

Richland FIT Steering Committee Meeting

9/12/14

When: Health and Human Services Conference Room A, Begin 9:05

Attending: Mark Olson (Doudna Principal), Cindy Chicker (RH), Kay Cunningham (County), Danielle Sander (Extension), Marianne Stanek (PH director),

Staff: RC Dana & Sara, Nick (Intern)

Objective: Start sustainability planning for grant funded initiatives.

Agenda

Transform Wisconsin Grant Update-click to view below

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- Work on Rec use agreement at Ithaca. Changes in staff have slowed it down. Suggested using Richland agreement language and they are interested.
- Richland passed the agreement last April and has updated their rental fees. Still waive fees for affiliated groups and non-profit activities related to children.
- CTG grant is closing 2 years early, and the Clearinghouse itself is shutting down its doors as well.
- Sara will be able to continue at the county through the year with the support and advocacy of Marianne and Patrick
- PRESENTATION SLIDES on Active Schools Core 4 ASC4+ (ATTACH SLIDES)
 - ACTIVE SCHOOLS. Created a great resource for teachers
 - Teachers are supportive - Mark noted that teachers know that activity for their kids is critical so the resources created are a big help
 - Discussion of Walk to School – Mark was surprised at high turnout and it generated interest but the problem is geographic barriers – parents don't want to have their kids crossing the highway. Need crossing guard and Safe Routes to School is working on that. Mark noted that even bussing numbers have gone down as parents are really keeping kids close to their control. Parents have fears of strangers – even those a couple of blocks away being driven by their parents.
 - Looking for parents to spearhead “Walking Wednesday” to make this more common.
 - Discussion of Kids Club at Doudna – getting college students to volunteer. Sarah has talked to professor and Deans at the college but barriers. She has gotten some volunteers.
 - IMPACT. Showed 2 videos – life span reduced by 5 years and Jammin' minutes from Richland school.

1. Wisconsin Partnership Program Update-to view click below

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- Farmers Market - EBT – going well with sustainable process though Pine River
- Nutrition Prescription – one year - currently generating evaluation data to review in Nov
- Food For Life - 3 class sessions completed – one to go, summer did one time session –kids super snacks and grill masters
- Farm to School – Monique Hooker training – also purchased industrial food processor
 - *Local Procurement*– employee Jen coordinated first purchase was green beans from local farmer
 - *Harvest of the Month (HOM)*– New logo for Year 2! Partnerships with 3 food stores will also highlight HOM item using new logo.
 - *Farm to Campus – Farm to Elders*. Angie Arneson is a very strong champion (“superstar”) as food service director at UW Richland. She also caters for the senior nutrition meal sites in Richland Center, Rockbridge and home delivered meals. County Nutrition Program coordinator Tanya Webster coordinates works with Richland Hospital dieticians to create menu with HOM item and then Angie cooks and puts the HOM item on BOTH campus and elder menu.
 - *School Gardens*. 6th grade garden is really going well – Gretchen Kanable, guidance counselor, teaches life skills class and is leading this charge.
 - *American Corp Volunteer*. Julie Whitney does nutrition education – Mark notes that this is really well received
- Richland Center Youth Health Initiative (RCYHI). Just getting started - Youth and adult training by YES in August
- Infrastructure.
 - Richland FIT coalition – interesting in volunteering, doing community garden so thinking about making it a working group
 - Richland FIT steering committee – what is role after grant?

*****BIG QUESTION FOR GROUP- Sustainability 1.5 YEARS OF FUNDING LEFT*****

2. Partner Sharing-What is happening in your organization internally/externally to improve community health?

Richland Hospital -Cindy– Shared her initial work for the Interim CEO who is very interesting in building the community component of the hospital work. She is developing a document on “web of relationship” that will help support the mission components of “caring and education”. She believes that it will fit into our needs re: sustainability.

- Monthly newsletter
- Wellness tips (email)
- Employee health issues such as improving healthy options in menu, e.g., promote red, yellow, green designations to guide eating

Being developed for 2015 business plan

Terry Potter is new CEO (former CEO at Meriter in Madison) - Also has strong interest in partnering with law enforcement to address prescription drug abuse

She is also looking at employees as potential volunteers for Richland FIT

?Dana wondered if someone could co-chair the coalition and be paid for their time and Cindy shared that this is a possibility if it could fit in as part of their community benefit work that is required for their tax exempt status.

Richland County -Kay – shared that the county work is all about developing relationships and reaching all people with health services

Extension – Danielle also reported that her work is all about the Richland FIT plan b/c of her continuing work with low income education on nutrition

Helping with EBT program at WIC

Helping teach 6th grade life skill class with Gretchen

Doing education through Strong Bones program

Also shared the extension 4H agent has been working with FIT

Obstacle course project

Helped to recruit for YES training

Does 4H newsletter with “Health Corner” that goes to all 4H and to County Board

Scott Consulting – Sheri – primarily focused on looking at sustainability funding. Mentioned the idea of approaching GRACE for sustainable prevention funding

Schools – Mark – active school will stick around, “ball is rolling”. Julie Whitney as a focal point to educate and coordinate that will be the key to keeping teachers and admin involved. He stated that it has been a real “eye opener” in last few years – sees how admin and teachers have raised awareness about physical activity and nutrition. Told story about young girl today who got their late and hadn’t had breakfast. Rather than letting it go, he and her teacher went down to the cafeteria and got some food for her to eat to get a better start to the day.

? wellness group – Sara wondered if they have wellness group and Mark says that they have interested parents who are readily available to volunteer for family fun nights. Noted that wellness policy process got some steam into it but then other priorities and then it just sits on the shelf.

?would F2S language into the policy would actually increase practice or just sit on the shelf DISTRICT policy is what is important – lives on the RSD website, refer to it. Suggests that getting into this policy would be the most important -- the school board has a subcommittee that looks at the wellness policy and has responsibility for revising it. WHEN? Waiting until all USDA changes before making any wellness policy revisions.

WHO? Probably best for FIT to bring it rather than principals. Not sure how it will be received. Sara suggests reminding folks that the \$\$ and resources have been provided so that this is a sustainability step. Marianne asked if the subcommittee writes the policy or if Superintendent brings it in already written. The Superintendent writes it and then the review process begins and takes some time. Then, the Superintendent Rachel is a key player to work with first. Helpful tip – thinking of budget issues is primary – increased funding in any area will need resources attached to it. “lots of good ideas get stopped when funding becomes an issue”

3. Sustainability Planning

- a. Active Schools – who could take this on beyond Sara?

School nurse?

Mark mentioned Phy ed? – non-core will have to be more data driven at this point so might be great fit as they need more data

(Other non-core? music, art, librarian, guidance)

- b. Farm to School – procurement and education AmeriCorps member are key personnel and positions are needed .
- c. Nutrition Prescriptions/Food for Life
- d. EBT/Farmers Market Education
- e. FIT Volunteer Coalition

? What will happen to county health educator position (Dana) after grant funding. Position is on the county payroll, so could increase tax base to cover, but tax levy increase hasn't happened in years. Marianne noted that HHS director Patrick sees the value of the position but grant funding would be welcomed to keep the position.

4. Mental Health/Stress Reduction Goal

Met once with small group but Dana noted that nothing has happened and she will not take the lead in this but would support the group. Marianne noted that SWCAP is doing some work on telephone based counseling resources. Cindy shared that RH is working with Gunderson – Cindy gave contacts to Marianne for further contact to help coordinate.

Full time school nurse would be good first to get going on body image/school education - contact Bobby Jo Durst.

5. Adjourn 11:05