



## Winneshiek County Team April 21, 2010

The Winneshiek County Team met on April 21, 2010 from 4:30 to 6 p.m. at the Decorah City Hall. There were 17 people present: Eric Nordschow, Rachel Wobeter, Heidi Skildum, Brenda Ranum, Randy Uhl, Georgie Klevar, Krista Vandenbrink, Jon Luebke, Janelle Pavlovec, Elizabeth Kane, Flannery Cerbin, Ross Frei, Barbara Ettleson, Kristin Kriener, Joann Hagen, Alma Meyer and Ann Mansfield.

### **Introduction Activity Responses:**

During introductions, the following food or fitness activities were cited by the participants: \* Potato growing \* A bike safety clinic \* Competing in a half-marathon \* Starting a garden \* Increasing bike riding \* Safe Routes to School \* An organic garden \* The Pepperfield Project

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

None.

### **Summary of program and discussion:**

National Conversations -- While briefly discussion the recent health-care reform legislation, the following was mentioned:

\* It's good that young people can stay on their parents insurance until age 26 now, given that employment is a challenge for many people in their early 20s.

\* It's good their are healthy-living provisions in the bill.

A video featuring First Lady Michelle Obama was not watched due to technical difficulties, but participants were encouraged to learn more about the LetsMove Campaign by visiting [www.letsmove.gov](http://www.letsmove.gov)

State Conversations -- Winneshiek County Public Health Nurse Krista Vandenbrink presented a PowerPoint that ranked counties in Iowa by the health of residents in those counties. Winneshiek ranked second behind Sioux County in Northwest Iowa. Krista said there are many factors that go into the rankings. These include income levels, alcohol usage, built environment, medical availability, quality of food, etc.

Regional Conversations -- Krista also discussed the Northeast Iowa Community Wellness Grant, a \$100,000 grant awarded to the Winneshiek County Board of Health to engage and empower people in the health community to educate families with children ages 0-8. The grant came from the Iowa Department of Public Health. Using three different pilot projects, Public Health will promote healthy eating and physical activity. Those involved with the grant will be guided by the Food & Fitness Initiative's Community Health Work Group.

NIFF report -- Eric reported on several Northeast Iowa Food & Farm Coalition activities including attendance at a conference wherey participants helped craft a local food plan for the Iowa Legislature; a farmer's market training in Calmar; and a planned Farm Tour in June that will take the place of the regular FFI June meeting.

Brief updates were also provided on Farm to School, Safe Routes to School, the Youth Group and the Active Living Group. Ann reported that 190 youth in the FFI effort have participated in regional activities. Ann also cautioned that school programs need to be sustainable and that schools need to be committed and active to keep programs going.

Bike to Work -- Heidi spoke about the Bike to Work Week planned for May 17-21. Participants can take the pledge at [Bikelowa.com](http://Bikelowa.com)

**Action items for next meeting:**

The group is not meeting in May. There will be a farm tour taking the place of the June meeting. The farm tour will occur June 16.

**Submitted by:** Randy Uhl