

Howard County FFI meeting Minutes
May 21, 2008
6:00- 8:00 PM
Laura Rose Lobby at the hospital in Cresco

Present: Elaine Govern, Matt Kabliska, Charlie Baier, Larry McGee, Ronda Hughes, Colleen Peckham, John Lloyd, Ken Paxton, Sandy Hagen, Sheila Wemark, Ernie Martin, Lee Walter.

Welcome by Charlie. A meal was served. People introduced themselves and told why they came tonight.

Guest Speakers: Ernie Martin & Lee Walter
Talked about the idea of a community greenhouse & garden

Charlie went over the agenda and told the group where to view Previous Webcasts - can be viewed at www.iowafoodandfitness.org . Charlie also read the working vision.

NE Iowa F&F Initiative Working Vision:

Northeast Iowa is a unique place where all residents and guests experience, celebrate and promote healthy locally grown food with abundant opportunities for physical activity and play EVERY DAY. Healthier people make stronger families and vibrant communities.

A Brief Summary of Reg. Food & Fitness Leadership Team Meeting was given by : Elaine Govern, Larry McGee, Ronda Hughes. The summary can be found at www.iowafoodandfitness.org, click on County Planning Team.

Speaker: Charlie introduced Matt Kabliska, Regional Health Services

Topic: *Public Health Key Informant Interview Summary – Spring 2008*

Discuss

- What do you see in this report -- what jumps out at you?
 1. Health Issues—youth to Baby Boomers
 2. Access to health care
 3. Low income needs
 4. Uninsured, under insured
 5. Code CHNA by town/county so we know where the data comes from
- How does this information validate what you know about our communities?
 1. Health problems/concerns
 2. Financial issues
 3. Jobs for youth
 4. Availability of healthcare (specialists)
 5. Things to do- healthy activities vs. more sedentary
 6. Education on good vs. bad food
 7. Time & convenience

8. Kids participate
- How does this relate back to our vision statement?
 1. Community gardens- good black dirt
 2. Farmers Markets
 3. Education on gardening
 4. Greenhouse Production
 5. Year round consumption
 6. Gardening contest at Borlaug Day – taste of NE Iowa
 7. Promote local foods
 8. Walking clubs-social- use track at high school
 9. Bike trail counter

- Where do we go from here?
 1. Look at immediate concerns—what do health providers need?
 2. Community planned physical activity
 3. Better planning—no overlap of events within the county
 4. Family friendly run/walks—all ages
 5. County challenge—between counties logging miles walked
 6. Wellness education for employers
 7. Health incentives- keep insurance cost down
 8. How to play!
 9. Farmers market at the campgrounds
 10. Increase availability of local foods

Next Month **June 18, 2008** – Webcast from WKKF on Policy Change – What is it, Why it's important for our work.