

Name of Meeting: Living Well FDL

Date of Meeting: 03/08/2013 **Time:** 12:15pm

Facilitator: Kya Schnettler

Recorder: Kya Schnettler

Attendance: Kya Schnettler – YMCA
Jean Rusch – FDL School District
Amy Emmer, MD – Aurora
Colleen Deanovich – WIC
Jean Holzman – Senior Outreach Program
Karissa Schneider – Boys and Girls Club
Jean Holzman – Senior Program Coordinator
Joel Mason – Physical Therapist/Parent

Marty Ryan - Physiocorp
Oliver Clements, MD – Agnesian
Derek Toshner – TNT Fitness
Greg Giles – YMCA
Melanie Kautzer – Head Start
Jeff Butz – FABOH
Beth Ann Abraham – Aramark
Sharon Simmon – HR, FDL School District

Topic:	Major Points Discussed:	Action Required:	Assigned to:	Due Date:
Name, Vision, Mission follow up	Living Well FDL has been chosen for the name of the coalition. Sandy and the health department are changing the name of the tobacco website to <u>tobaccofreelivingfdl.com</u> . Living Well FDL will also be the overarching name used to identify Healthy Fond du Lac Healthy 2020. This will help to build brand recognition in the community surrounding our efforts. A good example to look at is a coalition in Ozaukee county. www.investozaukee.org .	None at this time		
Understanding Objectives	5 objectives were identified to meet our goal. Objectives will be structures with strategies and programs under each objective to	None at this time		

	keep the coalition on track.			
<p>Objective 1: Increase fruit and vegetable consumption</p> <p>Strategy 1: Increase the number of food outlets that provide information on the nutritional value of the food they serve</p> <p>Program: a. Eat Smart</p>	<p>Kya supplied the group with an overview of the program as it currently exists in Winnebago County. Subcommittee was formed consisting of Beth Ann Abraham, Kya Schnettler and Stephanie Schultz. The subcommittee will begin to examine the potential for outcome data from this program and learn what other resources from the state restaurant association may be available by reaching out to Paul Cunningham.</p>			Ongoing
<p>Strategy 2: Increase the number of residents who have access to fresh fruits and vegetables</p> <p>Program: a. Farmers Market Access with implementation of Food Share benefits</p> <p>b. Promotion of local farmers market</p>	<p>Kya shared a discussion that has begun with Sadie Parafiniuk, new director of marketing and special events for the Downtown Fond Du Lac Partnership, who organizes the farmers market.</p> <p>Discussions around getting a farmer or two to have a small market weekly or twice a week inside the lobby of the YMCA has also begun. Many coalition members expressed interest in seeing if we could take this model larger. Jeff Butz was interested in being able to offer a similar opportunity to FABOH businesses.</p>	<p>Sadie and Kya will begin looking into the process of getting the market equipped to serve Food Share clients.</p>		Ongoing

	<p>Many great ideas were discussed to promote gardening such as the Got Dirt! Program and Gardening 101 classes at Journey's or the YMCA.</p> <p>The group discussed the barrier of lack of knowledge in how to prepare foods at home. Educational ideas addressing this are wanted. There is an opportunity for the coalition to have a booth at the farmers markets this summer for education. Volunteers would be needed. Kya will get dates and bring to next meeting.</p> <p>CSA drop site discussion was also discussed as a possible way to promote fresh fruits and vegetables.</p>			
<p>Strategy 4: Implementation of Y5210</p>	<p>My Y week at the YMCA runs March 11-24 with increased promotion of Y5210 at the Y and on billboard in town. A member challenge is being held at the Y to promote members to track their 5210 for 4 weeks.</p> <p>The 15 schools are finishing up the program and we will have program result data shortly.</p>			<p>Ongoing</p>

	The Y5210 mobile unit is preparing to start getting out in the community in April.			
<p>Objective 2: Increase physical activity</p> <p>Strategy 1: Support the development of safe foot/bike options</p> <p>Program:</p> <p>a. FDL County Map distribution</p> <p>b. Promotion and coordination of bike to school and bike to work month</p>	<p>Jean Rusch and Kya will be distributing maps to messengers in the schools along with an introduction letter. Jeff Butz expressed his willingness to distribute through FABOH businesses. Sam Tobias will take excess to distribute to local business, chamber of commerce, etc. Maps will be distributed in April.</p> <p>Media release to announce the distribution of the maps.</p> <p>Bike to School day will be held in May similar to years past. Dr. Clements will be able to supply leg lights for kids through Agnesian.</p> <p>Bike to Work week will be promoted in May through a program utilizing FABOH businesses, the YMCA, and businesses in the Agnesian network.</p>	A subcommittee was formed of Kya, Jeff Butz, and three wellness coordinators at Agnesian who will help plan and promote the event – Chrissy Boe, Jayne Tetterborn, Amanda Matchey.	All Members	Ongoing
<p>Objective 4: Increase number of mothers exclusively breast feeding to 1 year of age</p>	This objective will mostly be done through WIC and the health department but the coalition can ensure increased visibility and support for the objective.			

Strategy 1: Provide support and encouragement through media				
Objective 5: Improve capacity and sustainability of the coordination of obesity prevention strategies that produce process outcomes	Increased promotion and visibility for the coalition is wanted to advance the mission. A presence at Healthy Kids day at the YMCA is planned in coordination with Y5210 done by Kya. Healthy snacks at Walleye weekend was discussed as a possible event.			

Next meeting will be Friday April 12th at 12:15pm at the YMCA Boardroom