



## **Work Group Reports – July 2009**

### **Human & Financial Resource**

- The carryover funds have been received and the WG is working to divide the funds into the line items.
- The Americorp worker was approved.

### **Vision Work Group**

- Met with Kathy Zuercher on July 15, 16 and 20 to review, refine and discuss the documents being presented to the Regional Team on July 29.

### **Youth Planning – Lynette Anderson & Vanette Grover**

- Getting ready and excited for the FFI Youth Policy conference in Boston in July.
- Met on July 20 to start planning for school activities in the fall.

### **NIFF Coalition – Teresa Wiemerslage**

- No meeting in July.
- The Local Food Directory is printed.
- There is a new “Guide to Locally Grown Produce.”
- Continue to be discussions on how processing and distribution.
- Presented at a SARE Communities of Practice Conference to teach other people about how a COP works and how it can benefit their organization. (FFI and its workgroups all work as COPs—we use the term “learning community.”
- Over 40 people attended a Post-Harvest Handling workshop at Rock Spring Farm in Highlandville.
- The results from the Farm to School survey are being compiled.
- We submitted a grant to the IDALS Specialty Crop Block grant to develop a quality assurance training for producers and a marketing campaign for food meeting those quality criteria.

### **School Engagement – Ann Mansfield**

- Getting ready to pull the committee together to plan for the fall conference.

### **Active Living – Scot Michelson**

- Have the opportunity to partner with IDPH to bring Mark Fenton to NE IA on International Walk to School day. Fenton would be available to present to FFI partners including city, county and school officials.
- The Safe Routes to School data is ready to be presented.
- The Turkey River Corridor trail group continues to plan for that area.
- We did not advance to the next round of the Robert Wood Johnson Grant selection.

## Communications Work Group – Judy Isaacson

- Our intern, Liz has been creating “stories” of our work in NE IA. Check them out at <http://www.iowafreshfood.com/site/stories.html> .
- There is a new video of the Central FFI Team 5K at <http://www.youtube.com/watch?v=frzXapyKRLs> .
- Judy has been working on a communication plan with Pyramid Communications.

## Community Health – Haleisa Johnson

- Been talking to the community health partners on their future role in the initiative.

## Inclusive Team and Diversity Liaisons

### Outreach to Low-resource Families

Cindy provided a “Healthy Meals in a Hurry” program for Storks Nest families on July 21 at the United Methodist Church in Decorah. Storks Nest is an education program for low-income families. There were 5 people who attended (2-Allam. Co.; 2-Winnesh. Co.; 1 Howard Co). Several cancelled at the last min. (sick kids, a couple couldn’t afford car gas to drive from another co., etc.)

Cindy was invited to present to the “Early Headstart” program, which targets eligible parents who have kids birth-3 yrs (details TBD). She’ll be teaching (“Spend Smart. Eat. Smart. Fun Snacks.”) with the Storks Nest families in September in Waukon and Decorah.

### Postville Outreach

Cindy provided a “Healthy Meals in a Hurry” program for Hispanic families on June 25 and July 2. A story of this program is available at <http://www.iowafreshfood.com/site/stories.html>

### Waukon Outreach

The Waukon Farmers Market has received its EBT machine to use at the market.

## Grant Report

### Iowa Healthy Communities Initiative

Over \$1.9 million has been awarded to 24 local boards of health through the Iowa Healthy Communities Initiative. Grantees were required to focus on one or more of six areas: nutrition, physical activity, chronic disease prevention, oral health, mental health, or tobacco use prevention. Funds are being used to help communities support healthy lifestyles such as building trail expansion, worksite wellness initiatives, access to mental health, and helping families improve their access to better nutrition. For more information on the Iowa Healthy Communities Initiative grants, go to [http://www.idph.state.ia.us/hcr\\_committees/physical\\_fitness.asp](http://www.idph.state.ia.us/hcr_committees/physical_fitness.asp) and scroll to the Prevention and Wellness Initiatives section. **Local Grantees include: Clayton County Board of Health**

(Source: Iowans Fit for Life Newsletter, June 2009

[http://www.idph.state.ia.us/iowansfitforlife/common/pdf/newsletter\\_062009.pdf](http://www.idph.state.ia.us/iowansfitforlife/common/pdf/newsletter_062009.pdf))

### Live Healthy Iowa Kids 2009 Results

Live Healthy Iowa Kids is a free, 100 Day Challenge for Iowa youth that takes place in the Spring semester. The goals of the challenge are to convey that being active and eating well are important, and that both of those fitness goals can be achieved while having fun!

Teams of five to thirty youth with adult guidance track their physical activity throughout the program, aiming for at least 60 minutes a day, five days a week. Teams can earn monthly incentives and those that average 4200 minutes per team member for the whole 100 days are entered into a drawing for a chance to win up to \$3,000 to be used for physical activity or wellness efforts. This year over 480 teams, with a total of 9,587 kids participated. The teams logged over 32 million minutes of activity. The following schools that were drawn to win cash prizes: **\$500 – St. Benedict Catholic School – Decorah, IA**

**Go The Distance Day (GTDD)**, a one-day event for Iowa schools, is another free program from the Iowa Sports Foundation. Each registered school must coordinate 30 minutes of physical activity for their entire school. The program is also intended to increase public awareness of youth physical inactivity and that physical education programs and recess are needed in Iowa schools. This year 179 schools and 40,694 students participated. Registered schools that reported 100% participation were put into a drawing to win monetary awards.