

**NE Iowa Food & Fitness Initiative
County Planning Team Meeting
September, 2007
(1 ½ - 2 hours)**

Agenda:

Welcome

- Brief **Introductions** of County F&F Planning Team Members & new guests
- Review “**Suggestion Box**” & **Flip Charts**
- Review **NE Iowa F&F Initiative Goal:**
To create community environments that support healthy children, youth, and families by making available and promoting the procurement and consumption of local healthy food and the creation of space and structures for physical activity and play.

Summary of Regional Food & Fitness Leadership Team Meeting –Reg. F&F Team members

- **Review Key Points from August meeting**
- **If still needed, select youth representatives to Regional F&F Leadership Team**

View & Discuss Webcast #5: “Mark Fenton on Walkable Communities”

- What are the 4 design elements in a community that encourage people to be more physically active on a regular basis?
- What are the 3 “P’s” that help create environments where people are more likely to walk or bike?
- What benefits could you expect for children, youth and families if we worked to create Walkable Communities in our county?

View & Discuss Webcast #6: “Assessment and Mapping Toolkit for Building a Healthier Community: Community Mapping Tools”

- What benefit would there be for the communities in our county if we collected data using one or more of the following 3 assessments?
 - Walkable Bikeable Community Maps:
 - Environmental Barrier Mapping:
 - Trail Use Counter Program

- Are there communities in our county that would benefit from the data that would be collected the following 3 assessments and if yes, which communities?
 - Walkable Bikeable Community Maps (2-3 maps per region/semester):
 - Cost: \$800 <1000 people (250 printed maps)
 - \$1,500 1,000 – 5,000 people (500 printed maps)
 - \$2,250 5,000 – 10,000 people (500 printed maps)
 - \$3,000 County-wide
 - Environmental Barrier Mapping:
 - Need: Project Coordinator (collect and post photos on google site)
 - Volunteers: Take and submit digital photos to Project Coordinator of identified barriers to walking and biking in a community
 - Cost: \$1,000/county with up to 10 community accounts thru 12/08
 - Trail Use Counter Program
 - Need: 2 Posts (standard chain link posts) and labor to install posts and trail monitor units
 - Cost: \$300 to rent monitor units for 4 week period
- Are there communities in your county you would recommend for NE Iowa F&F Funding Assistance to conduct the following assessments and if yes, which communities and why?
 - Walkable Bikeable Community Maps:
 - Environmental Barrier Mapping:
 - Trail Use Counter Program

Open County Discussion - Optional if 2 hour meeting: (30 minutes)

Wrap-Up (6-11 minutes)

- Next meeting date, time and site:
Our October meeting we will give an on the worksite selected in each county to work with Luther College Health students. We'll also listen and discuss a web cast describing the Wellness Workplace University Training and learn how to make our worksites healthier places for employees. County Team members will be asked to select a work site from their county they believe would participate and benefit from the Wellness Workplace University training.

THANK YOU!!!!!!!!!!