

**Fayette County Food and Fitness Planning Meeting  
October 18, 2007**

Present: Cindy Ira-Smith, Christie Dennis, Vicki Rowland, Jamie Christoffer, Erin Ott, Barb Schoenjohn, Monica Enyart, Alice Moeller, Kathleen Guyer, Scot Michelson, David Runyon, Maureen Johnson, Rod Marlatt, Deb Kahler, Brenda Ranum

Everyone was welcomed and introduced by answering the following question, "Who have you talked to about Food & Fitness?" Answers included:

- Supt. at Valley; Elgin City Council
- Waiting to take it to Clermont City Council
- Fayette Co. Conservation Board
- Oelwein Supt. and individuals
- Fayette Paper/Echo
- Valley Students
- Starmont School, Senators and Representatives
- Elementary Playground Assessments
- Economic Development/Supervisors
- Fayette Mayor/Economic Development

Evaluations were handed out and we were asked to fill them out through the meeting.

Room arrangement ideas from the suggestion box were discussed. On-going room choices are being looked into. The town of Fayette has been selected because it is mid-county for the extreme northern and southern areas distance traveled. Suggestions for different locations in Fayette, if size of room becomes a concern, included:

- Opera House
- Rainbow Land
- Fayette Library
- UIU
- Fayette Community Church

What policy changes have you noted? Answers included:

- some schools – no pop machines and they have been replaced with machines that have smaller juice containers, water and milk

What people are not here that should be?

- City council people – mayors
- Schools – PE teachers, lunch ladies, school nurses

Participants suggested different ways to get people to attend meetings.

- Direct organized mailing
- Followed by telephone calls.

Regional Team members, Vicky Rowland and Scot Michaelson gave a report from the September Regional Food & Fitness Leadership Team meeting:

- Talked about web cast – a lot of activity as all 4 counties are receiving the same information.

- The region has money to spend on assessment, but no decisions were made yet on which assessments will be funded.
- Fayette County has indicated their interest is the Walkable/Bikeable Community Mapping for the entire county.
  - It was recommended that a county wide map of all trails be developed using an Intern at RC&D at no cost. Rod and Maureen will work with this intern to complete this map and determine what we want maps to show (benches, sites of interest, shade, restrooms, incline, signage designating who can use the trail...walkers, bikers, strollers, snowmobiles, horses, etc.), etc.). This map may be able to help those working on trails in Fayette County how close they are to hooking up with each other from one community to the next and with trails in other counties.
  - It was recommended that a walkable/bikeable community map for the county be completed using UIU students as interns under the direction of Katherine McCarville. In these maps we would want walking/biking paths designated that people could take a 1 mile walk, 2 mile walk, 3 mile walk, etc. around the county.
  - All assessment tools used would need to meet the following criteria:
    - Use reliable tools
    - Data can be replicated in another county
    - Decide what we want on map
    - Use Kellogg's recommended tools
- Winneshiek County Conservation presented a proposal for a school-based program they would like to develop. In the future other proposals can be developed and presented but they should meet the criteria set up by the Regional Team.
- Regional F&F Leadership Team meeting minutes and all the minutes from the county meetings are available on the website to learn what other counties are doing.

#### Webcast – Worksite Wellness - 1 webcast per month

- The Tap't Out Stein-n-Dine in West Union participated in the Workplace Assessment with Luther College. Troy's letter of support for the assessment was shared with the group.

What do we see as the main health issues facing NE Iowa Employees?

- Same as those facing all of NE Iowa and the country
  - Obesity
  - Inactivity from our youngest to our oldest
  - Lack of time
  - Stress and depression

What are some things worksites should do if they are starting a wellness program?

- Go slowly
- Wait for employee readiness
- Educate people
- Take the time
- Incentives and look for motivators
- Train the leaders
- Consider the needs of the people
- Where can they go to exercise? Variety of activities
- Convenience and cost needs to be low
- Partners/groups

- Non-judgmental

What are the benefits to worksites to start a wellness program?

- Less absenteeism
- Higher morale
- Healthier
- Quality of work
- Health insurance costs lower
- Save employer money

Do you know what employers in Fayette County have Wellness Programs?

- Starmont
- Oelwein – Nutritious snacks
- Palmar Hospital
- Lighten Up – UIU
- Clermont Church

Which worksites in Fayette could benefit from Wellness Workplace Training? (CEO, PR person, employee – help get info to employees).

1<sup>st</sup> Choice: Fayette County Employees – Vicky Rowland will follow-up and contact Brenda Ranum

2<sup>nd</sup> Choice: NE Iowa Co-op

3<sup>rd</sup> Choice: Moore's Food – recommend a pilot program next spring where they put labels on foods that say "healthy foods"

The Worksite Wellness Assessment will occur Nov. 2007 through May 2008 – need to commit to the training 2 people. We would need a manger or CEO to participate. The training will be held the last week in November.

Next month will be a webcast on School Wellness:

- Work with schools
- Look at schools that are implementing wellness policies
- F&F will be want to select a school next month that the can work with to look at their school wellness polices. The goal will be to look at changes they and others have made to their School Wellness Policies and share them with others in the region. We'll be looking at food policies as well as policies related to physical activity. In June 2008, the schools will share what they have done and learned with others at the F&F Conference. Other schools will hear about positive things that are happening with schools and hear how they can build on these ideas.

Next Fayette County Food & Fitness Meeting – Thursday, November 15, 2007, 4:00 pm – 6:00 pm, Fayette County Extension Office.