

***Richland FIT Strategic Plan Annual Review Notes***  
***Friday, April 10 started on time at 1:00 pm***

Attendees-

Community -Jordan (coop), Neil (RMC), Cindy (Hospital), Chelsea (UWExt), Rachel (school superintendent), Ty (Hospital dietician), Morgan (intern), Marcia (Hospital RD diabetes educator) and  
County—Dana, Jen, Kay, Marianne, Sheri

**1. Roundtable Activity**

Went into roundtable. Everyone participated by going to the 4 goal areas and writing down their activity in that area

**2. Strategic Plan Review**

**a. Goal 1: Improve Eating Habits**

Dana went over all of the strategies within this goal (see attached slides)

Group read roundtable activities being implemented or plan – wide variety of great things happening (see list)

Dana had us rate - 55% moving forward, up from last year (see slide)

✓ Discussion mentioned additional items happening in the community that could be included in some of the strategies that are not “checked”, especially hospital moving on vending and grocery tours. Grocery tours have not been well attended so we discussed how they could be promoted more and we could try to integrate this within the FIT plan.

Question asked on how we will determine actual goal statistics. Dr. Bard mentioned they are tracking patients from the FFL class, and we will also get stats from the state.

**b. Goal 2: Increase Physical Activity**

✓ Dana gave update on work on strategies.

✓ Group read roundtable strategies

✓ Poll - Dana has us rate 40% moving forward (up from last year)

*Discussion.* Since CTG is over, will activities continue? Dana continues to do the kayaking meetups and Cindy continues to do the meetup group “Be Active” which is still going strong. Someone asked about schools? Dana noted that CTG coordinator Sara had provided tool kits to the schools. Rachel shared some of the activities that are still happening, including parent active night and also jams. Moving forward would be nice to have small group coordinate these activities and provide support.

What about Fitness champions? Has not continued because too time-consuming to write articles and coordinate. Group believes that it might be worth finding a way to continue this – Dana has the information and suggested perhaps quarterly.

Ty asked if there is any focus on seniors? Yes, silver sneakers at gym. Chelsea shared about the Strong Bones program – she may go to training and is also discussing this with hospital health educator. Cazenovia program didn’t go forward because cost of bringing someone out was a barrier. Discussed options for how to get the program going e.g., a small fee. Ty suggested having it in senior meal sites, but Marianne shared that they tried this (\$2) and folks did not join. Some discussion that people in the county tend to want things to be free. [Later read group roundtable notes –Cindy shared information on the Bingo Kit purchased by the hospital. Jordan brought up the issue of males not being represented so maybe focusing on women as the head of household. Discussed ideas for reaching males as they have higher stats. Ty mentioned outreach strategy of going to the events instead of trying to get people to come here.

Sheri wanted to highlight a couple of big successes this year – grilling night for men and Prayer in the Park night going with a Mediterranean diet last year instead of the usual unhealthy fair.

### **c. Goal 3: Promote a holistic concept of Fitness in Total**

✓ Dana went through strategies

✓ Group read roundtable strategies

✓ Poll - 60% just getting started (same as last year)

*Discussion.* Rachel noted that the schools were doing several things – e.g., bullying forums. She expressed that this a big need - they would really like to have more resources. Is there a way to be more connected with Richland FIT to get resources for this, e.g., could we use current grant resources to bring in speakers? Everyone felt that this was an important component of why people overeat. But we don't have resources. Sheri shared SAMHSA grant that is about training community coaches – members had some interest and she will forward information.

#### **d. Goal 4: Enhance the strength of the FIT coalition**

✓ Dana went through strategies

✓ Group read roundtable strategies

✓ Poll - 60% just getting started (same as last year)

*Discussion* - People mentioned the importance of working with churches – Ty shared information she has received about the success with African American community connecting through churches. We also discussed GRACE as a source of funds and a source of education. Jen mentioned how cancer is such a priority issue in this community that people really participate, so working with this group might be a real win. Several members know folks on their Board so they will send Dana ideas for someone to invite to be part of the FIT coalition.

### **3. Financial Status Report**

Marianne shared the financial status. Pretty much on budget and have one year of the grant left. No big purchases slated for this year  
Year 3 - Community garden items a priority and are using funds to get that started and stable

### **4. Sustainability**

Dana shared “3 prongs of sustainability”

1. partner organizations being in position to continue programming

2. continue meeting and working together as a coalition to address common goals
3. trying to bring more funding and resources

Dana asked group “Will someone commit from an organizations to take on the role of “co-chair” that will-

- Help in the transition to “post-funding”
- Find a way for organizations to stay connected

Cindy suggested hospital is quite interested, and also shared the importance of looking back over the strategies. She suggested it might be important to do strategic planning for the next round – think about going beyond the current WPP objectives. Marianne said that the county will continue to fund a health educator, but how much time to spend on FIT will have to be determined.

Dana emphasized how important this is given that we have just under a year left of the WPP grant and encouraged everyone to consider this a priority for the next meeting.