

November 5, 2007

This electronic newsletter about the NE IA Food & Fitness Initiative will be sent to team members and other interested parties. It is intended to provide current information to its readers. Let us know of topics you would like addressed. Items may be submitted to [wiemer@iastate.edu](mailto:wiemer@iastate.edu).

Archived editions: [www.extension.iastate.edu/allamakee/info/enews.htm](http://www.extension.iastate.edu/allamakee/info/enews.htm)

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**IN THIS EDITION:**

Initiative Information

- November County Meetings: School Wellness Policies
- Regional Team Meeting on Oct 31

Food System Articles:

- Local Farmers on The Big Show
- 7<sup>th</sup> Annual Organic Conference

Wellness Policy Articles:

- War on Diabetes
- The UK Population is "Sleepwalking" into Obesity

Upcoming Events

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**County Planning Team Meetings in November**

The County Planning Teams will be meeting in November to talk about School Wellness Policies. One school district in each county will be selected to work with Luther College and ISU Extension staff on updating and further developing their policy. The webcast is posted online at [www.iowafoodandfitness.org](http://www.iowafoodandfitness.org) –click on County Planning Team.

Two additional webcasts have been prepared on the Lighten Up Iowa program and the Go the Distance Youth Program. These webcasts are available on the website and by CD from your County Extension office.

The NE Iowa F&F Initiative is interested in providing assistance to one School Wellness Policy Committee in each county. Each County F&F Planning Team is being asked to select the School Wellness Policy Committee that seems the most ready for additional assistance and looking to build on their current positive practices. Which one school in your county would be most “ready and interested” in working with Ann Mansfield, NE Iowa F&F Health Liaison and Cindy Baumgartner, ISU Extension Family Nutrition and Health Specialist to have an initial site visit to review your school’s wellness policy, followed by a follow discussion/in-service to help the school staff and your wellness committee to build awareness, answer questions and assist with implementation? Attend your meeting and be heard!

**The Regional Team** met on Oct 31. Here are some highlights of that meeting:

- The Safe Routes To School grant proposal for up to 40 schools in 20 communities was submitted to the Iowa DOT for our Initiative. Communities will receive notification if their grant was selected in January or February. If selected, the assessments will be completed with schools this spring 2008.
- Voted unanimously to conduct the barrier mapping in Allamakee County communities for the cost of \$1,000.

- Voted unanimously to complete Walkable/Bikeable Maps for Winneshiek, Howard, Fayette, and Clayton counties in a community under 5000 people, not to exceed a cost of \$1500 per county and \$6,000 for the region.
- Voted unanimously to accept the five work sites selected by the Regional F&F Team members and the five work sites selected by the County F&F Planning Teams to participate in the Well Workplace University Training set for Nov. 27th at Luther College.
- Work sits participating in the Luther College Workplace Wellness Assessment
  - Farmers and Merchants Savings Bank, Waukon
  - Freedom Bank, Elkader
  - Tap't Out Stein N Dine
  - Mercy Health, Cresco
  - Winneshiek Medical Center, Decorah
- Work sites to also participate in the Iowa Well Workplace University training:
  - Good Samaritan Home, Postville
  - Isle of Capri, Marquette
  - Fayette County Employees
  - McNeilus, Riceville
  - Gemini, Decorah

#### Food System Articles

##### **Local Farmers on The Big Show**

Local farmers from Healthy Edge Meats were featured on The WHO Big Show in October. Watch a [video](#) of their interview.

##### **7th Annual Iowa Organic Conference**

[Register online](#) The conference will be held in Ames, Iowa on November 19, 2007 at the Scheman Building on the Iowa State University campus!

The Iowa Organic Conference is gaining a reputation in the Midwest as an excellent resource for individuals and organizations involved in organic agriculture. This conference is an excellent educational and networking opportunity for farmers, organizations, agribusiness professionals, students, and many others. This year's conference will cover topics such as: Transitioning to Organic Farming, Improving Organic Livestock Health and Marketing Organic Products

This year will also kick-off the new "Local Organic" campaign. Local foods will be highlighted, including information on getting more local and organic foods into schools and food services!

#### Wellness Policy Articles

##### **The War Against Diabetes**

Dietitian Annelda Gooding, an associate director at Kings County Hospital Center, is fighting the front lines of New York's war against diabetes by teaching immigrants how to cook and eat healthier. (Oct. 23) [Video link.](#)

**The UK Population is "Sleepwalking" into Obesity**

... according to a report released by the UK Government Department for Innovation, Universities and Skills (DIUS) which concludes that " ... The technological revolution of the 20th century has led to weight gain becoming inevitable for most people, because our bodies and biological make-up are out of step with our surroundings ... Our basic biological instincts combined with our modern environment means that we're destined to put on weight ... only a comprehensive long term strategy will have an impact on the rising trends of obesity. Alignment with other policy goals such as climate change, social inclusion and wellbeing is vital. Preventing obesity requires major change - in the environment and in behavior; in organizations as well as in communities, families and individuals ..." [Read more.](#)

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Upcoming Events: [Click here for more](#)

Nov 8: Clayton County Food & Fitness Planning Team, 6-8 pm, Clayton County Extension office.

Nov 10: Wapsi-Great Western Line 5K Run/Walk and Border Bike, 10:30 am.

Nov 12: Howard County Food & Fitness Planning Team, 6:30-8:30 pm, Featherlite, Cresco.

Nov 13: NIFF Coalition Presentation to Midwest Sustainable Conference, Des Moines

Nov 14: Local Food Breakfast for Food Producers and Food Buyers, 9 am, The Oaks, Decorah. More information.

Nov 14: Winneshiek County Food & Fitness Planning Team, 4:30-6:30 pm, Hovde Lounge at Luther College Library.

Nov 14: Allamakee County Food & Fitness Planning Team, 4-6 pm, Allamakee Extension office.

Nov 15: Fayette Food & Fitness Planning Team, 4:00-6:00 pm, Fayette Extension office.

Nov 28: Regional Team Meeting, 11 am-2 pm, Hovde Lounge, Luther College Library.