

## NE Iowa Food & Fitness Initiative

The Regional Leadership Team of the NE IA Food & Fitness Initiative met on August 27, 2008 at 11 am at the Decorah City Hall. Roll call:

	<b>Allamakee</b>		<b>Clayton</b>		<b>Fayette</b>		<b>Howard</b>		<b>Winneshiek</b>
X	Lana Snitker	x	Halesia Johnson		Scot Michelson	X	Rob Hughes	X	Eric Nordschow
X	Danielle Bucknell		Tim Englehardt	x	Sue Burrack	x	Elaine Govern	x	Karen Foster
	Solveig Hanson	X	Brian Rodenberg	x	Joe Organist		Ronda Hughes	x	Rick Edwards
	Alt - Open	x	Carole Glawe		Vicki Rowland	x	Larry McGee	X	Lindsay Erdman
	Abby Myers		Brandon Freidlein		Trent Moeller		Carmen Dohlman		
	Adolfo		Kim Nelson		Clint Keppler	x	Karn Anderson	X	Hannah Ranum
								x	Liz Dovenberg
	<b>Diversity Reps</b>		<b>Adm Team</b>					X	Gabe Smith
	Paul Rael	X	Brenda Ranum						
	Viktoria Stockman		Ann Mansfield						
	Leah Brown	X	Gordon Hunter						

Others: Teresa Wiemerslage, Dan Lane, Deneb Woods, Sara Noack (WIC coordinator, sara.noack@finleyhospital.org, Lynette Anderson, Carolyn Corbin, Jane Schadle, Ruth Schemmel, Lori Egan, Jenni Elsbernd (jelsbernd@palmerlutheran.org).

Share one thing that county members shared at the July County meetings that they would like see come to realization.

- Trying to rebuild the damage from the flood. Halted progress and changed focus.
- We need to make it easy for people to understand FFI
- Access to locally grown food increases
- When we are successful, when people come into the region, they would feel a difference.
- Clayton Co has meals at the meetings from local restaurants where they talk about what they provide for local, health food. Need to educate people how to use local food in restaurants, etc.
- School lunches would be more nutritious and local. Federal requirements for school lunch need to change. (4)
- Would like a network of bike trails in region
- Focus on the EVERY DAY aspect.
- Trails in area are progressing.
- Year around farmers markets
- 6 module diabetes education class being developed with NICC
- Mississippi River Trail progress
- See more people out walking, enjoying local food and socializing more
- Hope that FFI will be bigger than just the current teams
- Federal govt changing the WIC food package to include fresh fruits and vegetables.
- Completion of Clermont to Elgin trail – possible relation to SRTS
- Farm bill has monies available for fruits and vegetables
- West Union green project is looking at infrastructure and planning
- Bike lanes on highways

- Completed a survey of 200 seniors who receive farmers market coupons
- Everyone reads “Animal, Vegetable, Miracle”

Regional Team members broke into work groups. The reports from each group are as follows:

#### **Resource WG**

- Scot is the new chair of this group, but he is home sick today so Rick gave the report.
- Met by teleconference on Aug 20.
- Grant writer and youth coordinator have been hired.
- Plan to visit each community foundation in the next two months. Will explore with community foundations the idea of hosting a regional meeting for the foundations.
- Reviewed process of submitting bills (see WG webpage). Edwards moved to approve the guidelines for submitted bills to the RC&D. Bucknell seconded. Motion carried unanimously. Shared the budget report. Potential upcoming requests:
  - Community health assessment WG for copies at CPT
  - Expenses to host TAP team on Sept 8-10
  - Regional Team expenses
  - School superintendent’s meeting

#### **Youth WG:**

- Hannah introduced Lynette Anderson, their new Youth Coordinator to the RT and thanked them for their support.
- Conducting student survey and will have results by next Regional Team meeting. The results of this survey will be used to develop an educational series for students on how to eat more locally grown food and exercise more.
- October goal is to have a school based team at each school represented on the Regional Team. Created a list of potential contacts for each school based team.

