



Clayton County Team April 15, 2010

The Clayton County Team met on April 15, 2010 from 6:00PM - 7:30PM at the Clayton Co. ISU office. There were 5 people present: McKenzie Johnson, Vicki Carolan, Troy Lentell, Jane Metcalf, Nancy Yelden.

Introduction Activity Responses:

Interests shared:

Currently working on getting disc golf developed in Elkader.

Getting message out with healthy habits.

Sharing health messages everyday in role of school nurse.

Farmers market in Strawberry Point in growing.

Old Business & Reports:

- Safe Routes to School: Central school had presentation on bike helmets. Can purchase bike helmets for \$5- contact Vicki.
- "Iowa Bike Coalition" coming to Elkader City Hall on 5/20 to give low cost ideas on how to make community more accessible.
- Farm to School: Starmont looking into community garden in St. Pt., Lamont and Arlington. Produce would go back to the school.
- Active Living: Project with bridge at Motor Mill is moving ahead. Is a three year project.
- Youth: 5 youth are attending Kellogg conference in Arizona 4/25-4/30 with members of the Regional team. Total attending 18-20 people.
- Producer Mini-grants: \$2000 per county available. Max for each applicant is \$500.

Summary of program and discussion:

- Viewed "Michelle Obama's Let Move Campaign" video. Good to have a national message to share. Will have greater influence on people. Is an excellent role model.
- Reviewed "County Health Rankings": Clayton Co. scored lower on factors and higher on outcomes. Data is only up to age 75 and Clayton Co. has high population over 75 so wonder if this affects the scores. Noted SE & SW Iowa also have lower outcomes which are primarily rural areas like Clayton Co. Pattern identified was the more populated counties are ranked higher.
- Health concerns identified: Outcome looks good but also need to look at factors and address concerns. Young families are not able to stay in Clayton Co. due to lack of jobs, etc. Clayton Co. outcomes do not reflect appropriately due to age of population.
- Community Needs Assessment (CHNA-HIP) will be worked on this year by community partners and submitted to IDPH by 2/11.
- Community Health workgroup has received a \$10,000 grant to work on "Health Messaging". Pilot project is being implemented in Winnishiek Co. and then will be expanded to all counties fall of 2010.
- Vicki reviewed handout on School Wellness committee. Can go to www.actionforhealthykids.org website for ideas and summaries of activities done in other schools.
- Live Healthy Iowa 5K walk in Elkader on 5/8
- Strawberry Point in sponsoring mini triathlon on 6/12- Contact McKenzie if interested.
- Discussed "How can you spread the word in your daily work?":
 - Use Channel 1 at school to plan activities for high school students.
 - Have messages in newsletters, websites, open houses.

- Utilize consumer science class at schools and have older student present information to younger students.
- Younger students look to older students as role models.
- Healthier snacks at concession stands.

Action items for next meeting:

Good discussion at meeting and sharing of ideas. Good information on health issues. Would like to see more youth involved. Suggestion made to consider starting meeting at 6:30 rather than 6:00.

Submitted by: Nancy Yelden