

NE Iowa Food & Fitness Initiative – Allamakee County

The Allamakee County Food & Fitness Planning team met on May 21, 2008 at the Waukon Wellness Center at 4:15 pm. Attendees: Teresa Wiemerslage, Barb Winters, Mary Koopman, Mary Mathison, Dani Bucknell, Dave Dunklee.

Mary Mathison gave a presentation on the Key Informant interviews conducted in each county this winter. Handouts from the presentation are posted at www.iowafoodandfitness.org. Discussion followed.

What jumps out at you?

- The information is pretty representative of our area.
- There is a recurring theme that is troubling—aging population
- We need to find ways for young people to survive financially. Get them to move back.
- We need to make our communities extremely on-line accessible.

How does the information validate what you know about our communities?

- The information is very medially oriented
- Our community organizations are failing—young people are not participating
- Church enrollments are declining
- We are losing our traditions
- The structure of society is changing

How does this relate back to our vision statement?

- Locally grown food is not mentioned—it is still a pretty new concept

Where do we go from here?

- When PH does the survey, include some open ended questions.
- Verbal questions work better for some people
- Visit volunteer groups in the area for feedback

For Communications WG—what community festivals should we have FFI information?

- Election precincts
- Allamakee County Fair, July 23-27
- Lansing Fish Days, Aug 8-9
- Big 4 Fair, June 20-22
- Sweet Corn Days, Aug 5
- Harpers Ferry Days, Aug 15-16
- New Albin Days, June 20-21
- Postville Car Show, August
- Harley Cruise, August

For Built Environment WG – what are the indoor places for people to be active?

- Schools
- Bowling Alleys in Waukon, Postville, Lansing
- Turner Hall, Postville
- Farm Bureau building, Waukon (dance classes, Weight Watchers)
- Wellness Center
- YMCA
- Village Creek Bible Camp

- Train Station, New Albin
- Girl Scout Camp
- Natural Gait, Harpers Ferry
- Community centers in New Albin, Lansing, Harpers Ferry

Next Meeting: June 18, 2008. 4:15 - 6:00, Waukon Wellness Center.