



Winneshiek County Team 2/17/10

The Winneshiek County Team met on 2/17/10 from 4:30 p.m. to 6 p.m. at the Decorah City Hall. There were 22 people present: Lindsay Erdman, Eric Nordschow, Dan Beard, Ann Mansfield, Donella Darrington, Joanne Hagan, Lyle Otte, Kristin Kriener, Cheryl Holien, Britt Rhodes, Janet Lambert, Deb Edwards, Ross Frei, Jeanette Hanson, Kyril Henderson, Janelle Pavlovec, John Franzen, Randy Uhl, Rick Edwards, Brenda Balk, Brandon Friedlein and Deborah Bishop.

Introduction Activity Responses:

Favorite memories of physical activity as a child included:

- Having a bike odometer to measure distance ridden
- Walking on stilts
- Biking to grandparents house
- Ice skating in the back yard
- Riding horses
- Roller skating with clamp-on skates
- Riding a mini bike
- Playing in sandlot baseball games

Old Business & Reports:

Kristin Kriener reported on the research project in Ossian where students walked the community and looked for problems with sidewalks; mapped routes where kids usually travel; reviewed pedestrian safety; and completed a walking school bus, all part of the Safe Routes to School at South Winneshiek School. Lindsay Erdman said Safe Routes to School is a federal program so grant funding is possible. He said Northeast Iowa Resource, Conservation and Development has conducted a baseline study of the five counties.

Summary of program and discussion:

Mark Fenton Presentation Video and Discussion

A 19-minute video was shown about Mark Fenton's visit to Northeast Iowa last fall. Mark is nationally known "walking guru," and is a former editor-at-large/columnist for Walking Magazine. Mark discussed the battle between "free-range youth" and suburban sprawl; the obesity epidemic actually being the twin epidemics of physical inactivity and poor nutrition. He also suggested adults need a minimum of 150 minutes of exercise each week while children need twice that amount. Also discussed were the environmental changes needed to create long-term behavior changes. Such changes may include providing healthier snacks and creating communities in which it is safe and reasonable to walk and to bike. Checklists for creating healthier communities may include good land use planning that will make it easier for people to walk/bike for functional trips, not just for recreation; and providing connectivity for walking/biking.

Action items for next meeting:

Several participants talked about the need for advocacy to occur and that there is more will and creativity than in the past in making food and fitness changes.

Items for the next meeting's agenda: Farm to School

Submitted by: Randy Uhl