



## Allamakee County Team April 15, 2010

The Allamakee County Team met on April 15, 2010 at 5:30 pm at the Waukon Wellness center. There were 6 people present: Dani Bucknell Mary Jo Goodman Mary Koopman Angela Gibbs Teresa Wiemerslage Jane Rausch.

### **Introduction Activity Responses:**

Introductions not needed at this time as only six core members of the county team present and all well aware of each other's involvement in FFI and creating healthy communities.

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

None

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

Lori Egan led a discussion on conversations and initiatives happening at the National level. She gave a brief recap of what Health Care Reform entails, with the main points being that there is a focus on prevention rather than treating a sick society and also noting that this is a long-term plan and will take years to see some of the changes.

Michelle Obama's Let's Move Campaign was discussed as it was noted to align perfectly with the Food and Fitness Initiative. We watched a brief video on her campaign. Other recent TV viewings by group members were discussed as group members were again pleased to see the FFI alignment such as Jamie Oliver's new TV show and CNN video submission by kids. The group noted that the concern for safety in communities was apparent and also surprising.

State conversations were discussed next, beginning by Looking at the County Health Rankings, focusing on Allamakee County with a Health Outcomes ranking of 20th and Health Factors ranking of 93.

The discussion included the following: What Jumped out at you about the health rankings?

\*Allamakee ranks very well for Health outcomes, but very poor for Health Factors, while other counties seem to be at a similar ranking for both.

\*Many of the counties at the highest ranking have colleges or universities located in the county

\*Southern Iowa was very low in rankings

What county ranking or picture was key for you?

\*Very surprising how low Allamakee County is for Health Factors

\*Very surprising that some counties so close to Allamakee rank so much higher

Is there any pattern that you see in the rank order listings?

\*Counties with the college or university environment and culture seem to rank higher

\*Income levels and unemployment

\*Age levels of the counties population

\*Counties with higher level of substance abuse may rank higher

\*Counties with minority populations may affect the rankings

Concerns?

\*The group was in agreement that it was very concerning to see that Allamakee County ranked so low for Health factors. It was discussed that there are many different factors affecting the rankings, and some discussion and exploration of the Food Environment Atlas website took place. The group then discussed that FFI can majorly

affect future County Health Rankings by helping to make the healthy choice the easy choice for residents. The group also agreed the healthy communities attract healthy families.

The discussion then turned to Regional conversations and Lori explained the Community Wellness Grant. She explained that they are starting with the Pilot programs going on right now in Winnishiek and will then take to other counties. Public Health departments and local health care providers will need to be recruited to be involved and there was discussion as how to accomplish this. It was decided that once the results from the Pilot programs are available and there is more concrete information for local health care providers to use, the need to meet with the HCP or Public Health in their work environment or during their staff meetings will be addressed.

The health messages the Community Wellness Grant is creating were explained by Lori in more detail. There were questions and discussions as to the reasoning for targeting the age group of 0-8 and focus on early childhood. It was discussed that parents are a roadblock to some healthy behaviors and need to be role modeling. Ideas were gathered as to who in our community we can target with the health messages: Daycare providers (Growing Bear, in-home, etc.) Head Start/Early Head Start Preschools Clover Kids/4-H groups Team Tots Health messaging at grocery stores

A discussion on how we can spread the work on FFI and community health in our daily work. Ideas included updating co-workers on FFI dates and website material, FFI vision posted in WWC, Spend Smart, Eat Smart recipes available at WWC.

Local county updates were discussed and included discussion on:

- \*Teresa reported on the Waukon Community Garden - 30 plots expected
- \*School Wellness Team - Stef Perkins is working with the Youth in Waukon
- \*Mary Koopman shared a story on Postville Youth presenting their ideas and needs to the City Council in Postville with awesome results. A donation of materials is planned.
- \*The need for a system or indicator on which foods are produced locally in our Waukon grocery stores was suggested and discussed.
- \*The June County Event/Farm tour ideas were discussed and group was made aware of the change from meeting format to event format.

**Action items for next meeting:**

Dani to contact Bob Raymond and Teresa Steiber (Lansing area) producers for June farm tours. June farm tours will be planned with time, location, and date confirmed. Safe Routes to School Pilot group to meet. Continue to recruit FFI members and involvement.

**Submitted by:** Angela Gibbs