



## Active Living Work Group

Meeting Agenda- March 4, 2016

8:30a, UERPC Conference Room, 325 Washington Street, Decorah, IA

Attendees: Lilly Jensen- Winneshiek County Conservation; Elaine Govern- Wapsi Great Western Line Trail; April Brill- community member; Jes Wegner- Palmer Community Health; Scot Michelson- DNR; Lindsay Erdman- Erdman Engineering; Casey Mai- UERPC; Ashley Christensen- UERPC

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1. Welcome, Introductions (what does 'active living' mean to you?) and Committee Member Updates
  - a. Casey Mai (exercise on a daily basis)- Regional TAP (trails, SRTS, historic preservation) and STP (roads, bridges) project submissions in
  - b. Scot Michelson (importance of activity, realization of how inactivity impacts the body)- DNR upper management very supportive of efforts
  - c. Jes Wegner (day to day choice)- Governor's Conf. poster on WSB progress in West Union; IDPH/I-WALK grant for curb cut improvements; Lots of SRTS work going on in Fayette County!
  - d. Lindsay Erdman ('opportunities')- importance of activities like WSB as influencers to infrastructure changes; property ownership- biggest obstacle to trails
  - e. Elaine Govern (getting up off the couch!)- trail loop near Lake Hendricks; Acme to Riceville connection; concrete vs. asphalt; digital trail sign at trailhead; tireless trail building efforts!!
  - f. Lilly Jensen (keeping up with 2 ½ year old and the childlike 'just going and having fun' mentality)- Safari underway again this year with no grant funding; Winter Marathon hosted with Decorah Park and Rec and FFI; Summer Library Program focused on movement and wellness; University of Iowa Initiative for Sustainable Communities project wrapping up- cost analysis of Trout Run Trail
  - g. April (keeping pace with two little ones at home and personal fitness)- looking for volunteer opportunities within the community; Decorah Leadership Group; connecting people to the outdoors through her family's campground- Hutchinson Family Farm Campground
2. Food and Fitness Update
  - a. Operations Team- School Wellness, Local Food, Youth Engagement, Early Childhood
    - i. Resource Contact updates
    - ii. Hiring new Food Hub coordinator
    - iii. DC Conference for Youth
    - iv. Kellogg funding EC work
  - b. Regional Leadership Council
    - i. Transitioning out this year; how do we stay connected?
  - c. Community Health Stakeholders (Walking College)- March 30
    - i. Regional campaign discussions
  - d. W.K. Kellogg Visit Meeting- May 9-12
    - i. Site visits around region
  - e. Telligen Conference hosted by FFI- June 14-17
    - i. More details to come!
  - f. Great Give Day- May 3
    - i. More details to come!
3. Regional SRTS Coordinator Updates
  - a. Statewide SRTS Funding- Healthier Iowa Coalition

NE Iowa is a unique place where all residents and guests experience, celebrate and promote healthy locally grown food with abundant opportunities for physical activity and play EVERY DAY. Healthier people make stronger families and vibrant communities.

- i. Did not make it through the funnel this year
  - b. INRCOG Partnership
    - i. Starting in April!
  - c. Spring Activities- New WSBs, Bike Rodeos, Conferences, Assistance
    - i. Monona and McGregor WSB
    - ii. 19 Bike Rodeos this spring! Would welcome any and all help!!!
    - iii. Midwest Active Transportation Conference in Madison the end of May
    - iv. Hiring part-time help to support building SRTS efforts in the region
- 4. Other Discussion Topics
  - a. Committee Member Items
    - i. No Howard County Safari due to Howard County voting out of FFI
    - ii. How can we get more community members/ parents involved?/Bringing community back into the conversation
      - 1. Child care is HUGE
      - 2. Keep in mind all ages/needs for future events (like providing daycare)
      - 3. Idea to have high school youth teams assist with daycare needs during events/activities/etc.
      - 4. Community is so much bigger than city limits...county-wide...regionally...
    - iii. Low-cost or No cost family-friendly events in the region
      - 1. Where do people go to find out about events?
        - a. Reinvigorate the FFI events calendar??
      - 2. Need more events for families over the winter (both outdoor and indoor)
      - 3. Also need to consider amenities- bathrooms, trash cans, first aid kits
    - iv. Social Media avenues
      - 1. Hashtag for WSB or FFI or ??
      - 2. Community Health website as hub
    - v. First Day Hikes/New Year's Day through DNR
    - vi. Subcommittee of moms?
    - vii. Hike It
  - b. Future beyond FFI Kellogg
    - i. ALWG- a great group to bounce ideas around
    - ii. ALWG as advocates for the great work going on in the region

## **5. Set Next Meeting Date: Friday, July 1<sup>st</sup> 8:30a**