



Richland FIT Coalition meeting minutes

- Objective #1: To continue the discussion around a future vision for Richland FIT.
- Objective #2: To strengthen partnerships for continuing the work of Richland FIT.

Date: Tuesday, July 26th noon to 1:30 pm

Location: Richland County Health and Human Services Building

- Wonderful salad lunch by Pine River Food Coop – Mary Bard coordinated
- Chelsea Wunnicke greeted people who then would sign in and set up at their June seating location.
- Sheri Scott-note taker

1. Introductions-Cindy Chicker, Co Chair-opened the meeting at just after noon with a welcome.

Attendance and sector representation:

- Amanda Seechanowski, Medical student intern with Neil Bard, Health and Wellness interest
- Betsy Roesler, HHS Health and Wellness Coordinator
- Chelsea Wunnicke, UW Extension, Co-Chair Richland FIT
- Cindy Chicker, Co-Chair Richland FIT, TRH, Assistant Admin at Hospital
- Danielle Sander, RD, UW extension nutrition educator, food disparity, food pantry interest
- Dawn Elliot, Impress to Progress (baskets, downtown neighborhood assn, interested in schools)
- Denise Lins (Hanold), Symons Recreational Center
- Jackie Lins, Community member, Mill Pond Garden and Master Gardener
- Jarred Burke, Richland School District Administrator, Farm to School project
- Jeanetta Kirkpatrick, RC County Board Chair, interest in Farmers' Market, health and economic growth-arrived at 12:30.
- Kay Cunningham, Public Health nurse (soon to retire, plans to continue supporting efforts)
- Mallory Bender, Southwest Partners, RMC and Health and Wellness interest
- Marianne Stanek, Public Health Manager, represents fiscal agent for UW grant
- Marilyn Martin, Community member, Mill Pond Garden and community interest
- Mark Olson, Principal Doudna, Health and Wellness Interest
- Marsha Carlson, RD, coordinating peer to peer diabetes education, public health interest
- Mary Nee, Community member, Mill Pond Garden and Master Gardener
- Myranda Culver, HHS Clinical Services
- Neil Bard, UW Partnership Program academic partner, RMC, Food for Life instructor
- Pat Metz, Director of Richland HHS, supporting coalitions in the county
- Robin Cosgrove, interest in healthy retail program, mental health interest – “networking” to connect people in community
- Sheri Scott-Public Health private consultant, educator, and evaluator, and note taker

2. June meeting review and overview-Jarred Burke, Richland School District Administrator

- Jarred opened the meeting with comments on how we have new people, and a strong coalition. He provided an overview and purpose of the of the meeting which will be to review the notes from last meeting and consolidate the ideas which will be brought to the

Richland FIT Steering committee group who will process it before bringing it back to the larger group.

- What are the specifics that we want to focus on in each goal area?
- What can partnerships work on? Smaller projects undertaken by partners and then larger projects by the whole group
- Discusses the strength of doing things under the Richland FIT banner brings it back to the larger vision for the community

3. Group discussions- Jarred provided instructions for a 5 minute exercise held in assigned groups – reviewing previous discussion and making any additional notes (see June minutes)

4. Narrowing and prioritizing-Jarred provided instructions for a 15 minute exercise in combined groups. The 2 groups to reviewed activities as two groups to see if there are similarities, and then discuss activities especially fit the coalition model

5. Report Back-Jarred discusses the need to filter these down to priorities. Each group needs to share their issues that came up.

- Mary shared Group 1 and 4
- Mallory shared Group 2 and 3
- Cindy summarized notes (see attachment)

6. Discussion-Jarred presented suggested definitions of coalition/partnership/networking

- Jarred gives a strong overview of how each of the above would play out, giving specific examples of how it might work with Richland FIT. Jarred summarized, gave an example of making changes in school snacks. Ideas of putting in fruit baskets – would require help with coalition –finding resources, partners to help. Other issue he shared was community gardens – again, they would need help and resources from a coalition or partnership. F2S could exist without the coalition but the coalition will help it grow, provide ideas and resources, make it stronger.
- **5 minute exercise – talk about specific activities and how each of the above would best fit. Each activity was labeled with a “P” “N” or “C” or with multiple labels. (attached to minutes).

7. Other comments:

- *expand peer counseling to diabetes – it is a successful way to educate and support people*
- *somehow incorporate the education needed that good spirited and generous people in the community are doing something against their own mission (e.g., brat stand,*
- *keep disparities in mind in all activities – be sure to reach low-resource, rural county citizens*
 - Jarred closed the meeting, thanked everyone and shared that the next step would be taking this information to the FIT Steering Committee that would look at the notes and help to come up with priorities and activities for the group.

8. Adjourned at 1:30 by Jarred Burke. (everyone applauded his work as meeting facilitator).

Attachment: Narrowing and Designating Priorities

Goal 1: Improve the eating habits of all residents in Richland County	Goal 2: Increase physical activity among all residents in Richland County	Goal 3: Promote a holistic concept of Fitness in Total	Goal 4: Enhance the strength of the Richland FIT coalition
Breastfeeding (P)	Transportation policies (P/C)	Mental Health care (C/P) Education disease prevention (C)	Expand to other communities and members (C)
Farm to School (P)	SRTS (P)	Mindfulness (C/P)	Business sector involvement (C)
Expand existing resources (C)	Active Schools (P)	Economic fitness (N)	Branding to make connections, raise awareness and build pride in RC (C)
Peer to Peer education (P)	Outreach beyond city (C/P)	Youth Risk Behavior Assessment (P)	
Event policies (C)		Expand outside RC (C)	
Meal Planning (P)			
Point of Purchase (C)			
Expand to other communities and members (C)			

**Note: During the 7-26-2016 activities were designated as Coalition (C), Partnership (P), and/or Networking (N) function.