

Howard County FFI meeting Minutes
October 17, 2007
6:30- 8:30 PM
Elma School

Present: Larry McGee, Colleen Peckham, Robert Hughes, Elaine Govern, Matt Kabliska, Charlie Baier, Ken Paxton, Marian McGee, Gerry McGee, Sandy Lentz, John Lentz, Mary Ann Gebel, Kenneth Gebel, Sharon Gansen, Bruce Weigel, Hazel Boyle, Marge Ludwig, Bernie Vores, Bob Vores, Barb Schroeder, and Brenda Ranum.

Welcome by Charlie. A meal of local food was served and people got a chance to meet and get to know each other. Charlie then reviewed the NE Iowa FFI vision and goal, and what tonight's program would be. He explained the Suggestion Box and asked them to identify people who aren't at the meeting that should be.

A summary of the Regional Food & Fitness Leadership Team Meeting was given by Rob Hughes & Elaine Govern. Elaine & Rob explained what the Regional Team is and reviewed key points from their September meeting involving safe routes to school, walkable/bikeable communities and worksite wellness. The group then moved to the school library for the second half of the program. Everyone introduced themselves and told about what they do and what their interest is in this project.

Matt reviewed the Webcasts from September and explained that all the webcasts could be viewed at: www.iowafoodandfitness.org. The group had some additional questions about the pilot projects that were answered by Brenda Ranum and Rob Hughes.

Matt Introduced Webcast #7: "*Workplace Wellness*". The group Discussed Webcast # 7 & Answered Questions:

We heard about some of the employee health issues in the webcast. What do you see as the main health issues facing NE Iowa employees?

- Stress
- Tobacco
- Lack of exercise
- Workplace injuries
- Obesity
- Chronic health conditions
- The above lead to increased health cost, workman comp claims, etc.
- Time constraints and long work hours
- Location of work—away from places to exercise
- Small businesses can not let people off nor handle the expense

What are some things worksites should do if they are starting a wellness program that will help them insure success?

- Need leadership "buy-in"

- Need employee “buy-in” and go with those who are ready
- Positive promotions with flexibility
- Employer is supportive of time away
- Employee accountability
- Benefits/incentives are given by the employer
- Wellness events sponsored by employer- walking Wednesdays, etc
- Partner with someone to exercise

What are the benefits for workplaces to start a workplace wellness program?

- Healthcare costs will go down
- Absenteeism will go down
- Energy and morale will go up

Do you know of any worksites in our county that have started a workplace program?

- Regional Health Services of Howard County
- Donaldson’s
- Howard-Winn Schools
- Featherlite

Which worksites in our county would benefit from the Well Workplace Training that will be offered in NE Iowa this winter as part of our Food & Fitness Initiative? (List name of company, contact name at company and who will do the follow-up contact with the company to see if they are interested in this opportunity.)

- McNeilius—Elaine will be the contact
- Howard-Winn School-Rob will be the contact
- Donaldson’s—Matt will be the contact

McNeilius is the first choice and we will wait to see if they are willing to participate prior to contacting the next two.

Wrap-Up: We thanked everyone for sharing their time and ideas. The November meeting will be in Cresco on November 12, 2007 at Featherlite Corporate Office training room at US 63 & 9. The November meeting topic will be a school wellness policy discussion. The meeting will start at 6:30 pm and there will be no meal at this meeting.

Everyone was encouraged to write on the flip charts and put their cards and evaluations in the suggestion box before leaving. The meeting ended at 8:40 pm.