Northeast Iowa Food and Fitness Initiative
Active Living Work Group
3-8-13 Meeting Notes

Attendees: **Dennis Keefe**, Physical Therapist, Winneshiek Medical Center; **Lindsay Erdman**, President, Erdman Engineering, P.C.; **Haleisa Johnson**, FFI Early Childhood Coordinator; **Karla Organist**, Transportation and Community Planning Department Head, Upper Explorerland Regional Planning Commission; **Ashley Christensen**, Safe Routes to School Liaison, Upper Explorerland Regional Planning Commission; *Unable to attend*: **Elaine Govern**, Trails Enthusiast; **Scot Michelson**, Park Ranger, Iowa Department of Natural Resources

1. Welcome
2. Introductions
    a. Welcome Haleisa Johnson, Early Childhood Coordinator for FFI
3. SRTS Liaison Updates
    a. Complete Streets
        i. Pushback from various entities, ex: West Union downtown project
        ii. Figure out how to become certified/trained (Ashley/Lindsay will look into)
    b. Bike Rodeos- several upcoming events
        i. Lindsay potentially has bikes to donate
4. Next RC Active Living Meeting- Monday, March 11th at 11a at Luther
    a. SARIS 5th Grade Bike Poster Contest, National Bike to School Day on May 8th, SRTS Travel Tally collection, Active Living Inventory of Schools
    b. Lindsay will try to attend
5. Regional Leadership Council Recap
    a. Ask at future meeting for members to host active living events in community
6. 'Driftless Safari' Outdoor Adventure Treasure Hunt Ask
    a. Supporting program at "sponsor-level" sponsorship- $35 (Ashley will contact Lilly)
    b. Will reach out to other Safaris in region to support (Scot contact TRRC, Ashley/Karla contact Allamakee)
    c. Also contact Safaris about collecting number of families and children birth-5 participating (Ashley/Scot/Karla will contact, inform Haleisa)
    d. Help other counties start Safaris or similar programs
        i. Offer modest financial support
        ii. How to help all Safari programs work together, share resources
7. Blue Zones Update
8. Develop Plan for Addressing Work Group Strategies
    a. Early Childhood
        i. Focus on physical activity in the future
        ii. Natural playgrounds
    b. Active Living Indicators- Nov '12- Oct '13
        i. Need to create list of community infrastructure projects supporting active living
            1. Lindsay will know several

        2. Karla will put ask out to communities in Sept/Oct
    ii. Create list of communities with comp plans including active transportation
    iii. Update indicators for next year

9. Brainstorm Ways to Increase Work Group Numbers
    a. Bring in members from counties not currently represented
    b. Ask Lilly Jensen, Winneshiek County Conservation
    c. Ask Haleisa to join as active member
10. Other Active Living Updates
    a. Leftover Funds
        i. Active Living asking for $2,000 to support Safari programs, active living events, etc. outside of school environment
    b. Create resources for communities (how to fix roads, painting, signage, etc.)
        i. Be sure to inform listed contacts of resources
    c. Share Ashley's No-cost or Low-cost SRTS Projects with communities
    d. SRTS applications for TAP funds

NEXT MEETING: Friday, June 21 8a-10a- Upper Explorerland Conference Room