



Fayette County Team April 22, 2010

The Fayette County Team met on April 22, 2010 at 6 pm at the Fayette County Extension Office, Fayette, Iowa. There were 9 people present: Karla Organist Joann Boyer Donna Story Ann Bushman Haleisa Johnson Sue Burrack Brenda James Ben Lewis Joe organist.

Introduction Activity Responses:

Description of participants interest/role in creating healthier communities.

- Desire to alter trend of obesity in children.
- Wanting a way to provide local fresh food all year.
- Role of young people as accomplished by the opportunity to attend meetings in other states and meeting other young people.
- The discovery that Iowa is viewed as a good place to live.
- Support community gardens - report of TAKO (Take a Kid Out) to provide mentors for gardens

Old Business & Reports:

Report that 'Walk to School' project will probably be held in the Fall due to the full agenda of the North Fayette County School Board making it not possible for Ms. James to introduce the topic to the Board. The Small School Garden at North Fayette is also delayed due to the same reason.

Summary of program and discussion:

Community Health Group Report - viewed as the core of all of the work groups, School, Environment, NIFF, youth

Program and Discussion: National Conversation - Participants described how the new Health Care Bill might affect them. A brief discussion of 'more prevention' in the bill. Viewed Michelle Obama's Let's Move Campaign.

State Conversation - Ms. Johnson reported on the County Health Rankings, specifically how the data was collected. The report ranks Iowa counties according to their summary measures of health outcomes and health factors. Health Outcomes rankings are based on mortality and morbidity. Health Factors rankings are based on four types of factors; (1) behavioral, (2) clinical care, (3) social and economic and, (4) physical environment. Health behaviors include (1) Tobacco use, (2) Diet & exercise, (3) Alcohol use, (4) unsafe sex. Clinical care includes access to care and quality of care. Social and economic factors are (1) education, (2) employment, (3) income, (4) family and social support, and (5) community safety.

A comparison of the counties involved with the Food and Fitness program with reasons for the ranking were described. Fayette County is lower because of the social factors of smoking and unsafe sex. Allamakee County is lower because of large number of establishments serving alcohol. Winn. county is high in both rankings because of the education and income of the residents. The discussion by participants included: What jumped out to you in the report: 1. a desire to move to Winn. county 2. a college located in the town increases the education and income of the community. 3. counties known for the 'party and drinking' attitudes rank lower on the health factors.

County ranking key: 1. communities with higher education also have a higher expectation of care. 2. communities with lower income have lower rankings.

Pattern: 1. education for increase in health factors (cost of living was not figured in the data collection) 2. health insurance provides access to care. 3. individuals mimic the actions of educated persons. Concerns: Promoting the health of residents and guests will encourage tourism. People like to go to healthy places.

Regional Conversation Community Wellness Grant report - Winn. County will 'run' the grant. Major outcome is to "get the message out". Messages will target 0-8 year olds. All County Boards of Health have signed on to the project by a donation of \$2,000. Pilot projects will be set up during the summer. Pilots include Home Care individuals; North Winn. Preschool families; Decorah Headstart program. A Fall conference will occur to get all counties involved.

Discussion - How can you spread the word of healthy eating and physical activity. One liquor store employee directs people away from 'hard liquor' to wine suggesting good foods that go with the wine. Farm bill - policies in place to change life and money. Role model - School Wellness policies - people could volunteer to assist with the mandated policy. Produce Producer suggested Gardening activities through giving talks about plants to NICC (community college); Child Care facilities; providing a childrens garden; teaching about grilling foods (vegetables); demonstrating raised bed gardens. Pilot updates - available on the website - discussed.

Mini-grants Several ideas were presented on how the Mini-grants could be used.

- Handout at Trail heads promoting F&F
- Pot luck for the community featuring local foods - during Fair -list of where the foods were grown.
- Quilting tea.
- Farmers Market at the Fair.
- All participants and public are encouraged to e-mail Karla Organist with their ideas about use of the grant.
- NIFF Producer Mini-grants are available and due May1st. Fayette County has \$2000. available.

Action items for next meeting:

June Farm Tour: Date June 17 at 4:00 p.m. (County Group will meet at 3:00 for a brief meeting) Agenda item will be feed back from Grants. Karla reported the Farm Bureau has Mini-grants available - contact Karla for more information.

Submitted by: Donna Story