

Howard County FFI meeting Minutes

The Howard County FFI Planning team met on November 12, 2007 at 6:30 pm at the Crestwood High School. Present: Larry McGee, Colleen Peckham, Robert Hughes, Elaine Govern, Ronda Hughes, Matt Kabliska, Charlie Baier, Joye Meyer, Wendy Schatz, Keith Slifka, Dory Fravel, Jerry Brown, Mary Steen, Paula Kelly, Sandy Offen, Tom Hamrick, Barb Gesell, Tom Schasuss, Renee Cuvelier, Bryce Conway, Shirley Sovereign, Tannor Burke, Jim Zajicek, Debbie Oulman, Scott Wiley, Jan McGovern, Che Oulman, Chris Govern, Jim Green, Ron Downing, Sandy Hagen, Brenda Johnson, Sheyel Noble, Deb Oberman, Kathy Tesmer, Denise Shekleton, Cheyl Dickman, Carol Meineche, Brian Ney, and Pat Bouska.

Welcome by Charlie. A meal 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 Flash survey and asked them to identify people who aren't at the meeting that should be.

Brief Summary of Regional Food & Fitness Leadership Team Meeting –Reg. F&F Team

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 October meeting.

Everyone introduced themselves and told what they do and what they think about the vision for this initiative. Also in five to ten years from now, what is one thing you hope will happen or change as a result of the learning and planning we are doing for the NE Iowa Food and Fitness Initiative? (See list at the end of the notes)

Matt Introduced Webcast #8: *“An Introduction to School Wellness Policies”* and explained that all the webcasts could be viewed at: www.iowafoodandfitness.org.

Participants divided into small groups according to the number of school districts represented. The groups recorded key comments to the questions listed below and share these comments with large group following the small group discussions:

Does your local school wellness policy include nutrition guidelines for all foods available on campus?

- Riceville School: Yes- meals, vending machines, treats, and concession stand
- Crestwood Elem, Notre Dame, NICC: All these schools are involved in the program. They have fruits/vegetable at snack time
- Howard-Winn: Yes- covers all guidelines

Do the nutrition guidelines apply to foods sold during the school day only or extend to include events occurring after school hours? (How is the school day defined? Does it end after classes at 3:00 pm or 6 pm or 10 pm?)

- Riceville School: Day ends at 3 PM encourage later
- Howard-Winn: Yes- Also looking at foods served at events. Booster club fund raising events and offering fruits/vegetables

How much physical activity do students receive each day at each of the building levels?

- Riceville School: PE K-5 60 min a week, 6th grade 90 min a week, 7-8 45 min a week, 9-12 90 min a week. Also 90% of the youth get an additional 45 min at the end of the day
- Crestwood Elem, Notre Dame, NICC: Crestwood K-3 3 recesses, 4-5 30 min of PE twice a week; Notre Dame PE 3 times a week, K-2 3 recesses, 3 has 2 recesses, 4-6 1 recess
- Howard-Winn: Monday & Thursday 45 min, Tuesday & Friday 25-30 min

How have youth been involved in your wellness policy development and implementation?

- Riceville School: The youth are involved and they have a suggestion box
- Howard-Winn: Yes, they did involve youth.

Are your school staff role models of good nutrition and physical activity behaviors?

- Riceville School: Yes some teachers are doing Lighten up Iowa, other walk and PE lifts weights
- Crestwood Elem, Notre Dame, NICC: The staff at each school are good role models for the youth
- Howard-Winn: Yes

OTHER:

- Improve foods—not as much pre-packaged
- Educate on healthy snacks
- Improving what health class offers
- Look at concession stand food
- Pop machines to offer no sugar drinks
- Most school do great with breakfast/lunch still need to work on treats (birthday treats)

Wrap-Up: The December meeting will be on December 13, 2007 at 6:00 PM at Cresco Bank and Trust, Cresco. The CSA will be program for the meeting.

The January meeting will be January 17, 2008 location to be determined.

Everyone was encouraged to complete their evaluations and post cards. The meeting ended at 8:40 pm.

After the program was over those who have been involved with the Initiative were asked to stay and select the School Wellness Policy Committee that seems the most ready for additional assistance and looking to build on their current positive practices. The group selected Howard-Winn with Rob Hughes as the contact person. They also selected Cresco for Walkable/bikeable community and Elma for Safe Routes to School.

-Attached Comment list: Comments made by the 39 participants attending the Food and Fitness Meeting Nov. 12, 2007: In 5-10 years, what is one thing you hope will happen or change as a result of the learning and planning we are doing with FFI?

- Help students reduce obesity, increase wellness program, improve luncheon meals.
- Need wellness/fitness facility in Riceville community for adults/kids.
- Concerned about fitness for kids; need more locally grown foods.

- Improve healthy foods so have healthy children.
- Place for kids to go that aren't in sports; have facility in Riceville area for physical fitness; find way to promote locally grown foods.
- Focusing on better facility means more kids will participate which helps local community plus increases fitness in kids.
- Want safer environment for kids to walk to and from school.
- Educate families and encourage them to exercise as family unit.
- Need additional space for fitness in school – multi-purpose room.
- Decrease 62% obesity rate by half.
- Create new generation where food and fitness is way of life.
- Have communities working together to build exercise program/facility that's affordable for everyone.
- More variety of healthy foods at school.
- Build collaboration between all communities.
- More opportunities in Elma, Lime Springs, Ridgeway so don't have to drive to Fitness Center at Cresco.
- See adults set example for kids – promoting good health and fitness and better diet.
- See network of trails in the whole county that are safe.
- Develop farmer's markets that people want to come to.
- More organic gardening using less pesticides, etc.
- Students taking ownership for food and fitness at younger age.
- Longer school day or ability to provide 45 minutes of PE every day.
- See lifestyle change so instead of grabbing pop and chips kids/adults make healthier choice (fruit/vegetable).
- Increase daily servings of vegetables and fruits.
- Have families eat more healthy meals at home as family.
- Kids in lower grades eating healthier.
- 45 minutes for PE plus educate kids on obesity.
- Secure safe routes to school (elementary to high school) and decrease number of cars in school parking lot.
- Have better playground equipment and safer surfaces.
- Promote local producers.
- Healthy lifestyle would decrease insurance costs.
- Work with local Amish farmers for fresh fruits/vegetables.
- Money to provide morning snack of fruit/vegetable (something healthy).
- Have PE every day.
- Fitness trails that connect all communities, healthier snacks, adults being good role models.
- Food, farm coalition – expand to year-round local use of foods.
- Encourage/offer cheese sticks for snacks as 50% of bone growth happens between 10-15 years of age and kids feel it's not “cool” at that age to drink milk.
- Can have excellent playground equipment and no one using it - need to increase families working together to create healthy lifestyle and reduce disconnect between parents and children.
- Increase healthy, nutritional ideas.