

Name of Meeting: Living Well FDL Meeting

Facilitator: Kya Diehl

Date of Meeting: 10/20/2016 **Time:** 8am

Recorder: Kya Diehl

Attendance: Kara Kerrigan, Hannah Phillips, Nicole Weigert, 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, Jennifer Walters, Marian University Interns, Sean Fitzpatrick

Topic:	Major Points Discussed:	Action Required:	Assigned to:	Due Date:
Welcome				
Update on Programs				
	Healthy 2020 Photovoice Boys & Girls Club implemented the obesity piece of the project in September. Photos are currently being reviewed and cameras will be moving on to the next priority area over the next month. A slideshow of a few pictures were shown at the meeting.	Cameras will move to next priority area with large display hopefully in Spring 2017.	Ongoing	
	Collective Project Kara and Marla from WIC shared that Fond du Lac has been selected as a pilot community for the Collective initiative. The goal of the initiative is to bring together WIC and health care providers to have a clear, consistent message for families around breastfeeding. A conference call will occur at the end of October and more information to come at the next meeting.	Kya will listen to the conference call with Kara and Marla and work to identify stakeholders at Agnesian and possibly Aurora as we move forward.	Ongoing	
	Farmers Market Outreach Updates/UHC Small Steps # of Refer a Farmer referrals – 1 EBT eligible referral that was documented	Dusty and Kya will be working with United		

	<p># of farmers market tour participants - 14 90 vendors total this season – that includes everyone who has vended, even once. 15 Veggie Rx users = \$75 worth of the \$500 allocated Year to Date - the market has brought in \$2000 more in transactions than last year.</p> <p>Start planning for next year’s market season nonprofit booth - breastfeeding information, walk with a doc or anything else your organization promotes is welcome.</p>	Health Care Community Plan throughout the winter for planning for 2017 season.		
	<p>Y5210 Update Expectations for program this year will be to stay stagnant and reach approximately 25 classrooms again.</p> <p>Kya was notified in late August that the Cubero Group, who creates the curriculum, have put the program on hold pending more evaluation since the interest in the program has tapered off. Kya will be forming a survey for teachers to make sure a future program, if we go a different direction, will meet the need of the teachers and the students. More to come.</p>			
	<p>Doniell Erickson - Food Environmental Scan Doniell was not able to be in attendance but provided an update with photos and her work will be continue as Kya helps her dissect the data she obtained.</p> <p>General Comments from Food Retail Outlets</p> <ul style="list-style-type: none"> - Willing to work with coalition but will not add produce back into store because they are losing/ lost money on it in the past - Have tried produce, yogurt, veggies but do not sell - Willing to try moving healthier items by checkout - Willing to put signage up - Worried about employee time dedicated to fdl retail group (online would be best) <p>Facts</p> <ul style="list-style-type: none"> - Out of the 33 stores surveyed 2 out of 33 or 6% of the stores had 			

	<p>nutrient facts on produce (see picture with peaches (Wal-Mart) the other store is Pick n Save but their nutrient facts are not as visible.</p> <ul style="list-style-type: none"> - 67% of the retail outlets had a school within ½ mile - 0% of stores had WIC signage visible from outside the store - 2 out of 33 or 6% had FoodShare/EBT card acceptance advertisements posted outside and/or visible from outside of the store - Marketing language: English - 91% of stores did not have decals, signage, and/or advertisements for health foods present or visible near the front entrance. - The three products most seen when immediately walking into the store are: Soda, Candy/snacks and non-food products - 57.69% of the stores had 0-2 varieties of canned fruits (in natural juice or water available - 72.73% of stores (33) did not have low sodium (<200mn/serving) canned vegetables available. 			
	<p>Healthy Fond du Lac 2020 - Long Term Coaching Opportunity</p> <p>Fond du Lac Healthy 2020 has been awarded a long term coaching opportunity from Robert Wood Johnson Foundation. This will provide support for the four priority area coordinators along with Dr. Heather Schmidt and Amanda Miller from UW Extension to meet on a monthly basis with a coach. The coach will help our community work within the RWJF framework to improve communication and collective impact among the priority areas.</p>			
<p>Resource Sharing</p>				
	<p>Learn to ski program</p> <p>Dr. Clements brought up his passion for cross country skiing and reminded the coalition about the great trails over at McDermott Park. Sharon Simmon reminded the group that in the last PEP grant, the district purchased cross country skis. Karissa from the B&G club expressed in utilizing these over at Taylor Park in the winter for club kids. Doc offered to lay trails for the club.</p>	<p>Sharon, Doc, and Karissa will connect and see if this can be reality during Winter 2017 to get club kids active!</p>		