#### **Built Environment WG:**

- Dani and Rick are the new co-chairs of this WG.
- A school questionnaire has been prepared to find out about community use of school facilities and policies. School WG offered the following suggestions: Have hard copy for School WG meeting with follow-up email request to the building principals. Eric has a resource to share to find out the contacts for each school; what about colleges and private schools?
- The WG continues to work on the inventory books to share with county teams.
- The prototypes of the Walkability maps for Fayette and Calmar were shared. Need to check the numbers for locations on the Calmar map.
- Deneb Woods shared an update on the SRTS program.

#### **Communication WG:**

- TAP team members Daveda and Emilie will be visiting NE IA on Sept 8-10. The WG will be sending out a detailed agenda soon.
- Picnic plans for Sept 8 are shaping up. Please RSVP by Sept 4 to ranum@iastate.edu. Desserts provided by communication group. Bring lawn chairs. Regional Team and partners and spouses invited.

- On Sept 9 from 8:30-2:30 in Decorah, there will be a training to help prioritize communication efforts internally and externally. There needs to be a rep for each work group present.
- The WG is looking at looking at purchasing shirts for Regional Team. A survey will be coming.

#### **Inclusive Team:**

- Lana is the new chair for this work group.
- Will be meeting after the Regional Team meeting today.
- Discussed 4 target communities and what is being done. Elma projects: 5K Run-Walk; Back to school picnic for parents with young children; open rollerskating for 2 nights—one night for Mennonites; Senior wellness program; Bike helmets for every child. Postville: Hosted a lunch for Jewish women to share FFI vision. Waukon: Hosting a Family Night with local food and games on Sept 22; providing healthy snacks for after-school program.
- Need info from Comm WG for youth like a coloring sheet.

#### **Community Health Assessment:**

- Luther College staff helped write a letter of intent to the Wellmark Foundation.
- Assessment is being completed.
- New data BRFSS is available for our five county region and shows health habits. Data from the FFI counties was pooled (949 surveys from 2000-07). May want to oversample in these counties for future BRFSS assessments.

#### **NIFF Coalition:**

- Eric and Teresa reported for the NIFF work group.
- Shared summer schedule of farm tours. International speaker talking about an integrated food system on Aug 27.
- Recently completed two reports that will be available on the web: 1. Year End report of activities for NIFF. 2. Base-line report on 2007-2008 producer sales, institutional purchases and expansion of food enterprises for the RFSWG.

#### **School WG:**

- Sue Burrack reported for the School work group.
- Meeting with on Sept. 4 with school superintendents to present idea of Regional School WG. They will be asking for representation from each school to meet once per month.
- Midwest Group Benefits is the insurance carrier for 11 of 17 districts and Luther College. They may be willing to fund part of our future work with the schools. IDPH has information on the benefits of workplace wellness (Jane Schadle).
- Pre-proposal submitted to the Leopold Center for Farm to School pilot program in the region.

#### **VDM group:**

- Haliesa and Eric reported for the VDM work group.
- Met with Kathy Zurcher on Aug 22 to develop the strategies for FFI. The draft strategies and samples of tactics were shared.
- This will be the September county meeting discussion. There will not be a webcast. Regional Team members will guide the discussions.
- Carole suggested RT members read, "The power of Both...And thinking." The FFI is more than a compromise.
  - [http://www.strategyletter.com/CD0206a/featured\\_article.php](http://www.strategyletter.com/CD0206a/featured_article.php)

### **Convener Report**

- In order to end on time, the following items were to be tabled until the Sept. RT meeting:
  - Evaluator's Quarterly Report
  - Policy Scan Funding provided by WKKF
  - Photo Voice project training via by WKKF via webinar tentatively planned for Sept. to give an introduction and then there could be further training and consultation.

### **Approve Minutes**

Govern moved to approve the minutes from the July Regional Team meeting and the email survey to hire Lynette Anderson. Glawe seconded. Motion carried unanimously.

**Next Regional Team Workshop/Dinner:** Sept. 8, 5:00 pm – 6:15, Communication Workshop with TAP Team members from Pyramid Communications, Keystone AEA, Conference Center, Room D, Elkader; 6:30 – 8:30 pm – Hog Roast at Carol Glawe's home

**Next Regional Leadership Team Meeting:** September 24, 2008, 11 am – 2 pm, Site TBD

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