

Name of Meeting: Living Well FDL Meeting

Facilitator: Kya Diehl

Date of Meeting: 12/20/2016 **Time:** 8am

Recorder: Kya Diehl

Attendance: Kara Kerrigan, Hannah Phillips, Dusty Krikau, Melanie Kautzer, Jeff Butz, Sharon Simmon, Kya Diehl, Heather Schmidt, Sarah Kloetzke, Karissa Schneider, Oliver Clements, Deb Winterhack, Joel Mason, Barb Sippel, Michelle Picard, Sean Fitzpatrick, Michelle Bachaus

Topic:	Major Points Discussed:	Action Required:	Assigned to:	Due Date:
Welcome				
Update on Programs				
	<p>Fond du Lac Loop Update Leadership Change - John McDowell has stepped down after 3 years of leading the Loop Coalition. He has been a great leader and will still be involved. Rick Moulten will take over the leadership role during the interim.</p> <p>Bike Friendly Community Scorecard - The City of Fond du Lac submitted an application together with the Loop Coalition to the League of American Bicyclists to be a Bicycle Friendly Community. The scorecard came back at the honorable mention level. One of the key strategies to increase Fond du Lac's score is to increase the events are Bike Month and Bike to Work events. Kya has requested a coalition subcommittee be formed to examine what is currently happening around this events and what could be</p>	<p>Please let Kya know if you would like to join the bike events subcommittee.</p>	Ongoing	

	<p>promoted in 2017. A subcommittee worked on this a few years ago and seems like time to revisit.</p> <p>WI Bike Federation - Michelle Bachaus Michelle shared that she sits on coalitions throughout 14 counties and plans to attend our meetings when she can. She is a resource as we work to improve our Bicycle Friendly Community Scorecard and is a part of Share and Be Aware which offers free classes on bicycling and pedestrian safety. She shared ideas she has seen in other communities such as “Earn a Bike” programs for local volunteering efforts. We are excited to have her expertise - Welcome Michelle.</p>	<p>Kya has her cards/contact information if anyone would like to reach out for more information.</p>		
	<p>Coffective Project Kara from WIC shared that due to an aggressive timeline and WIC receiving the Wisconsin Fit Families Grant, WIC has decided not to accept being a pilot of the Coffective Project. They will be participating later in 2017.</p> <p>Attached in the meeting minutes email is more details on the Fit Families grant which will aim to reach 50 families in 2017 in Fond du Lac and has proven results.</p> <p>This led to a group discussion and sharing that across the nation, early childhood and WIC children are the only population to have a continued decrease in obesity rates. Read more here: https://www.cdc.gov/mmwr/volumes/65/wr/mm6545a2.htm?s_cid=mm6545a2_e</p>		Ongoing	

	http://www.clarionledger.com/story/news/2016/11/29/obesity-declines-among-kids-wic/94601882/			
	<p>Farmers Market Outreach Scheduling Dusty passed around scheduling sign up for 2017 market season educational booths. Topics brainstormed include flu clinic, blood pressure checks, healthy kids events, nutrition education, WIC education, car seat checks, Walk with a Doc, etc.</p> <p>Dusty updated the coalition that the market was pleased with attendance throughout 2016 with average of 2100 attendees on Wednesdays and Saturdays. Volunteers are needed for next market season to keep taking accurate statistics!</p>	<p>Contact Dusty to sign up for a Saturday!</p>		
	<p>Healthy Fond du Lac 2020 - Long Term Coaching Opportunity The long term coaching team has been meeting twice a month and are working on setting a common goal among all four priorities areas that deals with Adverse Childhood Events. The team is currently working on landscape mapping since we know some work in this area is occurring within organizations.</p>	<p>Find resources passed out at the meeting at the following links: https://acestoohigh.com/2012/05/23/toxic-stress-from-childhood-trauma-causes-obesity-too/ https://www.cd.c.gov/violenceprevention/acestudy/about.html</p>		

Resource Sharing				
	<p>Learn to ski program Karissa Schneider provided an update that the Boys & Girls Club kids will be participating in cross country skiing (as long as snow stays) over Christmas Break. Tuesday, Wednesday and Thursday of Christmas Break from 1-2pm, skis from the Theisen Middle School will be available for kids to try at Hamilton Park. Karissa was asked to take pictures and the coalition was invited to attend if they are able!</p>			Christmas Break 2016
	<p>Sustainability and 2017 Planning Kya shared she met with Steve Little and Greg Giles in November to discuss sustainability of the coordinator position and the coalition. 2017 is going to be a critical year to find more sustainable funding streams as Agnesian has a desire to reduce funding of the role due to a variety of factors. Kya will keep the coalition updated with what she knows.</p>	Forward any sustainable grant opportunities you come across to Kya.		
Announcements				
	<p>January 24 - Healthy Kids & Healthy Families Head Start/FoodWISE/YMCA Event 3 events are held per year for Headstart families - who are 100% at or below the federal poverty line. Parents will learn nutrition education from FoodWISE and and kids will get to play in the YMCA gym on the inflatable. Families will then participate in a virtual fitness class together through WellBeats at the Y.</p>			

	<p>Wisconsin Medical Society Journal - The November issue contains articles about the current state of obesity and prevention efforts in our state, including organizations and individuals on healthTIDE teams. You can access the full journal here: https://www.wisconsinmedicalsociety.org/professional/wmj/archives/volume-115-issue-5-november-2016/</p>			
<p>Future Meeting Dates</p>	<p>Kya asked the coalition if Tuesdays at 8 seem to work. No feedback was given so a survey monkey questionnaire will go out but most likely mark your calendars for every other month, third Tuesday at 8am at the Y!</p>		<p>All</p>	