco Cessation Program – [Not On Tobacco](#)
 3. Vape-Free School Policy Assessment
 - Please reach out to [Tony Delonti](#) for further ideas or input.
- **Coalition Recruitment and Member Engagement** (Yvonne Kuhnenbecker, Caitlin Cluck, Derek Leshak, Marlene Doan, Susan Gage, Eileen Panzarella)
 - Regular community members who may have vested interest can possibly represent the coalition.
 - Legislators who may be interested in the coalition would be a great addition.
 - Action plan and steps were discussed. Internally ALA will look at coalition membership list to reengagement email to determine interest. Determine which sectors of community will be target individuals and come up with materials to send to these sections of the community.
 - Reach out to nurse educators to determine interest in the coalition.
 - [Coalition Video](#) on our website that can be shared to recruit members.
 - We also have a 15 sec video of the above that can be shared on social. We will share to our Facebook and feel free to reshare!
 - Attached in the meeting minutes is our coalition one-pager. Let us know what you think and if you have any suggestions!

Questions & Closing Remarks

- Please be sure to add your information to the coalition directory here: [Northcentral Tobacco-Free Coalition Directory](#)
- Slide deck from today's meeting is attached in the meeting minutes email.
- **Evaluation:** Please use the following link to to complete the survey for this meeting. <https://survey.alchemer.com/s3/6197196/ALA-Regional-Tobacco-Free-Coalition-Meeting-Survey-FY21-Q3>
 - ALA will be using the data from these surveys to determine the interest of the individuals currently on the coalition list. The survey will also help determine which aspects of the coalition a member is most interested in participating as a member.
- **Next Meeting**
 - Wednesday, June 9 2021
Time: 10:00a.m. – 12:00p.m.
Virtual Meeting via Microsoft Teams
Calendar Invite Forthcoming
 - Please feel free to email [Chelsey Hildebrand](#) if you have an idea for an agenda topic.