

Healthy Franklin County  
Physical Activity Task Force  
Community Engagement Work Group  
Monday, July 10, 2017

Meeting Minutes

In attendance: Shannon Lee (Waynesboro YMCA), Christy Unger (Healthy Communities Partnership), Barb Houpt (Chambersburg YMCA), Jim Boyer (Appalachian Running Company), Jon Raber (SCCAP), Heather Myers (Summit Health), Noel Purdy (Healthy Franklin County)

Welcome and Introductions: Everyone introduced themselves and their affiliation.

Overview/Purpose/Goals/Objectives: Draft work plan is below the following updates.

Updates on action plan work (work plan is below these updates):

- a. Walking Parties: The walking parties work group is meeting on Monday, July 24 at 9:30am at Keystone Health. The group discussed possibly scaling up walking parties for next year with more assistance from HFC. Heather offered to recruit more volunteers to bolster capacity. Jon was going to check with Megan at SCCAP about the walking parties and SCCAP's role with coordinating them long-term. Noel asked about the Step it Up program and the group said they had reviewed it with other models before piloting the walking parties; the opportunity may exist to follow more closely an existing evidenced-based model. The group also discussed recruiting "walkers" who support the program to help coordinate it. The group also discussed the Summit Health 10,000 Steps Challenge – and has suggestions for it if SH does it again including more partnerships, promotion and a shorter program time (one month instead of 3). Noel/Heather will check with Jamie on SH's plans.
- b. Go Girls Go: HCP is looking for more funding to help sustain the program and has also applied for a grant to pilot the program in Waynesboro next year. The group discussed finding a champion within CASD to help facilitate discussions about CASD taking on some sustainability functions; the principal at Ben Chambers is a supporter. The group also discussed a program model that include boys and girls – <http://www.healthykidsrunningseries.org/> - which Jim Boyer is familiar with. Jim also suggested that one metric for Go Girls Go and subsequent programs is to monitor the track and field/cross-country students who are alumnae of programs like Go Girls Go.
- c. Medical Providers: Heather looking into developing relations with medical providers of adults to promote the Federal physical activity guidelines.
- d. Walking/running routes: Shannon has received a few routes; committee members should send routes/descriptions to Shannon by the next meeting. **See route/trail assignments below.** The routes will be sent to Sam at FC Government to map. Noel reported that she spoke to Adams Wellness group about their handbook. She also met with Janet Pollard with FCVB to discuss possibly sponsoring it. Janet also said the FCVB was publishing a "recreation guide" in August. She also reached out to South Mountain Partnership. The group also discussed creating a signature event for HFC that would be a branding opportunity and showcase physical activity/recreational opportunities in F.C.

NEXT PHYSICAL ACTIVITY TASK FORCE MEETING JULY 18<sup>TH</sup> AT 3PM AT SUMMIT HEALTH BUILDING 2.

NEXT **COMMUNITY ENGAGEMENT WORK GROUP MEETING – AUGUST 14<sup>TH</sup> AT 9AM AT THE YMCA.**

DRAFT ACTION PLAN FOR 2017-2018

Activity/Action Step	Person Responsible	Date to be Completed
Expand community walking parties through collective promotion to the community	Physical activity task force <ul style="list-style-type: none"> <li>• Beer running group</li> <li>• Community walking parties/SCCAP</li> <li>• CFAR</li> <li>• YMCA(s)</li> <li>• Research Healthy Adams County &amp; Community Wellness Connections</li> <li>• Added summer and winter mini-series, more outreach (poverty run; sign up emails), #'s lower but consistent group emerged</li> <li>• average 45-50 each walk (check with Cheryl)</li> <li>• weather a variable</li> <li>• cultivate volunteer capacity can increase load/programming (need greeters)</li> <li>• adding health element with Biometric services and blood pressure was good connection</li> <li>• offer both structured and not so structured options to facilitate social connections</li> </ul>	July 2017 (and July 2018)
Expand Go Girls Go by promoting the need for more adult mentor runners in the community.	Physical activity task force <ul style="list-style-type: none"> <li>• HCP expanded to 90 girls; 3 schools &amp; increased # mentors</li> <li>• Need more funding; discussed possibility of handing off to schools / district to own in the future if desire is there; possibly school to pay stipend for instruction. HCP building volunteer capacity/culture in schools.</li> <li>• Possible partnerships with Shippensburg University or Wilson College for exercise science/health students</li> <li>• Planning for 3 schools 2018 fall</li> <li>• Summit help recruit volunteers through employer relations</li> </ul>	July 2017  (do we need to tweak action step for 2018)?
Develop relations with medical providers of adults to promote the Federal physical activity guidelines	Physical activity task force <ul style="list-style-type: none"> <li>• HFC &amp; Summit CS to research feasibility, models, etc.</li> </ul>	July 2018
Develop relations with medical providers of children and	Physical activity task force <ul style="list-style-type: none"> <li>• Culture change/shift needs to happen to get providers to encourage physical activity-----toward quality</li> </ul>	July 2018

adolescents to promote Federal physical activity guidelines		
Compile walking and running routes in communities throughout Franklin County as a resource to community members	Physical activity task force <ul style="list-style-type: none"> <li>• Committee members to send mapped routes/narratives to Shannon; she will organize (see notes below)</li> <li>• Christy / Noel to research production costs/format</li> </ul>	July 2017 (extend to July 2018)
Develop relationship with Franklin County Cyclists and partner where appropriate.	Physical activity task force <ul style="list-style-type: none"> <li>• Jon to reach out to Don Hendrickson</li> <li>• Noel to reach out to Hugh Grant</li> </ul>	July 2018

## Locations/walking routes

### Chambersburg

- Rail trail (rework)
- Falling Spring elementary – Jon
- Norlo Park – Heather
- Greene Township Park
- Memorial Park – Samantha
- Mike Waters Park -Samantha
- Soccer Complex/Nitterhouse – Christy
- Scotland Campus – Jon
- Marion / Rhodes Grove – Noel
- Park by Lantern/Hollywell (Mill Creek) – Jim
- Walking trail near Norland/Walking (Falling Spring Meadows) – Christy

### Waynesboro

- Shannon already has a map
  - Renfrew- Cherry
  - Washington Township ( soccer fields to Wal Mart) – Shannon
  - Memorial park (connect to Renfrew)
  - Otterbein -Shannon
  - PSU Mont Alto – Christy/Karen
  - Penn National – Christy?

### Greencastle

- Tayamentasachta – Jon – Christy
- Ruritan (Kauffman Station) & Rhodes Grove – Noel
- Antrim Township Park – Jim
- Martins Mill Bridge Park – Jim

### Mercersburg

- Historic Fort Loudon- Jon
- Trail at JB HS – Heather
- Streamside Trail (MACWell) – skip

## Shippensburg

- Trail trail – CVRT – Noel - <http://www.cvrtc.org/TrailMap.htm>
- Park on Airport Road – Noel to Christy – South Hampton Township
- Memorial Park – Noel to Christy – South Hampton Township
- Roxbury – Noel
- <http://shippensburgparkandrec.org/the-three-hikes/>

## Other (map a few of these but reference other sources for complete lists)

- Caledonia - <http://www.dcnr.state.pa.us/stateparks/recreation/hiking/>
- Cowan's Gap - [http://www.dcnr.state.pa.us/cs/groups/public/documents/document/dcnr\\_004762.pdf](http://www.dcnr.state.pa.us/cs/groups/public/documents/document/dcnr_004762.pdf)
- Michaux - <http://www.dcnr.state.pa.us/forestry/stateforests/michaux/maps/index.htm>