



Northeast Iowa Food and Fitness Initiative  
Active Living Work Group  
12-7-12 Meeting Notes

**Attendees:** **Dennis Keefe**, Physical Therapist, Winneshiek Medical Center; **Lindsay Erdman**, President, Erdman Engineering, P.C.; **Scot Michelson**, Park Ranger, Iowa Department of Natural Resources; **Karla Organist**, Transportation and Community Planning Department Head, Upper Explorerland Regional Planning Commission; **Ashley Christensen**, Safe Routes to School Liaison, Upper Explorerland Regional Planning Commission

---

- Introductions
  - Welcome to new Active Living Work Group member (Dennis Keefe)
- Active Living Work Group Overview- Karla
  - Northeast Iowa Food and Fitness Initiative (FFI) Community Action Plan (CAP) review
    - Bring in Haleisa Johnson (Early Childhood Coordinator for FFI) to help with birth-5 strategy
- Safe Routes to School (SRTS) Updates and Outlook- Ashley
  - Highlights
    - International Walk to School Day: 16 NE IA schools and 6,000+ students participated= 40% of participating school buildings in IA!
    - Safari to be highlighted in Iowa Department of Natural Resources (DNR) Statewide Comprehensive Outdoor Recreation Plan
    - Walking School Bus success stories to be highlighted in Iowa Department of Transportation (IDPH) and Iowa Bicycle Coalition (IBC) Walking School Bus Guide
    - FFI and SRTS efforts to be highlighted in US Department of Transportation "best practices- Healthy Communities" paper
    - Will present at IBC Iowa Bike Summit in January
    - Continued Walking School Bus (WSB) work
    - New engagement tools:
      - No-cost or Low-cost SRTS Projects
      - WSB "tear-off" flyer- Work Group members asked to help distribute
  - Next Resource Contact (RC) meeting: Monday, Dec 10 10a @ Luther
    - Ashley and Scot attending
- Regional Leadership Council (RLC) Meeting Recap- Scot
  - Some old and new faces
  - Discussion of budget sharing, balance of interaction/presentation in meetings, letting RLC dictate meeting agenda
  - Jon Jensen (Luther professor) currently taking over leadership role in group
  - Active Living tentatively to be highlighted at Feb 19 meeting (6pm- Postville YMCA)
    - More information to come via email
    - Will ask RLC members to serve on our work group
- Trails Enhancement Committee and Trail Counter Update- Karla

- Previously thought to tie Enhancement Committee and Active Living Work Group together
  - May not be ideal
- Not much movement with Trail Counter progression
  - Likely to use handheld counters and volunteers rather than electronic devices
  - Need systematic, planned approach
- Other Active Living Updates
  - SRTS Planning grant (Iowa Department of Transportation Grant for Upper Explorerland, “Casey’s project”) should start Jan 2013
    - SRTS plans for schools in Upper Explorerland’s 5 counties (Allamakee, Clayton, Fayette, Howard and Winneshiek; FFI counties include these 5 plus Chickasaw)
  - SRTS funding no longer guaranteed
    - Looking for other ways to fund “Active Living Liaison”
    - Spot for SRTS within IDPH?
  - Scot to present to city councils on DNR Healthy Initiatives
    - Will tie into Upper Explorerland planning, SRTS projects
    - Idea to bring Ashley along
  - Creation of “rural, regional SRTS model” on horizon
    - School profiles and personalized approaches to be highlighted
- Group Photo- See below
- Next Steps
  - Invite Haleisa to join
  - More to come on RLC meeting in Feb
  - Help Ashley set up 2 community meetings to present on SRTS
  - Help distribute WSB “tear-off” flyers

**NEXT MEETING: Friday, March 8<sup>th</sup> 8a-10a- Upper Explorerland Conference Room**

