



## Howard County Team April 15, 2010

The Howard County Team met on April 15, 2010 from 6 p.m. to 8 p.m. at the Laura Rose Lobby at Regional Health in Cresco, IA. There were 13 people present: Natalie Balk, Deb Oberman, Laura Schmauss, Casandra Leff, Colleen Peckham, Brenda Steffens Johnson, Rita Kovarik, Sheila Halwaeg, Chris Bourassa, Sue Barnes, Joye Meyer, and Elaine Govern.

### **Introduction Activity Responses:**

Elaine Govern welcomed the group. The group went thru a food line with salad and homemade Challah bread. Joye Meyer asked everyone to go around the room and make introductions and state their reasons for being involved or their interests. The group consisted of teacher, retired track coach, youth, Extension, Bank, nurses, food service. Each had very similar interests of creating a healthy lifestyle for everyone and starting with the young people of our community and building good habits. Eating well and developing good healthy eating habits in our children and teaching families good nutrition. All want to take the time to be and live healthy.

### **Old Business & Reports:**

Joye Meyer had everyone take a quiz on Portion Distortion. It was interesting to see what our portions were 20 years ago and what the calories in those portions were compared to our super sized portions and calorie count today. She also shared how much exercise it would take to work off those extra calories. A handout of What is Really Killing Us was also shared. It was evident that heart disease was the main factor.

The video of Let's Move featuring Michelle Obama was viewed. Discussion was held following the video of the four points Mrs. Obama wants to address in this initiative.

The NE Iowa community Wellness Grant information was shared in a handout. Goals and training outlook starting in the Spring of 2010 and working thru January 2011.

A Work Group update handout was shared showing the activities of the NIFF Coalition, Farm To School Work group, Youth Work Group, School Work Group, Active Living Workgroup and the Community Health Workgroup.

Joye Meyer shared the County Community Health Needs Assessment information. Every 5 years public health does an assessment and from that assessment they pick 3 to 4 goals to work on. This assessment is due February 2011. The Assessment Team works with representatives from throughout the community for gather information from the full spectrum of the community.

The Community Health Work Group in Food and Fitness is a group of people from six counties. A six county grant was obtained thru the Winneshiek Board of Health and started in January 2010. The focus of this work is on children 0-8 years of age. They work thru groups like WIC, preschools, nurses and county nurses, Community Aciton. They would hope to help people make meal time a family time. Teach good eating habits and provide children with healthy food and snacks.

The Winneshiek Hospital has a community garden. Community gardens are in the planning in Cresco. It was suggested that ideas have been planted for a garden at the Regional Health and several other ideas shared. A short powerpoint presentation on David Cavagnaro's garden pictures.

Elaine Govern shared she attended the Farmer's Market training recently. It was interesting that the WIC coupons cannot be used to buy white potatoes now. Discussion the Mary Cross brought back information that schools

could bring in whole products like tomatoes and onions and prepare salsa as long as the kitchen is certified. A salsa product cannot be made by someone at home and brought to school to serve for lunch.

Discussion held on the Jamie Oliver TV program and suggested people watch this.

**Summary of program and discussion:**

How can we spread the work:

- We have a good start with media people in attendance at our meeting.
- A nurse shared that we need to continue to share information with parents. She attended a meeting recently where children are not getting enough sleep. Children not getting enough sleep do poorly in school. It is very important to give parents the message that they need to set limits for the health of their children.
- The discussion of what went well at this meeting was that there was open conversation and sharing of information.

**Action items for next meeting:**

Next meeting will be in June.

**Submitted by:** Sue Barnes