

Healthy Nutrition & Physical Activity Meeting Notes

April 14, 2016 9:00-10:00am

Present: Julie Helinski, Sharon Spanbauer, Martha York, Carrie Hartley, Kay ross, Martha Hall, Tom MacNaughton

A. Strategic Plan Goal & Objective

- a. Reviewed plan objectives as noted on agenda.
- b. Discussed timeline for 3 year health assessment initiated by ProMedica. 2017 will be next roll out of updated health assessment for Lenawee County.

B. Childhood obesity grant

- a. Carrie Harley provided an overview although states she did miss the most recent meeting so is not sure if her update is current. The grant would include Boys & Girls Club, Great Start, YMCA and MSU Extension. They are collaborating on programming and common outcomes in hopes of reaching a larger scope in Lenawee County. Each organization is currently working on a financial picture for grant submission. The general concept is thought to be six week programming inclusive of physical activity and nutrition services. The programming would be consistent for each organization.

C. Healthy Lenawee 2020 report

- a. Julie gave a verbal update based upon Attachment 2, Snapshot Update.
- b. Kay Ross suggested Interconnections as a potential candidate for the Healthy Meetings Policy. Sharon Spanbauer is interested in discussing both the Healthy Meetings Policy and the Nutrition & Beverage standards as it relates to Siena Heights. Julie indicated she will have Frank Nagle reach out to both Kay and Sharon to discuss further.
- c. Several attendees reported "rave reviews" about the DPP program at the YMCA. Questions were asked about the referral process and criteria. Julie suggested a call to YMCA for further inquiry would be the best option as there was no YMCA representation at today's meeting. Julie also indicated she will ask Sue Smith to share electronically some referral criteria and program details with the group if possible.

D. 2016 Race Calendar – Lenawee County

- a. Tom MacNaughton gave an overview of the 2016 Race Calendar. Several people asked for a copy. Julie indicated she would attach it to the meeting minutes and request Anne Barton include it when emailing the minutes to the group.

- E. Project Lazarus
 - a. Kay Ross gave a brief overview of Project Lazarus and asked folks to get registered. They are expecting ~75 on May 12 for this all day strategic planning event surrounding overdose prevention and opioid safety.

- F. Region 2 Area on Aging
 - a. Martha York shared some handouts regarding some of the Region 2 Area on Aging programs; A Matter of Balance and PATH. See attachments.

- G. Boys & Girls Club
 - a. Carrie Hartley shared the Health Bus will be at the Boys & Girls Club on Thursday, April 21 from 3:00-7:00pm. Although the bus is targeting the club members, it is open to the public.

- H. Connecting Lenawee
 - a. Tom MacNaughton gave a brief overview indicating Connecting Lenawee is on the brink of implementing bike signage county wide as well as installing more way finding signage to help find the Kiwanis Trail. He states all the signage should be up by September 30th. He also reviewed plans for improving the river for greater water activity in the community. Kay ross also stated she has radio time available if somebody would like to create some awareness or educational spots surrounding pedestrian safety.

- I. Pedestrian Awareness Campaign
 - a. Discussion occurred surrounding pedestrian safety in the community. Tom indicated how aggressive some drivers have become toward their running group and Martha Hall discussed the total disregard for pedestrian crosswalks she has noticed in the community. The group discussed a possible "Awareness Campaign" be given by Connecting Lenawee for signage and education to ensure greater pedestrian safety. Tom MacNaughton stated he will bring this issue forward to the next Connecting Lenawee meeting as he is planning to attend.