

**NE Iowa Food & Fitness Initiative
Regional Leadership Team Meeting
October 31, 2007**

**Hovde Lounge, Luther College Library, Decorah
12.00 pm – 2:00 pm**

Present:

Allamakee County - Lana Snitker, Solveig Hanson, Abby Myers

Clayton County - Haleisa Johnson, Brandon Freidlein, Mila Hugo

Fayette County - Scot Michelson, Sue Burrack, Joe Organist

Howard County - Rob Hughes, Elaine Govern, Ronda Hughes, Elaine Govern, Sam Leppa

Winneshiek County - Eric Nordschow, Karen Foster, Rick Edwards, Lindsay Erdman, Kate Mansfield, Hannah Ranum

Diversity Representatives - Paul Rael

Co-Project Directors: Brenda Ranum, Lora Friest and Ann Mansfield

Youth Leader: Vanette Grover

Communication Liaison: Teresa Wiemerslage

Brenda Ranum welcomed Team members and called the meeting to order at 12:06 pm. Introductions were given.

Brenda gave a brief update on the W.K. Kellogg Foundation workshop, *Organizational Learning and Systems Thinking*. The W.K. Kellogg Foundation has generously offered to bring this workshop to NE Iowa for the Regional Food and Fitness Leadership Team and Organizational Partners. **[Since the meeting, this workshop has been scheduled for Wednesday, November 28, 8:30 am – 4:00 pm and Thursday, November 29, 8:30 am – Noon, at the Hotel Winneshiek in Decorah.** This workshop will allow our Team members to use key organizational learning and system thinking frameworks to 1) establish Core Values for our work, 2) define the Purpose for our work, and 3) create a Vision for what our work will accomplish in the next 5-10 years of the NE Iowa Food & Fitness Initiative. This work will lay the foundation for us to learn and plan over the next 18 months to develop strategies, tactics and activities to put into our Implementation Plan in order to reach our Vision.

Group guidelines and the WKKF's revised goal for the Food and Fitness Initiative was reviewed and discussed. Policy and system change and equity for all families and children have been added to focus attention on their importance.

A discussion on the regional built environment assessments continued from September meeting. Lora Friest reviewed the Safe Routes To School (SRTS) grant that submitted to the Iowa Department of Transportation (see posted document). Lora said we will know about the grant that was written to include 40 schools in 20 communities and assessments would be completed in Spring 2008. Team members shared and reviewed discussions related to built environment assessments from their September and October County Planning Team meeting:

- Allamakee – interested in Barrier Mapping and Walkable/Bikeable Community Mapping
- Clayton – interested in assessing their local resources to see what is available.
- Fayette – interested in SRTS for most schools and for others Walkable/Bikeable Community Mapping

- Howard – interested in Walkable/Bikeable Community Mapping
- Winneshiek – interested in Walkable/Bikeable Community Mapping for Calmar and willing to coordinate a team.

Following a very lengthy discussion, the following motions and votes were made related to the built environment assessments:

- Motion made by Karen Foster, seconded by Sue Burrack to wait for the outcome of the SRTS planning grant assessment before deciding on other built environment assessments. Discussion followed, Lana Snitker called for the vote. Motion failed 13 to 1.
- Motion by Haleisa Johnson, seconded by Rob Hughes to remove the trail monitoring program from consideration due to lack of interest. Lana called for a vote. Motion passed 16 to 0.
- Motion by Eric Nordschow, seconded by Solveig Hanson to conduct the barrier mapping in Allamakee county communities for the cost of \$1,000. Following a brief discussion, Rick Edwards called for a vote and motion passed 16 to 0.
- Motion was made by Ronda Hughes, seconded by Rick Edwards to complete Walkable/Bikeable Mapping 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. A brief discussion followed, Lana called for a vote and the motion passed 16 to 0. County Planning Teams will select their community at their November meeting.

Ann Mansfield gave an update on the Luther College Workplace Wellness Assessment and follow-up programming being conducted with the following work sites in each county.(see posted handout):

- Allamakee: Farmer’s and Merchant’s Bank (27/28 employees completed health survey) – 93.1%
- Clayton: Freedom Bank (29/41 employees completed health survey) – 69%
- Fayette: Tap’t Out (9/15 employees completed health survey) – 60%
- Howard: Mercy Health (68/200 employees completed health survey) – 33.8%
- Winneshiek: Winneshiek Medical Center (316/340 employees completed health survey) – 92.7%

Ann shared the work sites that each County F&F Planning Team selected to participate in the Iowa Well Workplace University training being provided on Nov. 27, along with the five work sites listed above:

- Allamakee: Good Samaritan, Postville
- Clayton: Isle of Capri, Marquette
- Fayette: Fayette County Employees [was pending at meeting time, but has since been confirmed]
- Howard: McNeilus, Riceville
- Winneshiek: Gemini, Decorah

Following the update:

- Motion was made by Ronda, seconded by Karen 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, using F&F convener grant funds to cover the expenses for this training. Motion passed 16 to 0.

Ann shared that the November webcast for County Food & Fitness Planning Teams will be an Introduction to School Wellness Policies. County Teams will be asked to select one school from their county that they determine is the 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 this school’s wellness policy, followed by a follow discussion/in-service to help the school staff and their wellness committee to build awareness, answer questions and assist with implementation of the policies in their district.

Due to the lengthy discussion that occurred around selecting regional built environment assessments, the Regional Food & Fitness Team members were asked to review the following handouts that will be covered at future meetings:

- Role & Responsibilities of F&F Partners/Teams
- Year 1 & 2 *Draft* Plan of Work
- W.K. Kellogg F&F Calendar of Events, Deadlines & Opportunities
- NE Iowa F&F Initiative Convener Budget, Expenses Incurred –To-Date, & Request for Modifications for 2nd & 3rd Quarter

Brenda and Lora shared that the NE Iowa Food & Fitness Initiative Year 2 Plan of Work was to be due to the W.K. Kellogg Foundation by November 15, 2007. However, since the WKKF will be coming to NE Iowa to provide the workshop on *Organizational Learning and Systems Thinking* and this workshop will be key to providing the foundation for our planning phase, the WKKF has indicated we can request an extension to submit our plan. Lora and Brenda will contact them for this extension.

Rick Edwards noted that since the Regional Food & Fitness Leadership Team always seems to run short on time, maybe something could be done to help between meetings to assist the co-leaders with their roles. Following a brief discussion:

- Sue made a motion, seconded by Rick to extend future Regional Food & Fitness Leadership Team meetings to 11:00 am – 2:00 pm. Motion carried 16 to 0.

Meeting adjourned at 2:07 p.m.