

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

**Website:** [www.iowafoodandfitness.org](http://www.iowafoodandfitness.org)

**Vision:** To create vibrant communities in which families and children eat healthy, locally grown food purchased in their neighborhoods; engage in physical activity and play with the confidence that they are safe; and live in an environment that supports family and community health, particularly in low income, minority communities.

**Agenda:**

**Welcome**

- Introductions - "Who have you taken Food & Fitness information to in your community?"
- Suggestion Box
- Flip Charts – *Who's missing that will make our project better?*  
*What policy changes have you noted since our last meeting?*

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

- **Review Key Points from September meeting**
  - Safe Routes To School Grant Summary
  - Built Environment Assessment Option Summary
- **If still needed, select youth representatives and/or Alternate to Regional F&F Team**

**View and Discuss Webcast #7–“Workplace Wellness”**

- We heard about some of the employee health issues in the webcast. What do you see as the main health issues facing NE Iowa employees?
- What are some things worksites should do if they are starting a wellness program that will help them insure success?
- What are the benefits for workplaces to start a workplace wellness program?
- Do you know of any worksites in our county that have started a workplace program?
- Which worksites in our county would benefit from the Well Workplace Training that will be offered in NE Iowa this winter as part of our Food & Fitness Initiative? (List name of company, contact name at company and who will do the follow-up contact with the company to see if they are interested in this opportunity.)
- **(If Time:** What are some potential policy changes for worksites related to wellness?)

**If 2 hour meeting: Open County Discussion**

**Wrap-Up**

- November: School Wellness Policy Discussion

THANK YOU!!!!