

Physical Activity Task Force
Community Engagement Work Group
Friday, February 15, 2019
Meeting Minutes

In attendance: Heather Myers (Summit Health), Noel Purdy (Healthy Franklin County), Melissa Mattson (SCCAP), Christina Methner (Keystone Health)

Partner Updates: Mellissa shared that the Race Against Poverty will be on June 7. Heather shared that for heart month she has been partnering with the Chambersburg and Waynesboro YMCAs to offer free community yoga sessions for heart month and new Get Fit Now classes will be starting in Chambersburg and Waynesboro. Noel provided an update on the CHNA process: social determinants of health set of questions have been added to the CHNA, data collection is underway, and focus groups have been underway with key informants including school counselors, low income adults of retirement age, and parents/caregivers of children who have children in/waiting to get in Head Start programs.

Physical Activity Taskforce Program Year Plan Updates (recreational assets map, etc.)- Heather showed the group the recreational assets map that is up and running. The map still needs more images and will be a living tool that will need to be kept up-to-date. Heather/Noel updated the CE group regarding information about Zagster, the bike share program. Heather will be creating a feasibility report to make findings public and upload to the HFC website. Heather and Noel are meeting with the Housing Authority to discuss the feasibility of implementing a walking program with residents. Christina is formatting the free and low-cost physical activity toolkit/guide and will send to Heather once completed for upload to the Get Fit, Franklin County page.

Physical Activity Month-May 2019, Get Fit Franklin County- The group brainstormed what resources should be housed on the Get Fit, Franklin County page. It was decided to add information about the Move Your Way Campaign, the rec. assets maps, the free/low-cost youth toolkit, the PDF to the Get Fit, Franklin County booklet, and to find some specific resources that demonstration specific exercises that people can do at home and/or videos. Heather will work on a plan and plan to have the website up by the April CE meeting to present to the group. Heather will also work with Brandi Fitch to create Facebook posts/ads for physical activity month. We have over \$1,000 to really push promotion on Facebook out into the community.

Upcoming Meetings-

Physical Activity Taskforce: March 19, 2019, 3:30 PM, Summit Health Sentry Building Board Room

Community Engagement Workgroup: April 19, 2019, 1 PM Summit Health Sentry Building Board Room