

Physical Activity Task Force Meeting

Tuesday, January 16, 2018 • 3:30—4:30 p.m.

Summit Health Building

Members Present: Nickie Fickel, Barb Houpt, Shannon Lee, Heather Myers, Noel Purdy, Ann Spottswood, Sam Thrush, and Hugh Graham

Topic	Discussion	Action
Welcome	Sam Thrush called the meeting to order and welcomed the members.	
Minutes	The minutes from the November 21, 2018 meeting were approved.	Minutes approved
Work Group Updates	<p>The workgroups reported updates since the last meeting:</p> <p>Community Engagement: Heather Myers reported for the Community Engagement workgroup. She noted that the Community Walking Parties team has merged with the Community Engagement workgroup and current facilitators for the workgroup are Shannon Lee and Sarah Hamel. The workgroup is supporting Summit Health’s spring walking challenge and has released a brief survey incorporated into the challenge to collect pre and post physical activity data. The walking challenge is branded as a Summit Health/Healthy Franklin County activity. A “Get Fit Franklin County” logo has also been created with the idea for it to act as a “symbol” for collaborative community events/programs that align with the physical activity taskforce’s goals. Noel and Heather will start to create a usage policy for the symbol. The symbol aligns with recommendations from the Surgeon General’s Step It Up model which encourages communities to adopt a community-wide message or theme that promotes the importance of physical activity</p> <p>Built Environment: Sam Thrush reported for the Built Environment workgroup. They are making great strides in researching the feasibility of a bike share program in Franklin County at the Coyle Library and/or Wilson College Library. The group is working with and collaborating with staff from Shippensburg University who were integral in the creation of the “Ship Share” bike share program.</p>	
Physical Activity Taskforce Goals and Objectives	Heather and Sam reviewed the physical activity taskforce’s goals and objectives noting those that are on track, already completed, or need to be prioritized to be completed by the end of FY 18. Activities of priority include creating a worksite wellness/physical activity survey for employers and creating a physical activity toolkit for employers, creating a walking trail/route booklet, making recommendations for healthy community design policies (this may include a public proclamation or workshop in the future), and finishing up an inventory of existing physical activity facilities (Sam shared that his team will have a new intern in the spring who may be able to continue the inventory work of previous interns).	
Partner Updates	Waynesboro YMCA: Shannon Lee reported that the Y completed their first cohort of the Live Strong program. Another session will begin in March 2018. Upcoming programs include Choose To Lose. Additionally, a new Health and Wellness Director will be appointed as Shannon is moving on to a new position. She will connect the taskforce with the new Director.	

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	<p>Chambersburg YMCA: Barb Houpt reported they completed their first cohort of the LiveStrong program and are still looking for people to become trained leaders. There is also a LiveStrong fundraiser being planned for April of 2018 and the Y is adding new group fitness classes including a yoga class for athletes.</p> <p>Summit Health: Nickie Fickel and Heather Myers reported that upcoming programs include PreventT2 in Chambersburg and Waynesboro, Get Fit Now in Chambersburg and Waynesboro, and free community yoga sessions in honor of heart month in February. Registrations are open on the Summit Health website.</p> <p>Franklin County Cyclists: Hugh Graham reported there will be a Breast Cancer Ride in June of 2018. There is a fee of \$35 for members and \$40 for non-members. All proceeds will support breast cancer-related organizations and causes.</p> <p>Franklin County: The county will be holding a non-motorized transportation meeting regarding it's Long Range Transportation Plan development in April. The county has been made aware that Southampton Township and several stakeholders hope to do a feasibility study for an extension of the Cumberland Valley Rail to Trail soon. The county is partnering with other organizations to host a watershed and trail regional meeting in the Shippensburg area. Dates for the regional meeting have yet to be announced.</p>	
Future Meetings	<ul style="list-style-type: none"> • The next Physical Activity Task Force meeting is scheduled March 20, 2018, at the Sentry Building board room, 785 5th Avenue in Chambersburg, from 3:30-4:30 p.m. • The next Community Engagement meeting is on January 19, 2018. • The next Built Environment meeting is TBD- usual meeting schedule is 2nd Tuesday of each month, 10 AM at Franklin Co. Annex building. 	