

MEETING MINUTES

DATE: October 11, 2007	LEADER: Dan Lane
TIME: 6:00- 8:00	RECORDER: Nancy Yelden
PLACE: Central State Bank meeting room	GROUP: Clayton Co. Food and Fitness team

MEMBERS PRESENT: [X]	X	Julie Zittergruen	X	Tara Dykhvizen
X Tim Engelhardt	X	Haleisa Johnson	X	Nancy Yelden
X Carole Glawe	X	Darla Kelchen	X	Brenda Ranum
X Dan Lane	X	Brandon Freidlein	X	Brian Rodenberg
X Joanne Severson	X	Rinda Ferguson	X	Sasha Dull
X Deloras Fishback				

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	
Introductions: "Who have you taken F&F information to in your community	<ul style="list-style-type: none"> -Brian shared Central School snack program is serving more healthy choices and less packaged foods. - Dan met with Home Economic classes in Central and Clayton Ridge schools and provided funding for purchase of supplies - Haleisa shared CCH is meeting with all staff to share F&F goals. - F&F Initiative was a topic discussed at ISU annual conference - Carole shared F&F Initiative with Farmersburg & St. Olaf city councils. - Nancy is keeping Clayton Co. Board of Health of progress with project. 	Informational	

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Suggestion box	Dan reminded attendees to complete suggestion forms and add to suggestion box before end of the meeting. Also to complete the evaluation form at the end of the meeting.	Brenda will summarize the evaluation forms.	
Flip charts	Reviewed charts for: “Who Is Not Here That Should Be” (1) and “What Policy changes have you noted?” (2)	No additions made to ongoing list.	
Summary of September Regional meeting	Safe Routes to School Grant has been submitted to request funding for planning/assessment. Grant awards will be announced in March/April 2008. Regional team will be discussing at Oct. meeting selecting 2 communities in the project to start SRTS surveys with current Kellogg funds. Information gained from this project will be used with SRTS grant if awarded next spring. Upper Iowa University & RC&D interns are available to assist with this regional project. Regional team is discussing work sites in each county for “Worksite Wellness” program. Freedom Banks in Clayton Co will be one of our worksites.	Discussion that not each community or county will always be able to participate in all the proposed projects due to funding. A reminder to members that this is a planning year and any project that is successful may be replicated in other communities at a later date. SRTCG interested schools: Central Clayton /Ridge Ed-Co MFL/MAR/MAC.	Haleisa, Tim, Brandon, and Brian

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<p>Web cast #7 Worksite Wellness</p>	<p>Viewed web cast and discussed questions: #1: What do you see as the main health issues with the web cast?"</p> <p>#2: What are some things worksites should do if they are starting a wellness program that will help them insure success?"</p> <p>#3: What are the benefits for workplaces to start a workplace wellness program?"</p> <p>#4. Do you know of any worksites in our county that have started a workplace program?</p> <p>#5. Which worksites in our county would benefit form the Well Workplace Training that will be offered in NE IA this winter as part of our F&F Initiative?</p> <p>#6: What are some potential policy changes for worksite related to wellness?</p> <p style="text-align: right;">3</p>	<p>#1: Sedentary life style, mind set, time management, lack of education on time needed for exercise, Clayton Co. ranks 13th in Ia. for strokes, Diabetes & Hypertension also very high incidence, pop/vending machines in schools (Pop causing osteoporosis with loss of calcium), 38% of residents are overweight, 60% of US population are overweight compared to 10% in 1970, injuries with falls/back/wrist/work related, uninsured population so unable to access preventative screening.</p> <p>#2.: Gear toward preventable, employees help plan the program, Use testimonials, success stories, Change the mind set to accept physical activity for employees, mini workouts throughout the day.</p> <p>#3: Social interaction, decrease absenteeism & illness, increase productivity, reduce insurance costs, happier employees. Tim shared Clayton Co. employees "Safety Program" implemented a few years ago. Has proved to lower workman's comp rates & health insurance premiums. Could add health topic to address at each safety committee meeting.</p> <p>#4. Seedorf Masonry, Guttenberg Care Center, CCH, Guttenberg Hospital</p> <p>#5. Everyone!!! Freedom Bank, Isle of Capri (contact person Carol Meyer), construction companies, Monona Wire, County employees, schools Will recommend second worksite to be Isle of Capri.</p> <p>#6. Health choices/ vending machines, let employees have time to walk, upgrading office equipment for improved ergonomics, tobacco/chew policies, workout/fitness equipment at work sites, educate employees on how to change behavior/habits to gain financial benefits, location of vending machines in schools & adult role models to promote change,</p>	

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	Next meeting November 8 at Clayton Co. Extension office from 6-8PM. Topics discussed will be school wellness policy.		