



Regional Leadership Team Meeting Notes

The NE Iowa Food & Fitness Regional Leadership Team met on February 21, 2012 at the Postville YMCA at 11 am.

Allamakee Co.		Chickasaw Co.		Clayton Co.		Fayette Co.		Howard Co.	
Barb Winters	X	Joanne Tupper	x	Kay Vifian	x	Donna Story	x	Laura Schmauss	
Angie Gibbs		Vacant	x	Brian Gibbs	x	Gordon Murray-John	x	Elaine Govern	
Postville Team		Winneshiek		Active Living		NIFF Coalition		School - RCs	
x	Mary Koopman	x	Johanna Bergan	x	Scot Michelson	X	Teresa Wiemerslage		Emily Neal
x	Cici Mueller		Brandon Friedlein		Lindsay Erdman	X	Eric Nordschow	x	Sue Burrack
Project Coordinator		Administrator		Heidi Skildum		X	Nick McCann		Steph Conant
x	Ann Mansfield	x	MJ Smith		Karla Organist				Leah Chapman
		Core Partners				Community Health		Melanie Stewart	
Communications		Brenda Ranum		Youth		x	Halesia Johnson		Elizabeth Makarewicz
Flannery Cerbin		Jon Jensen		x	Lynette Houser	x	Lori Egan	x	Maren Stumme-Diers
								Sonja Arneson-Ecklund	

Agenda:

Presentation: Food Systems – Regional & State Level

Teresa Wiemerslage, Nick McCann, and Maren Stumme-Diers talked about the Iowa Food & Farm Plan and the opportunities for rural development with local foods. They also shared updates from the food hub planning and Luther College.

Presentation: Making a Case for Moving

Heidi Skildum talked about the health benefits of walking and showed a video called “23 and ½ hours”.

<http://www.youtube.com/watch?v=aUalnS6HIGo> Regional team members launched into a discussion on to engage parents in Walking School Buses.

Community Forums

Spring meetings and engagement opportunities were reviewed. i.e. FFI School wellness parent outreach, Live Healthy Iowa county meetings, Healthiest State- Blue Zones applicant communities, Head Start parent meetings. County leaders encouraged to contact FFI staff if there is interest in hosting a community forum. Leaders also asked to think about ways to reach parents in their community and provide us with feedback.

Spring conference – March 21

Overview of FFI Spring Conference @ Luther focused on School wellness retreat; Wellmark Healthiest State Initiative spokesperson will be keynote. County leaders encouraged to recruit school board members/community school advocates to attend this conference.

Pre-proposal – WKKF

Overview of plan to submit a pre-proposal to WKKF by April 15, 2012 for continued funding beyond Oct. 2012.

Work Group Updates

School Outreach – See School Wellness Newsletters.

Youth Engagement

- March 2nd – area youth attending state-wide event for youths as advocates for changes impacting health
- FEEST – plans for upcoming events in Postville and West Union

Community Health – Halesia Johnson & Lori Egan

- “Together We Grow Healthy Kids” messaging campaign distributed in region to WIC, NEICAC, etc.
- Technical Assistance opportunity with National Institute for Child Healthcare Quality

Admin/Other – Ann Mansfield

- FYI: FFI will be attending conferences: CDC Weight of the Nation, Washington, DC, WKKF Food & Community in Ashville, NC.

Next FFI Regional Leadership Team Meeting: June 27, 2012 – 11:00 am to 2:00 pm – Location TBD. Meeting adjourned at 1 pm.