

NE Iowa Food & Fitness Initiative
Regional Leadership Team Meeting Minutes
November 28, 2007
Hotel Winneshiek, Decorah
1:15 pm – 1:45 pm

Present: Lana Snitker, Paul Rael, Solveig Hanson, Viktoria Stockman, Haleisa Johnson, Tim Engelhardt, Carol Glawe, Sue Burrack, Scot Michaelson, Joe Organist, Vicki Rowland, Elaine Govern, Rob Hughes, Ronda Hughes, Larry McGee, Karen Foster, Eric Nordschow, Rick Edwards, Lindsay Erdman, Lora Friest, Ann Mansfield, Teresa Wiemerslage and Brenda Ranum

Youth Meeting: Abby Myers, Brandon Freidlien, Mila Hugo, Sam Lepa, Tanner Burke, Carmen Dohlman, Kate Mansfield, Hannah Ranum, and Vanette Grover

Brenda welcomed everyone and explained that the youth Regional Team representatives were meeting separately with Vanette Grover, ISU Extension Youth Development Specialist so they could plan for activities that will involve more youth in the future and to work an Iowa Action For Healthy Kids grant proposal.

Workplace Wellness Training - Ann Mansfield and Karen Foster provided an update on the Workplace Wellness Training held for the nine following worksites on November 27th at the Baker Village Commons:

- Allamakee –
 - **Farmers & Merchants Savings Bank - 28 employees**
 - Good Samaritan Health Center – Postville
- Clayton –
 - **Freedom Bank – 41 employees**
 - Isle of Capri Casino – 700+ employees
- Fayette –
 - **Tapt Out Stein-n-Dine (Restaurant) – 16 employees**
 - Fayette County employees –
- Howard –
 - **Regional Health Services – 200+ employees**
 - McNeilus Company – Manufacturing – 120+ employees
- Winneshiek –
 - **Winneshiek Medical Center – 400+ employees**
 - *Gemini – Manufacturing – 150+ employees (unable to attend due to an last minute illness)*

Drs. Greg Lonning and Loren Toussaint of Luther College in Decorah, Iowa, along with 50 of their students, organized a wellness initiative with a the bolded workplaces above. The initiative ran in Luther College's fall semester and students from each of Drs. Lonning's and Toussaint's wellness courses were involved. The initiative focused on helping work sites focus on improving healthy eating and physical activity and thereby enhancing quality of life. The initiative had two phases. First, work sites complete a health risk assessment phase where each business encouraged every employee to complete a battery of health-related questionnaires to assess important aspects of health and wellness. Second, there was a wellness-programming phase where the information from the health risk assessment was used to shape and implement worksite wellness programming. On November 27th, The Iowa Wellness Council provided the Well Workplace University Training to participating workplaces, in addition to five new work

sites selected by County Food & Fitness Planning Teams. ISU Extension's Cindy Baumgartner, Nutrition and Health Specialist also partner with Luther College and the NE Iowa Food & Fitness Initiative to support the introduction of workplace wellness in a variety of ways.

The goal of the NE Iowa Food and Fitness Initiative is to bring current information re workplace wellness (including regional resources) to the 10 workplaces in our region in the Fall 2007. We hope to learn from each workplace how information is shared back to their organization and what happens as a result. Is workplace wellness programming introduced or improved? What is the employee participation and satisfaction with wellness programming? Are there policy changes in the workplace? What are the lessons learned? We may bring together a focus group in the spring of 2008 for sharing amongst the 10 workplaces and a panel to share lessons learned at a NE Iowa Food & Fitness Conference in June 2008.

Update and Approve Regional School Wellness Policy Assessments Sites – Regional Team members reported on their November County Planning Team discussions based on the School Wellness Policy webcast and the following schools were nominated to receive assistance on their Wellness Policy Assessment by Cindy Baumgartner, ISU Extension Nutrition and Health Specialist and Ann Mansfield:

- Allamakee – Allamakee Community Schools
- Clayton – Clayton Ridge Community Schools
- Fayette – Starmont Community School
- Howard – Howard – Winneshiek Community Schools
- Winneshiek – North Winneshiek School

Carol Glawe made a motion to approve the five nominated school sites to receive assistance from Cindy and Ann and Ronda Hughes seconded the motion. Motion carried unanimously.

Elaine Govern made the following motion: The selected pilot projects for Work Place Wellness and School Wellness, in each of the five counties do the following each month prior to their presentation at the June Regional Food & Fitness Conference:

1. Appoint a competent scribe to record the highlights of each of the committee's discussions **and** separately in list form, the steps they determine will implement the pilot project in their community.
2. Secondly, to insure original and independent thinking between the groups, these written reports be sent to Teresa Wiemerslage (wiemer@iastate.edu), who will publish them simultaneously on a given day each month on the website.

Carol Glawe seconded the motion. Discussion followed and a call for a vote was made. Motion passed unanimously.

June Regional Food & Fitness Conference – Brenda asked for volunteers to assist in planning the June Regional Food & Fitness Conference to tentatively be held at Luther College on Wed., June 3 or Thurs., June 4 or Tues., June 10 or Wed., June 11. Carol Glawe, Sue Burrack, and Eric Nordschow both volunteered to serve on this committee.

Next Meeting – Regional Team members selected Wednesday, January 9th, 11:00 am – 2:00 pm, Baker Village Commons, Luther College as their next meeting date to continue their discussion to develop a Vision for the NE Iowa Food & Fitness Initiative, as well as work on the Work Plan and budget for Year 1 and 2.

Meeting adjourned at 1:45 p.m