



Nutrition, Physical Activity & Weight Status Task Force Meeting

Wednesday, October 9, 2019 at 1:30 PM-2:30 PM
Sentry Board Room -- 785 Fifth Avenue, Chambersburg, PA

Present: Liz Hills (SCCAP), Courtney Porter (Volvo), Ellen Poe (Chambersburg YMCA), Rebecca Johnston (Nourish Wellness), Nickie Fickel (WellSpan Health), Amanda Keefer (Franklin County Housing Authority), Jay Eury (SCCAP), Mike Gaudiose (Keystone Health), Christina Methner (Keystone Health), Barb Houpt (Exit Preferred Realty), Maggie Lattin (Boys and Girls Club), Josh Stromberg (Vista Shippensburg University), Alexandra (Shippensburg Community Resource Coalition Intern), Laura Masgalas (Shippensburg Community Resource Coalition), Noel Purdy (WellSpan Health).

Topic	Discussion	Action
<p>Welcome/ Introductions/ Member Updates</p>	<p>Barb Houpt welcome everyone and asked everyone to share their respective organizations updates:</p> <ul style="list-style-type: none"> • Nickie Fickel reported about upcoming new programs/classes including Prevent T2 (Session Zero), Grocery Store Tours with a focus on diabetes prevention and Holiday Wellness Workshops. All programs are free. • Alexandra shard that she is a student at Shippensburg University and is interning with SCRC and is looking forward to learning about the work of the task force and making connections • Jay Eury with SCCAP does not have any updates to share at this time. • Liz Hills with SCCAP shared that the next Community Film Night is “Just Eat It” a documentary about food waste. It’s on October 24 at the Capitol Theatre and is free and open to the community. Noel will make sure it’s sent out again to the task force in case anyone didn’t get it from the initial Community Services email blast. • Maggie Lattin with the Boys and Girls Club is new to the task force and is looking forward to getting involved. • Courtney Porter shared that she works at Volvo through the YMCA as the Healthy Living Coordinator and has been reviewing needs assessment data for employees. • Ellen Poe reported that the Chambersburg YMCA provides LIVESTRONG and Prevent T2 ongoing. • Amanda Keefer shared that the Franklin County Housing 	



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<p>Review Transition Meeting Minutes</p> <p>CHIP Year 1 Scorecard: Updates & Data Collection</p>	<p>Authority just had a health fair on site with 10 vendors and 50 residents attending. It went well considering it was a first-time event with a quick turn-around.</p> <ul style="list-style-type: none"> • Rebecca Johnston has a Fall 5-day detox for beginners starting October 21 with Nature and Nourish Wellness. Noel asked her to send a copy of the flyer and she will share with the committee. • Dr. Gaudiose shared that Keystone Health and WellSpan Health are collaborating on a Treating Diabetes with Social Determinants of Health Symposium for providers on November 14th, 5:30pm-8:30pm. • Noel Purdy shared that all of task forces have created and approved their respective year – one CHIP action plans and are moving to implementation. <p>Barb Houpt asked if there were any questions or changes to the minutes from the September 11, 2019 Transition Meeting. Dr. Gaudiose asked how involved churches were with food insecurity programs and projects. Noel shared that the food insecurity resources map includes a variety of resources for the food insecure population and includes programs and services that churches provide including free meals, food pantries and back pack programs. However, we there should be more representation and engagement from the faith community with the task force and we could make more of a concerted effort to reach out to them.</p> <p>Noel shared that the CHIP scorecard/updates will be a standing agenda item for each meeting and we will review the scorecards at every task force meeting. Noel requested that everyone keep the copy of the scorecard that she handed out today going forward however if they need another copy to let her know.</p> <p>Barb Houpt walked through the scorecard for updates and data. The group also discussed which programs would fit under the Community Engagement Work Group and which would fit under the Community Garden work group.</p> <ul style="list-style-type: none"> • Eat Well Play Hard – Nickie said the first training for First Start Partnership staff will begin on October 22. It's a 6 week program. 	



