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 8th 8a-10a- Upper Explorerland Conference Room