Bike Share Program

Dusty provided an update on the potential for a bike share program in Fond du Lac and Kya read an update from Jordan Skiff as follows:

- The BCycle is one example of a bike share program that has worked in many community, mostly large and/or university communities. The fact that we have two campuses for Marian and several sustainably-minded businesses (Agnesian, Grande, Merc), with the right partners something like this could be a good fit for Fond du Lac.
- The demonstration was very successful, in that it assured people that the bikes were heavy duty but easy to manage, adjustable and easy to use. The large turnout also showed that there is significant interest. Some of the main interest that I've heard so far is for visitors to trek around Lakeside Park, or to connect the Park to the downtown and vice versa.
- The stations are modular, meaning that you can have a kiosk (where you arrange the rental) and as many or as few bike stations attached to that as you'd like. So we could start small and add bikes in locations that got the most use.
- The cost per bike is around \$5k, less if lots of bikes are tied to one kiosk, more if a kiosk is needed to support fewer bikes. Dyann has \$100k in the '18 Capital Improvement Plan in the hopes of sponsoring two such stations. For this type of investment, I think we would have to know that the system would get a lot of use. Either surveys from significant employers or schools, or partners that purchase their "own" station, would help establish that. There are some valid doubts that a system like this would be heavily used in a city our size, where parking is plentiful and most people have vehicles.
- Trek (the creator of BCycle) is also looking at a system where bikes are available without the kiosk. You would just pay for them right on the bike, and pick them up and drop them off at the location most convenient for you. This might be a good fit for us.
- Operating the program could be a big challenge, as we're not currently staffed to run bikes in for maintenance, prep them for winter storage, move them from one station to another, etc. Dyann is working with a possible partner that might manage that for us.

	<ul style="list-style-type: none"> · The Advisory Park Board was very positive about the idea. · Next steps are to continue to gauge the interest of the community, and to work with possible partners. 			
	<p>Internship Opportunities - Marian University 3 Interns from the Exercise Science and Kinesiology department at Marian joined the meeting along with the new director Sean. They are looking to create placements for students who will be entering a health and wellness field.</p>	Contact Sean Fitzpatrick if you have internship opportunities		
Announcements				
	<p>YMCA Diabetes Prevention Program - Tuesday evening class filled and running smoothly! Classes forming for Tuesday mornings at 9am. Session Zero classes set up for October 27 from 6-7pm at the YMCA in the boardroom! Spread the word.</p>			
	<p>Aurora Weight Loss Programming Jennifer Walters provided an update on the new weight loss programming at Aurora and sent communication out to coalition members. Program has helped meet goal of losing 1 ton pounds so far! Seminars on bariatric surgery are coming up throughout November. Contact Jennifer for more information.</p>			
	<p>Winter Farmers Market 9am-Noon at Boys & Girls Club this winter. Stop by and support the market!</p>			
	<p>FDL School District PEP Grant Congratulations to the Fond du Lac School District who was awarded a PEP grant in it's last cycle for \$1.25 million over 3 years which will mostly focus on nutrition education.</p>			
	<p>Cardiac Rehab 3 Currently running at YMCA on Tuesdays and Thursdays from 8am-9am. So far</p>			
Future Meeting Dates	December 20, 2016 8am - Boardroom at the YMCA	Mark calendar for last meeting of 2016!	All	

