

**NE Iowa Food & Fitness Initiative**  
**Fayette County Planning Team Meeting Minutes**  
**May 15, 2008**  
**4:00, ISU Extension Office, Fayette**

Attendees: Deb Kahler, Barb Ashby, Donna Story, Dave Runyon, Joe Organist, Karla Organist, Scot Michelson, Alice Moeller, Ruth Schemmel, Katie Schemmel, Barb Schoenjahn, Jennifer Ranheim, Ron O'Kones, Christie Dennis

1. Committee Members reported on the following discussions, projects or grants related to the Food & Fitness Initiative (FFI):

- Several committee members took part in the parks and recreation area surveys/inventory for Scot. Many were impressed with how much we have available. Several remarked on the apparent lack of use of these areas which led to a discussion as to why this might be. Weather, convenience, and the thought that many don't know what is available were brought up as possible reasons. Committee members also wondered if there was any tool to count park usage.
- A report was given on the school wellness teams meeting on the 14th. The information collected is now posted on the FFI website. There was much discussion relating to the obstacles schools face in the school lunch program, including lack of staff for preparation, government commodities and the general lack of funding. Ideas to assist with this problem were: increasing purchasing power by buying food as a region; looking at things that have a smaller impact, but can be immediately implemented, like concession stands & school gardens; what about student participation in the food preparation?
- West Union Community Library's summer reading program will be "Catch the Reading Bug". Some physical activity is always incorporated into the program.
- Many local farmers markets are up and running: West Union on Tuesday and Friday afternoons, Fayette on Wednesday afternoon (in Fayette on May 21st, they will have the Iowa Healthy Edge Meats folks there cooking goat from 3:30 – 5:30)
- School screening continues in Oelwein.
- One committee member will be teaching "Young at Heart" chair aerobics at the upcoming Senior Fest at NICC.
- The community of West Union has been chosen by the Iowa Department of Economic Development (IDED) to be one of 2 pilot communities to implement "green" aspects into their upcoming streetscape project. IDED has a "green" page on their website too: [www.iowalifechanging.com](http://www.iowalifechanging.com).
- The results from an Early Childhood Education Fair BMI testing were shared with the group.
- Reading and research information shared:
  - There are many articles "out there" about other groups trying to do just what we are doing.
  - Be an "Urban Agrarian" – several communities are taking advantage of vacant lots for gardening.
  - The impact of what is currently happening at AgriProcessors will have far reaching impact in our region – from the farmer to the purchaser.
  - Food as a topic is becoming very mainstream – articles from Kiplinger and the London Economist were shared with the group.

2. Regional F & F Leadership Team Report:

- Committee members were given the Regional Team Summary report for review.
  - New logo was presented to the group.
  - A brief summary of each work group's progress was presented.
  - Scot shared that they have the same discussions regarding our challenges at the regional level as we have here at the county level. One thing that is encouraging when attempting large policy change is to think of our region, and how powerful our message can be, and, if combined with all 9 of the Kellogg initiatives, think of the voice we could have.

3. Presentation & Discussion:

Ruth Schemmel presented the results obtained from a basic "key informant survey" conducted by Public Health. The Key Informants also include representation from law enforcement, medical clinic nurses and managers, homecare staff and administration, clinic patient, several community service providers, empowerment, nursing home, school nurses and administration and counselors, hospital staff and administration, board of health, board of supervisors, mayor, pharmacist, homecare staff, daycare staff and city council members.

Fayette had a fair response, although overall participation was low. Public Health is currently planning a health baseline survey to allow us to measure our impact.

- Question: What do you see in this report – what jumps out at you? The key informants and others (including ourselves) may have different perceptions when talking about health in communities; educated that this survey was the first step in making a health-related survey and this lead into question 2 discussion.

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- Question: How does this information validate what you know about our communities? The survey showed a need to reach out to community members to clarify the health perception given by key leaders in our communities. Several of the members agreed with some of the initial findings, while others thought it needed to be more concise.
  - Question 3: General consensus was that the baseline of health is needed to show progress being made by our efforts in the NE Iowa Food & Fitness Initiative within the involved communities.
  - Question 4: Where do we go from here? Discussed having focus groups; reaching out to different and diverse populations in our communities at their meetings; working to acquire and assure a large sample is done for an accurate baseline of health information; the projected 45 minute survey was mentioned; group consensus was to decrease the time-frame for the survey.
4. Next Meeting: June 19th, 2008. 4:00 – 6:00, ISU Extension Office.

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