

Healthy Franklin County
Physical Activity Task Force
Community Engagement Work Group
Friday, January 19, 2018

Meeting Minutes

In attendance: Sara Hamel (Franklin County Government), Christy Unger (HCP), Heather Myers (Summit Health), Noel Purdy (Healthy Franklin County), Jim Boyer (Appalachian Running Company/CRRC), Melissa Mattson (SCCAP), Courtney Kensinger (HCP), Jamie Selman (Summit Health), Barb Houpt (Chambersburg YMCA), Shannon Lee (Waynesboro YMCA)

Absent: Samantha Stratton (Borough of Chambersburg), Anita Cramer (SCCAP), Abby Thrush (Chambersburg Hospital)

Welcome and Introductions: Heather introduced herself and Sara Hamel as co-chairs.

Minutes: The minutes were reviewed and approved. Barb noted she was listed as in attendance, but was absent from the December meeting- Heather will correct.

2018 Walking Challenge: Heather, Noel, and Jamie provided updates on the walking challenge, including the new flyer. Summit Health had some website down time throughout January, so the start date of the challenge is being pushed back to February 12, 2018. Summit Health considered feedback provided by the community engagement workgroup and will keep the challenge open throughout the 12-week duration of the challenge; this will allow people who hear about it over time the opportunity to participate. The new online feature which allows participants to log steps via Fit Bits and other step tracking devices is up and running. People may also submit steps via paper logs and may send those to Jamie. A short pre-challenge survey has been created to capture data.

Get Fit Franklin County: Heather shared the Get Fit Franklin County logo that was created and is currently being promoted on the walking challenge flyer. The idea with the logo is that it will be a symbol that other outside partners/organizations can use to brand their activities and programs that align with the physical activity goals/objectives. The creation of the symbol aligns with the Surgeon General's Step It Up Model which encourages communities to adopt a community-wide "theme/tagline" to stress the importance of a physical activity and movement in the community.

Tourism and Quality of Life Enhancement Grant: The trail/route walking booklet project is in pre-planning stages. Christy is going to email the trail mapping work that was done in the summer by community engagement workgroup members to Heather and Noel. Heather/Noel will talk with Summit Health staff to understand feasibility of in-house design/printing- this will be a cost-saving technique that may allow the project to stay within the \$4,000 award and require no additional funding.

Workgroup Strategic Planning: The group looked through the taskforce plan that was created at the beginning of the program year and identified priority activities for the remaining months of the current program year. Priority activities include the creation of the trail/route booklet, creation and dissemination of employer wellness/physical activity survey, and creation of possible employer physical activity toolkit. Melissa Mattson is going to look at starting a list of low-cost/free physical activity programming for youth. The group also discussed building relationships with medical providers to pilot a scalable physical activity prescription campaign. This

concept could be incorporated into the walking/running booklet to create basic awareness on the patient-side. Some education to providers might be necessary.

Partner Updates: Heather shared that Summit Health is implementing community yoga sessions, grocery store tours, and Get Fit Now programs throughout Waynesboro/Chambersburg in January and February.

Christy updated the group on the Be Kind campaign being implemented by Healthy Communities Partnership/Teens for a Better Tomorrow/Chambersburg Cares. T-shirts are available for purchase on their website (<http://www.hcpfranklinpa.org/bekind.html>), which also includes information on other events throughout the month of February including a kindness challenge and kind-o-grams. Christy also shared that they continue to look for interested leaders for the Go Girls Go program, which is extending into the Waynesboro community. The Go Girls Go race will be on May 19, 2018. There is a race committee with various workgroups- if interested in getting involved, connect with Christy.

Barb shared that the Chambersburg YMCA completed their first Live Strong cohort and is currently doing intakes for the next group. The YMCA is planning a 5k fundraiser race/event for the Live Strong program which is planned to happen on April 29, 2018.

Shannon Lee updated the group that she will be leaving the Waynesboro YMCA and that the organization is currently looking for new Health and Wellness Director. She will be joining the team at Healthy Communities Partnership.

The next meeting is on **Friday, February 16, 2018, 1 PM, Summit Health Center building #2, 2nd floor conference room.**