



## **Community Health Work Group Meeting September 22, 2010**

The Community Health Work Group met on September 22, 2010 at 9:00 am at Decorah City Hall. Attendees: Haleisa Johnson, Lori Egan, Kathy Babcock, Connie Kuennen, Sharon Harris, Krista VandenBrink, Selena Quandahl, Vicki Carolan, Joetta Redlin, Angie Kerndt, Vicki Carolan, Sara Noack, Julie Metcalf- Gull and Teresa Meyer. One student guest was present.

Johnson and Egan, Community Health WG Leaders welcomed everyone and introductions were made.

Johnson gave a brief review of CHWG June Meeting Minutes.

Quandahl, Winneshiek Public Health and Grant Project Leader updated the group on IDPH Community Wellness Grant and Year 2 Sites. Five months of curriculum has been written and 2 months will be distributed at the FFI Fall Conference. The writer for the curriculum is a kindergarten teacher. 24 sites have been chosen: 6 Headstarts, 11 pre-schools and 13 daycares. Johnson shared the list of the sites. Site are required to attend the conference to get incentives. There is a waiting list with 2 interested sites in Winneshiek Co. Quandahl needs in-kind reports from each person to use for the match with the grant. (Grant In-kind contribution; - \$2,000 from each county; hours, benefits, mileage, etc. Include time spent in FFI county meetings, involvement/connection in FFI Community Health WG and/or CWG.) Johnson will forward everyone a template to use. It was noted they could be emailed to Quandahl.

Details of the FFI Fall Conference were given. It will be October 19, 2010 @ Luther College. Everyone is encouraged to attend and to invite other health care providers, educators and advocates to attend to learn more about FFI and how health care plays a vital role in the messaging piece of the work.

Johnson shared plans for Year 2 of Implementation. Discussion followed about School Wellness Teams and the role community health could play. There was conversation on health messages and how they can be incorporated into daily work. FFI is submitting a Wellmark Grant to health with messaging.

It was noted County Health Needs Assessments are due in February. Lori Egan is representing FFI in each county discussion. Most of the counties are addressing obesity in some form. It was discussed on having a common survey in each county next time the assessments are due (2016). This would serve as a measure to help track areas of need and track improvements.

Updates from members:

Connie Kuennen: Community Garden plans for a larger garden next year. The Hospital Auxiliary purchased 2 benches for the garden. School is now taking the produce.

Angie Kerndt: Talked about the Winneshiek Medical Center Garden

Sara Noack: WIC now offers fruit and vegetable vouchers and they can be used at certified Farmer's Markets. Every county has a least one certified market.

Kathy Babbcock: New Hampton H.S garden is doing well. Turkey Valley also has a garden.

Krista VandenBrink: 4H Club has community garden. Produce was taken to the food panty.

Julie Metcalf-Gull: Garnavillo Church did a garden and sold produce at Town Square as a fundraiser.

Sharon Harris: Reported on trail from Clermont to Elgin. Elgin received a grant to plant trees in town. She recommended looking at [www.exerciseismedicine.com](http://www.exerciseismedicine.com). It is a website for a medically healthy environment. Brief discussion on the website's prescription pads.

Joetta Redlin: Second year of the hospital garden. It is edible landscape for the patients and staff. Winneshiek Medical Center participates in the Senior Nutrition Grant Program for senior age 65 years or older. Give over 300 participates coupons to Farmer's Markets.

Vicki Carolan: Reported on 'Fuel Up to Play 60' an NFL initiative designed to tackle childhood obesity by getting kids active through in school, afterschool and team-based programs. Central will be participating. Central received a Midwest Dairy Council Expanding Breakfast Grant = \$2500 Used for marketing breakfast in a bag to PK-12 students, new table for foyer, and taste testing. Food & Fitness Grant for SRTS = \$200: To be used for an Elementary Crossing Guard Program for training 5<sup>th</sup> grade students. Central will be doing a Walk to School Day on October 6. It will serve as the Kick-Off to 'Fuel Up to Play 60'. She Shared there is an Excel program on the CDC website for calculating children's BMIs and it will graph automatically.

Discussion followed – it would be great if all schools in the FFI region could be introduced to the CDC Excel program to use for student BMIs to have data across the region. It is a free program, just takes time to fill in all the information. Vicki may share at next regional school nurse meeting.

Lori Egan: Allamakee Co. struggles with FFI and support. Was glad to have Teresa Meyers from the hospital present. Luther is offering GRI mapping for SRTS.

Haleisa Johnson: Encouraged attendance at Fall Conference. Central Wellness Committee will be presenting their experience as a committee. She would like to see all school wellness committees have representation from the Community Wellness Work Group Members to give a different perspective on health and support the school nurses.

Next Community Health Work Group Meeting- Will be in January – details to come. It was noted to stay away from Mondays and Fridays.

Time for Reflection -

- Important to ask more health care people to get involved
- Register for FFI Fall Conference
- Hoping to get the Wellmark Grant to help get messages out