

MEETING MINUTES

DATE: September 13, 2007	LEADER: Dan Lane
TIME: 6:00- 8:00	RECORDER: Nancy Yelden
PLACE: Clayton Co. Extension office	GROUP: Clayton Co. Food and Fitness team

MEMBERS PRESENT: [X]	X	Julie Zittergruen	X	Ellen Johnson
X Cindy Vorwald	X	Haleisa Johnson	X	Nancy Yelden
X Connie Everett	X	Darla Kelchen	X	Brenda Ranum
X Dan Lane	X	Brenda Boddicker	X	Brian Rodenberg
X Adam Steedland	X	Ellen Bechtel	X	Fran Passmore
X Heather Ruel	X	Ellen Johnson	X	Bryce Durbin
X Betty Hein	X	Joan Elaine Follon	X	Judy Crandall
X Brandon Freidlein	X	Vicki Carolan	X	Julie Grau
X Tara Dykhuizen				

1. Reviewed Minutes
2. Reviewed Agenda

Agenda Item	Activity/Discussion	Decision/Action/Conclusion	Who does it?
Welcome & Introductions	Welcomed new members, Introductions and encouraged new members to refer to website: www.iowafoodandfitness.org to update them on committee's purpose and objectives.	Informational	
TAP visit	Viewed slide presentation on highlights of TAP visit the last week of August. Regional team members shared the visit went well and the TAP committee felt we were making great progress with our coalition building and planning.	Informational	
Suggestion box	Dan reminded attendees to complete suggestion forms and add to suggestion box before end of the meeting.		

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Flip charts	Reviewed charts for: “Who Is Not Here That Should Be” (1) and “What Policy changes have you noted?” (2)	(1)- Added senior citizens and producers/farmers. (2)- Central School is offering yoga classes to students and parents. Currently have 18 adults and 11 children. Meeting 2X/wk after school. - Central Community Hospital continue to offer “Wellness Challenge” program with employees to offer free health screening, track activities and then re-screen to monitor progress. - Volga is very close to having the plans in place for a pilot project for a community garden. Meeting with city leaders for final step.	
Summary of August Regional meeting	Safe Routes to School Grant will be submitted by Laura by 10/1 to request funding for planning/assessment. Need to determine why children do not walk to school. Regional team met with the TAP committee from Kellogg Foundation and visit was very positive. Regional team is discussing work sites in each county for “Worksite Wellness” program. Freedom Banks in Clayton Co has been suggested as one site.	SRTC interested schools: Central Clayton /Ridge Ed-Co MFL/MAR/MAC.	Haleisa, Brandon, and Brian
Web cast #5 Mark Fenton on Walk able Communities	Viewed web cast and discussed questions: #1: “What are the 4 design elements in a community that encourage people to me more physically active on a regular basis? #2: What are the 3 “P’s) that help create environments where people are more likely to walk or bike? #3: What benefits could you expect for children, youth and families if we worked to create Walk able Communities in our county?	#1: Aesthetics (benches, bike racks), mix of land uses, inviting to pedestrians, well connected, easy access, and safety, user friendly with benches, parking, and water fountains. #2.: Program: walking school bus, biking routes, skate boards and scooters. Projects: bike lanes needed, signage, studies on speed Policy: setting up designated areas for bikes #3: Social interaction, time management wellness, increased physical activity.	

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Web cast #6: “Assessment and Mapping Toolkit for Building a Healthier Community: Mapping Tools”	#1: What benefit would there be for the communities in our county if we collected data using one or more of the following 3 assessments? #1: Walk able Bike able Community Maps #2: Environmental Barrier Mapping: #3: Trail use counter program	#1: Economic development tool to promote our area, marketing community, route distance for exercise Communities interested: Volga and Guttenberg #2: Communities interested: Elkader, Monona, Luana, Edgewood Volga Guttenberg, and probably Strawberry Point. #3: Possibly Tim for county trails, Haleisa for Elkader city park trail and Strawberry Point	
	Next meeting October 11 at Clayton Co. Extension office from 6-8PM. Topics discussed will be worksite wellness.		