



**Nutrition, Physical Activity & Weight Status Task Force Meeting**

Wednesday, December 11, 2019 at 1:30 PM-2:30 PM  
 Sentry Board Room -- 785 Fifth Avenue, Chambersburg, PA

Present: Courtney Porter (Volvo), Rebecca Johnston (Nourish Wellness), Nickie Fickel (WellSpan Health), Amanda Keefer (Franklin County Housing Authority), Barb Houpt (Exit Preferred Realty), Melissa Miley (Strength Endures), Karen Johnston (Healthy Communities Partnership), Jessica Larkin (Wilson College), Noel Purdy (WellSpan Health).

Absent: Ellen Poe (Chambersburg YMCA), Brittany Baird (WellSpan Health), Kari Coleman

Topic	Discussion	Action
<p><b>Welcome/            Introductions/            Member            Updates</b></p>	<p>Barb Houpt welcome everyone and asked everyone to share their respective organizations updates:</p> <ul style="list-style-type: none"> <li>• Barb Houpt reported she is facilitating a LIFT Strength Training Program at the Penn State Cooperative Extension office January 7-February 27, an 8 week program, targeting adults 40 years of age and older. She circulated a flyer; Noel will put it on the HFC events calendar.</li> <li>• Amanda Keefer doesn't have any updates as she is working on 2020 planning.</li> <li>• Nickie Fickel reported that National Nutrition Month is in March and she's been working on the campaign; details are being finalized now. February is Heart Month and she is also working on a campaign for it which includes free yoga classes in Chambersburg and Waynesboro. The events will be posted on the new WellSpan Health events calendar and the HFC events calendar.</li> <li>• Jessica Larkin shared that the North Square Farmers Market launched a winter market at Coyle Free Library on the first and third Saturdays November through April. Jessica said there is a community table to share partner information at and opened it up to the group. Jessica also shared that the Fulton Farm has a market on the Wilson College campus which also fills gaps. Jessica also confirmed Wilson College for the venue for the upcoming Community Garden workshop.</li> <li>• Courtney Porter reported that Volvo is working on their 2020 plans.</li> <li>• Rebecca Johnston did not have an update other than she is</li> </ul>	



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<p><b>CHIP Year 1 Scorecard: Updates &amp; Data Collection</b></p>	<p>offering free coaching sessions as part of her credentialing process.</p> <ul style="list-style-type: none"> <li>• Melissa Miley shared that she is facilitating a Macro’s and Metabolism nutritional workshop series. The workshop is designed to educate individuals on balanced sport nutrition and activity while obtaining body composition and fitness goals; the MyPal app is used. A free body composition assessment is included; the fee is \$15. The next workshop will be at Grocery Store Outlet.</li> <li>• Karen Johnston reported that Go Girls Go is expanding and again and will include 8-9 sites in the spring. New sites include Grandview Elementary, New Franklin Elementary, JB Middle School and Hooverville Elementary. The program is offered 2 times a year; it has been in existence for 4 years now.</li> </ul> <p>The group reviewed CHIP scorecard data:</p> <ul style="list-style-type: none"> <li>• Eat Well Play Hard – Nickie facilitated a training with 15 First Start partnership staff in the second quarter.</li> <li>• Christy Unger sent POP program data before the meeting which reported 388 total youth enrolled in the program. Karen said to reach back out to Christy to clarify the average weekly attendance data.</li> <li>• Noel will reach out to Maggie regarding Triple Play data for the first and second quarters.</li> <li>• Trips for Kids has not been assessed yet regarding feasibility. No data for POP as the program year doesn’t end until end of the 2<sup>nd</sup> quarter.</li> <li>• Noel reviewed the GFN now data as it was available at the time of report out; 1 program offered in the first quarter with 9 completions (3, 33% increased vegetable intake) and (5, 56% lost weight). 3 programs were offered during the second quarter with 27 completions (5, 19% increased vegetable in take) and (8, 30% lost weight).</li> <li>• Prevent T2 data was not available yet by WellSpan Community Services but is being evaluated. Ellen Poe emailed YMCA Prevent T2 data before the meeting; Noel did not have a chance to include it yet.</li> <li>• Happy Feet program data is being evaluated; nothing to report yet.</li> </ul>	



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<p><b>NPATF – Work Group Plans and Schedules</b></p>	<ul style="list-style-type: none"> <li>• Get Fit campaign is in process; nothing to report yet. However Noel will website data and booklet distribution data before the next meeting for quarters one and two.</li> <li>• The Zagster fundraising plan has not been started.</li> <li>• Physical Activity campaign nothing to report has not been started yet.</li> <li>• One trail marker was installed in quarter one in a FCHA neighborhood as part of the Happy Feet pilot.</li> <li>• Karen reported that the CASD district had a wellness committee meeting which she attended; TASD had a meeting which we did not attend. Karen reached out to WASD but no response regarding their wellness committee. Karen will invite the other schools to attend this meeting.</li> <li>• The Community Garden at the Towers hasn't been started yet; no update.</li> <li>• Barb is planning to meet with Josh at Network Ministries and the Master Gardeners to discuss workshops.</li> <li>• No update on mobile victory garden feasibility.</li> <li>• One Nutrition Block Party was facilitated at the Shippen House with 7 participants.</li> <li>• Noel shared Grocery Store program data; 3 grocery store tours were facilitated in the second quarter with 29 attendees; 100% reported having better understanding about making healthier choices and 83% reported their intentions to do so.</li> <li>• No Macwell data to report.</li> <li>• No LiveStrong data to report at this time; Noel will reach out to Ellen and Sarah.</li> <li>• The organization is looking for office space only (2 offices needed).</li> </ul> <p>Barb shared that Jim Boyer has agreed to co-chair the Physical Activity, Nutrition and Weight Status Task Force; he will be more engaged after the new year after some staff changes at HCP happen.</p> <p>Community Engagement Work Group – Noel reported that the work group has prioritized its work to align with the CHIP. This work group will be working on Get Fit Franklin County, Trips for Kids Feasibility, Promote Happy Feet – Walking Trails, Eat Well Play Hard. The group</p>	



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	<p>reviewed the current draft of the Get Fit Franklin County flyer. Once the flyer is completed the group will work on an outreach strategy to launch after the new year. Due to the holidays, the group will meet earlier in December on the 19<sup>th</sup>.</p> <p>Community Garden Work Group – Noel shared the draft of the flyer for the upcoming community garden workshop. Jessica gave an overview of the program agenda for the day. The venue, keynote speaker and program agenda have been confirmed. Jessica is working on confirming speakers for the day. Noel will work with Brandi to update the flyer and set up registration with WellSpan. Promotions will start after the first of the year. The group will meet on December 19<sup>th</sup> due to the holidays.</p>	
<b>Next Meeting (s)</b>	<p>Nutrition, Physical Activity &amp; Weight Status Task Force: Wednesday, January 8th, 1:30pm-2:30pm at 785 5<sup>th</sup> Avenue - Sentry Board Room</p> <p>Community Engagement Work Group: Thursday, January 23, 1pm-2pm at 785 5<sup>th</sup> Avenue – SPS 2<sup>nd</sup> Floor Board Room</p> <p>Community Garden Work Group: Thursday, January 23, 2pm-3pm, at 785 5<sup>th</sup> Avenue – SPS 2<sup>nd</sup> Floor Board Room.</p>	