

Physical Activity Task Force
Community Engagement Work Group
Friday, April 19, 2019
Meeting Minutes

In attendance: Heather Myers (Summit Health), Noel Purdy (Healthy Franklin County), Christina Methner (Keystone Health), Ellen Poe (Waynesboro YMCA), Barb Houpt

Guest: Brandi Fitch

Partner Updates: Heather shared that she and Nickie Fickel wrapped up the Get Fit with Friends program at the Towers, a 5-week program aiming to increase knowledge and awareness on nutrition, physical activity, and stress management. She is working on the evaluation for the program and did not have data to share at the meeting. Christina shared that Keystone Health just started a Prevent T2 program with 10 participants. Ellen shared that the Chambersburg YMCA is getting ready for Healthy Kid's Day on Sunday, April 28, the Y just started a new Prevent T2 in April, a new Livestrong cohort started in April, the EdK Run was last Sunday, and the Y has a contract with the County to do a program called Health Steps for Older Adults. Heather will connect Ellen with Pat McCulloh to see if the Towers may be a good location for that program. Noel shared that the CHNA process is underway and we have seen preliminary data that does indicate that physical inactivity has gone up along with overweight/obesity data.

Physical Activity Month-May 2019, Get Fit Franklin County- Brandi and Heather reviewed Facebook posts and ads that will be pushed out in May for physical activity month. We have over \$1000 from grant money left over to boost and pay for the Facebook ads. Heather shared the Get Fit, Franklin County webpage that has been updated. All Facebook posts will be directing people to that page and we will track hits to the page during the month of May. The workgroup is encouraged to share Facebook posts. Heather will send a draft email about PA month that everyone can share to their organizations.

Physical Activity Taskforce Program Year Plan Updates/Review- Heather has started to create a report detailing the feasibility study efforts completed regarding the Docs in the Park program. Frederick and Baltimore have reported that they have not seen a lot of engagement in the program. This led to the research in an Open Streets event concept. Noel and Heather are talking to Bill at Mainstreet Waynesboro to discuss partnering. The Walk with the Doc efforts last year were not successful. Heather will add a worksite wellness/physical activity toolkit to the Get Fit, Franklin County page to meet plans to upload something like that to the HFC website. The free and low cost healthy living programs for youth toolkit is completed and will be updated to the Get Fit, Franklin County page. Heather is working with the Housing Authority to currently assess the feasibility of a walking program. The physical activity campaign is underway, and booklets continue to be distributed and tracked on a rolling basis. Heather and Noel had learned about the program called Trips for Kids from Melissa at the FCC. We need to learn more about the program to assess feasibility. Research regarding infrastructure of youth and adolescent physical activity stakeholders within the school district has not been started. Heather and Noel will meet to discuss this further. We know that Chambersburg is focused on nutrition efforts at this point in time. Dr. Kline had talked about connecting us with the Waynesboro Wellness group, but that has not been completed yet.

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Upcoming Meetings:

Physical activity taskforce: May 21, 2019, 3:30 PM, Summit Health Sentry Building board room

Community engagement workgroup: June 21, 2019, 1 PM, Summit Health Sentry Building board room