UC AHEC Community Advisory Committee December 12, 2023

Present: Pat Achoe/UC College of Pharmacy, Tera Archbold/UC Blue Ash, Dr. Mike Dietz/HealthSource of Ohio (serving in place of Dr. Holly Binnig), Tiffany Mattingly/The Health Collaborative, Tina Peterson/UC College of Allied Health Sciences, Brenda Poynter, UC Clermont, Dr. Stephen Roller/Primary Health Solutions

Guest: Dr. Pamela Sharpe, UC Department of Integrative Medicine, and Osher Center for Integrative Health

Staff: Sharron DiMario, Taylor O’Shaughnessy, Dr. Sarah Pickle

Dr. Pickle shared that Lois Mills was out of the country for this meeting and thanked her for two years of service as the Community Advisory Committee chairperson. If you are interested in serving, we are asking for a one-year commitment. This would include running the quarterly meetings and a 30-minute pre-planning meeting with staff to set the agenda, themes, and topics. Staff completes the PowerPoint and the meeting reminders. She also reviewed the Committee’s mission.

Taylor thanked committee members who have already reached out to help serve as mentors for the Milford High School HOSA students. The committee shared that it was difficult to get work-based learning experiences for students who are not yet eighteen. Opportunities to monitor simulation labs at UC Clermont are available, per Brenda Poynter. Pat Achoe offered potential opportunities at the College of Pharmacy. Tiffany Mattingly shared that Beacon Orthopedic offers a shadowing program.

Sharron reminded members to look at The Health Collaborative’s Workforce Dashboard that was in the Advisory Committee resource document. She also shared the Regional Behavioral Health Workforce Coalition (that the UC AHEC co-chairs), is one of thirty-five organizations in the country selected by the National Council for Mental Wellbeing for a national ECHO cohort program.

Dr. Pickle introduced Dr. Pamela Sharpe of the Osher Center. (Dr. Sharpe’s bio and PowerPoint presentation are on the UC AHEC website.) Dr. Sharpe has a personal passion for food and nutrition because she has family members with chronic disease. Her PowerPoint on “General Health Eating for Optimizing Health” was informative. The main concepts she stressed were:

* Holistic care
* Using whole foods
* Avoiding toxic substances
* Engaging in positive social interactions
* Integrating movement daily
* Managing stress
* Good sleep
* Making minor changes

She shared that the standard American diet lacks macro- and micro-nutrients and often contains ultra-processed foods. She also encouraged the group to meet patients where they are at, as they may have limited access to grocery stores and transportation. Sharing information about whole foods and plant-based options is also a good strategy. In addition, there are the Mediterranean Diet, Mediterranean DASH and a diet from the Brian Health Kitchen that are worth investigating. And, calling it a nutrition plan, instead of a diet might be a better way to address the issue with patients. For gut health, it is best to get probiotics from food and not from supplements.

Dr. Dietz shared that a HealthSource’s third-year residents are learning a healthy eating curriculum and that the virtual cooking classes with LaSoupe have been well-received by patients. The group discussed how to increase the health value of Meals on Wheels, which often provide a significant source of food for seniors, especially. Tiffany mentioned that LaSoupe and CareSource are piloting a tailored meal plan for seniors.

Dr. Pickle closed the meeting with a reminder about having someone serve as committee chair in 2024, sending a representative if you cannot be available, and the 2024 meeting dates.

**Tuesdays, 7-8 pm via zoom**​- **March 12, 2024, June 11, 2024, September 10, 2024, and December 10, 2024,  ​**

Respectfully submitted,

Sharron DiMario