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	<p>Training for kids will start after that. (CE)</p> <ul style="list-style-type: none"> • No data for POP as the program year doesn't end until end of the 2nd quarter. • Expanding POP: NP to check with HCP, Greencastle & Shippensburg markets; Rebecca to check with Country Creek Produce (Noel to send information re: POP program first) and Liz to check with Waynesboro. • Triple Play- Maggie reported that program elements of Triple Play are delivered on a daily basis, which focuses on mind, body and soul. The B&GC is operating in five schools in Franklin County: Stevens Elementary, Ben Chambers Elementary, Nancy Grayson Elementary, Intermediate School (and James Burd Students), and Shippensburg Middle School. The B&GC is moving to a mobile-program model, operating programs in the schools. The organization is looking for office space only (2 offices needed). • Assess feasibility of Trips for Kids: Noel shared that she and Heather did some preliminary research about the program after Melissa Mattson with Franklin County Cyclists suggested it. It would be ideal to partner with a non-profit that is working with a targeted population. The CE work group will work on this. • Provide Get Fit Now and Prevent T2 – WellSpan Health is providing these ongoing; no data to report yet. • Prevent T2 – no data to report yet (YMCA Volvo & Keystone Health cohorts). • Provide LIVESTRONG at Chambersburg & Waynesboro YMCA-no data yet • Happy Feet pilot completed; data report being created. (CE) • Get Fit Franklin County campaign – not started yet. (CE) • Zagster fundraising campaign. – not started. (CE) • Strengthen Physical Activity campaign with Move Your Way – not started. Campaign in May. WellSpan CS and partners. • Promote sidewalk walking trails in neighborhoods. Not started. (CE) • Identify and meet with food and nutrition staff in school districts. Nickie, Karen and Barb. • Implement Community Garden at The Towers. Not started. (CG) • Partner with Network Ministries to build gardening skills of 	



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<p>Work Group Plans and Schedules</p> <p>Other</p>	<p>community gardeners. Not started. (CG)</p> <ul style="list-style-type: none"> • Partner with Wilson College on community garden workshop. Not started. (CG) • Strengthen Nutrition Campaign efforts by incorporation my plate. Not started. WellSpan Health • Assess feasibility of mobile victory garden- classes in targeted communities. Not started. (CG) • Nutrition Block Parties in targeted populations. Shippensburg November 6 at the Shippen House (senior population) • Provide Grocery Store Tours. Scheduled. WellSpan Health • Provide NSFМ tours. No data. • Provide Healthy Eating Adventure. No data. <p>Barb asked if anyone had any other comments or questions. Dr. Gaudiose discussed the importance of FREE PLAY for children. Nickie shared that elements of free play can be and/or are incorporated into Eat Well Play Hard, the Physical Activity Awareness Campaign, Get Fit Franklin County. CASD has is looking at the Play 60 wellness program. Courtney said that she is interested in working with gym teachers on enhancing their curriculum. The group said that the community engagement committee could evaluated this further.</p> <p>Barb shared the doodle results and it was determined that the community engagement committee will have a standing meeting on the fourth Thursday of the month at 1pm; the first meeting will be on October 24 in the SPS Board Room (2nd floor) of 785 5th Avenue. Noel will reach out to the community garden committee to schedule a standing meeting date.</p> <p>Noel and Barb shared that we’ve been trying to recruit someone to co-chair the task force with Barb however their schedule may not be conducive. We’ll keep everyone posted on updates.</p>	
<p>Next Meeting (s)</p>	<p>Nutrition, Physical Activity & Weight Status Task Force: Wednesday, November 13, 1:30pm-2:30pm at 785 5th Avenue - Sentry Board Room</p> <p>Community Engagement Work Group: Thursday, October 24, 1pm-2pm at 785 5th Avenue – SPS 2nd Floor Board Room</p>	