

Richland FIT Steering Committee Meeting  
05/02/2014

Attending: Cindy (Richland Hospital), Al (Pine River), Monica (Richland Medical), Danielle (UW Extension)  
Richland County staff: Marianne and Kay  
Coordinator staff: Sara, Dana

Dana – Overview of meeting. The focus will be on reviewing the Strategic Plan.

Sara- Wisconsin Transformation Update

Ending in September. Focus was on increasing activity

1) Objective 2: update two recreational policies. Success!

Richland School District

Cazenovia Township

Worked with Public Health Law Center and group out of California

Working on 3<sup>rd</sup> – helping update policy and

2) Objective 2: Youth more active before, during and after school

Richland School & St Mary's and hopefully – Ithaca

Shared examples of types of activities such as active recess, increased amount of time active in PE class, Walk to School

? Lone Rock elementary school is physically in Richland but is River Valley school district. Could FIT work with them? Marianne said yes, but Dana pointed out that we just got Richland started. Sara pointed out that things are getting started and hopes that will get going. Kay and Danielle also noted that the “outlying” counties often do not get included in the initiatives and this creates negative feelings. Dana noted that we wanted to reach townships but haven't been able to this first year. Would like help from the group on doing this.

Cindy brought up the issue of sustainability. Sara shared information on getting volunteers or leadership at Jefferson and other schools so that the active living. Monica wondered about PTO and parent involvement in keeping this up. Sara also shared that we will have an intern in the fall to try to keep the feeling going.

Dana – Wisconsin Partnership Grant

Farm2School – staff on board including Jen as procurement specialist, visited high school shop glass making garden beds, will continue to do education through supporting another Americorps grant in school, procurement slow but bringing in outside chef to do a training for Richland, Ithaca and St Mary's.

Food 4 Life – building on the prescription project with RMC, started in September of 2013 with health education specialist does referrals on physical activity and nutrition. Cindy asked about evaluation of participants – how long after do follow-up. Suggested that we call back after even longer than one month so will try to add that component to the evaluation.

Farmer's Market – SNAP coupons set up to be used at Farmer's Market through Pine River Market. The educational booth will also continue in partnership with Pine River. Also looking to raise funds for a matching incentive program

Youth group – Youth Empowerment Solutions out of North Carolina will do trainings for young people and adults in September. The training will be for adults as well in order to be mentors for the youth. The youth group will focus on advocacy and policy at the schools and maybe at the community.

Coalition – focusing on community gardens, Fitness champions, 4H challenge course, 4<sup>th</sup> of July activity events, meetups, help with Worship in the park creating healthier meals.

Review strategic plan goals

Used new technology

Goal 1: VOTE: 100% moving forward

Dana went over objectives under each strategy to share current status

- Cindy asked about community setting b/c most focus was on school. Would like to see more worksite focus. Shared what they are trying to do at the Hospital, will be having a summer intern that will help focus on this at the hospital. Will focus on the
- Al as a grocer, they would like to do healthy (2 or 4 pack) meals to take home. Noticed that Burnstads will follow if Coop does something successful. Helpful and partnering to create the healthy menus – don't have dietician on staff.
- Discussion among the group of need and interest among community businesses and employees to have lots of Is there a way to create a
- Could businesses come together to pay for a position to focus on worksites and help business create wellness for the programs and employees to have health choices. Also could provide ideas for possible small business such as food cart or healthy meal pickup/delivery.
- Group discussed this as a strong potential idea. Cindy noted that she is on a group of businesses that are currently "visioning" that would be a good possibility. Al talked about the positive image of FIT in the community so that this is a "good time to shake a hand or two", bring along Dr Bard and other folks to make use of the visibility happening now for Richland FIT

Marianne went over budget. Under budget on all items. Discussion about in-kind costs and finding a better way to capture the support that we are getting from community members.

Goal 2: VOTE: 2=38%, 3=63%

Sara went over objectives under each strategy to share current status

- Haven't worked with townships as much as we could at this point –
- Sara noted that rural townships don't have funds to do some of their sidewalks
- Al noted that planning was there but haven't implemented –concern about sustainability and would like to see more community ownership so that it lives beyond funding
- Danielle asked about activity directory and wanted more information about using social media. Good job on website and Facebook.

Goal 3: VOTE: 1=63%, 2=38%

Dana went over objectives under each strategy to share current status

- At strategy one -- group broke into discussion about the lack of mental health providers here in the community, but group felt that this is a very important component. Cindy also noted that the hospital assessment showed this is a great need. Monica noted that health educator at RMC is doing work on stress reduction with patients so their maybe some work going on that isn't being recognized.
- Dana suggested that we have a bigger discussion about this at the next meeting
- Sheri noted that the school strategy we will have youth focus on helping with the school \
- This goal is ready to build a concrete plan. Group had good ideas about who to bring in to work on this, including RMC health educator, hospital social worker, Maggie may (therapist for wider area), school

counselor. Especially mentioned Deb Wunnike as a great resource – does counseling, massage and has good practical ideas.

Goal 4: VOTE: 2=25%, 3=63%, 4=13%

Sara went over objectives under each strategy to share current status.

- Noted on strategy one that we have actually done many things under health eating, not so much under active living. [Sara also noted that Bike to Work week is coming up. Resources will be posted on the website and Facebook. People want resources and so we discussed how listsev would be a good way to reach the committed group that shares with their clients, patients or employees]
- Cindy asked about what constitutes “membership”. Discussed how she encourages volunteering among her employees. Felt that participation would be enhanced by getting people involved. Discussion of who comes to meetings, different people each time – is this good or should we have some kind of more formal membership. Also Cindy noted that it is not clear what the volunteer opportunities are, just here or there. Is there way to have more formal communication about volunteering? Again mentioned list serv might be good venue to improve communication.

Overall, Kay made a comment that Dana and Sara have done wonderful job

#### Next steps:

Move forward with Goal on mental health/stress reduction

- Start a stress reduction working group/task force
  - Cindy noted that stress reduction is their #1 issue on their annual employee survey
- Reach out to worksites
  - tap into new group in Richland County that are just getting started on a vision, especially focused on ways to keep young people in the community – FIT brings health issue to the table in this group
- List serv to communicate

Wait until next meeting or before then?

- Group felt that Stress Reduction Task Force should meet in May so that can get started with basic ideas.
- First meeting will be folks from the steering committee, then decide

Dana will look into worksites and list serv

***Thanks given to Cindy, Al, Danielle, Monica for all the contributions they have made to Richland FIT***