

**NE Iowa Food & Fitness Initiative
County Planning Team Meeting MInutes
July 19th, 2007
4:00, ISU Extension Office, Fayette**

1. Ruth introduced the "Suggestion Box". This box will be available at all future meetings for attendees to drop suggestions into in the event they didn't get a chance to bring it up at the meeting, or were perhaps too shy, or the issue too sensitive, to bring it out in public.
2. Brenda introduced the flip charts. These charts will be at each meeting so that we can record, and keep a running tally of the following:
 - o Who's not here that should be? As we discuss certain topics, we may need extra expertise. This chart will help us keep track of who the resources are when we address various issues.
 - o What policy changes have you noted? No matter how small, all policy changes (even just a simple change within one business or church, etc) will be noted on this chart. We will use these as part of measuring our success in the initiative.
3. Alternate Rep. to Regional Meetings. We needed to choose one individual to attend the regional meetings as an alternate on a regular basis, with no actual voting powers, unless one of our 3 representatives is unable to attend. Vicki Rowland will be our alternate.
4. Student Rep. to Regional Meetings. We are still trying to find students (not just for the regional meetings!). Vicki Rowland will contact Alexis Spahn to see if she might be interested, Sue Burrack and Cheryl Struthers will talk to 4H-ers and FFA students at the fairs. Other contacts might be: Brian Harper with the N. Fayette FFA and the Oelwein FFA, and Michelle Kelly for other 4H-ers.
5. Stipend has been set for the Regional Team Members of \$30.00 per person, also, mileage will be paid for up to two cars. Sue Burrack said that her superintendent gave permission to use the school vehicle, all can carpool with Sue.
6. Webcasts & Discussion:
 - o "Fitness As a Personal Ideal" Our Key Points of Discussion:
 - What can we do to change the perception that obesity is a personal failure/issue and educate people that it is really a public issue?
 - We need to create environments that support fitness.
 - Do we need to focus more on prevention policies? We need to address the issue pre-emptively.
 - Industry policies, as well as government policies need to address the issue – education is key.
 - Parent Education
 - Insurance Incentives
 - Can corporations/companies provide fitness opportunities?
 - Found the correlation between "savings" and "fitness" very interesting – how can we fix the lack of fitness issue like social security attempts to fix the lack of savings issue.
 - o "Active Living By Design – Parks, Trails, Greenways and Transportation" Our Key Points of Discussion:
 - Trails need to be connected to each other, or to a "destination". They must be easily accessible and available. Are looking for a comprehensive trail plan that each community feels ownership in and connection to.
 - We need to take a look at state and local policies (i.e. when planning and zoning, are new developments required to have sidewalks, etc?) Let's assess our own communities – can we make them more pedestrian and bicycle friendly? Barrier mapping? Safer intersections? Consistent Sidewalks? Community Buy-in?
 - Can we utilize Safe Routes to Schools grants?
 - Can we tailor programs for children w/ older care-givers?
 - How can we encourage canoeing over tubing?
 - Can we encourage bicycling by placing bike racks in towns – and teaching kids how to use! What about a "Bike Lock" give away?
7. Next Meeting: August 16th, 2007. 4:00 – 5:30, ISU Extension Office.
8. Information website: www.niffcoalition.org

NE Iowa F&F Initiative Goal

To create community environments that support healthy children, youth, and families by making available and promoting the procurement and consumption of local healthy food and the creation of space and structures for physical activity and play.