



Nutrition, Physical Activity & Weight Status Task Force Meeting

Wednesday, February 12, 2020 at 1:30 PM-2:30 PM
 SPS – Admin Conference Room 2nd Floor -- 785 Fifth Avenue, Chambersburg, PA

Present: Courtney Porter (Volvo), Nickie Fickel (WellSpan Health), Barb Houpt (Exit Preferred Realty), Ellen Poe (Chambersburg YMCA), Brittany Baird (WellSpan Health), Joey Loffio (Shippensburg Community Resources Coalition), Sonja Payne (Shippensburg Community Resources Coalition), Melissa Miley (Strength Endures), Karen Johnston (Healthy Community Partnerships), Jessica Larkin (Wilson College), Angela Hess (Chambersburg Hospital), Dr. Elizabeth George (MacWell), Christina Methner (Keystone Health), Noel Purdy (WellSpan Health).

Absent: Kari Coleman, Rebecca Johnston (Nourish Wellness), Amanda Keefer (Franklin County Housing Authority), Jim Boyer (Healthy Communities Partnerships),

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"> • Barb Houpt reported 12 participants in the current LIFT program at Penn State Cooperative Extension, an 8 week program, targeting adults 40 years of age and older. The next program will run March 17- May 7 (she will send a flyer). • Nickie Fickel reported that February is Heart Month; free grocery store tours in Greencastle, Chambersburg and Waynesboro are planned as well as a free POUND class at the Chambersburg YMCA. March is Nutrition Month; free grocery store tours and family-friendly cooking demonstrations in Chambersburg and Waynesboro. Get Fit Now and Prevent T2 are ongoing. • Sonja Payne reported that the SCRC has a new intern (Joey Loffio), Go Girls Go will be starting in the Shippensburg Middle School and they will be restructuring Hound Packs to a market pantry model. Ellen Poe reported that the YMCA is still very busy with the start of the new year. • Karen Johnston reported Jessica Larkin just returned from the PASA (PA Association of Sustainable Agriculture) Conference where she learned about seed saving/seed keeping and restoring cultural heritage in the African American and Hispanic communities. Wilson College has a migrant learning campus and sees an opportunity to put into action some of these strategies. • Dr. George reported that the last Healthy Eating Adventure had 40 participants. Average weight loss was 4.5 pounds (16 pre and post surveys returned); 13 / 16 participants decreased cholesterol and 14 dropped LDL. Dr. George shared information about Everyday Chef—a series of 4 hands on cooking classes in March. They are family friendly and cost \$45 for adults and \$5 for children. 	



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<p>Draft CHIP Year 2 action plan</p> <p>NPAWS Work Group</p>	<ul style="list-style-type: none"> • Courtney Porter is the Healthy Living Coordinator at Volvo reported that they kicked off an Industrial Athlete employee wellness program for shop workers; it's a 6 week program with 3 sessions a week (30 minutes per session). There are 9 participants. 37 people are participating in the Fall Into the New Year program, a 3-month program focused on goal-setting, nutrition. It included heart screenings. 120 people participated in the blood drive. Overall participation is up in voluntary wellness programs at Volvo. • Dr. George reported that MacWell recently completed the Johnston Run Streamside Trail in Mercersburg; Noel will see if we can get it posted on the recreational mapper. Dr. George also shared data on the Healthy Eating Adventure class that was held last July; she will email the data to Noel. A new Healthy Eating Adventure class starts January 9 at Penn National. Dr. George also shared that MacWell is organizing an Everyday Chef program March 5 – 26, 2020. She also reported that the 10th. • Brittany Baird is Bariatric Dietician at WellSpan. She is also on the cancer committee and shared that they are looking for input about what type of free screenings to offer this year. has been seeing medical weight patients as well as bariatric patients and is also staffing support groups. <p>The group reviewed the draft CHIP Year 2 scorecard</p> <ul style="list-style-type: none"> • See attached plan <p>Community Engagement Work Group – The group worked on the community facing flyer before rolling out the campaign. Noel is working on website updates.</p> <p>Community Garden Work Group – Noel updated the group that the workshop was very successful; the surveys are very positive. The work group will debrief at its next meeting.</p>	
<p>Next Meeting (s)</p>	<p>Nutrition, Physical Activity & Weight Status Task Force: Wednesday, February 12, 1:30pm-2:30pm at 785 5th Avenue - Sentry Board Room</p> <p>Community Engagement Work Group: Thursday, February 28, 1pm-2pm at 785 5th Avenue – SPS 2nd Floor Board Room</p> <p>Community Garden Work Group: Thursday, February 28, 2pm-3pm, at 785 5th Avenue – SPS 2nd Floor Board Room.</p>	