

# Healthy Franklin County Leadership Nutrition Task Force

**Wednesday, February 10, 2016 at 1:30 PM-3:00 PM  
Summit Building Conference Room**

Members Present: Kari Coleman, Denise Esser, Nickie Fickel, Elizabeth Grant, Barb Houpt, Karen Johnston, Kathi Jones, Geof Lambert, Christy Unger, Bob Whitmore (Karlee Nichols, HCP Intern)

Members Absent: Cindy Ash, Ann Baker, Kristi Benbow, Caitlin Cluck, Rayna Cooper, Susan Davis, Jay Eury, Cindy Fink, Karen Gartside, Maryann Gaulding, Jack Jones, Julia Lehman, Jan Lewis, Chris Mayer, Josh Mosley, Tanya Nitterhouse, Sonja Payne, Ben Raber, Jon Raber, Heather Rosenberry, Barbara Rossini, Donna Scherer, Steven Schmidt, Tammy Seville, Jeannie Shultz, Sheryl Snider, Isabel Stennett, Stephanie Unger, Cathy Wallick, Cindy Weidman, Peggy Wing, Laurie Young, Ann Ziobrowski

Topic	Discussion	Action
Looking ahead	<p><b>Website additions:</b></p> <ul style="list-style-type: none"> <li>• Goals &amp; structure (when complete)</li> <li>• Highlight specific initiatives for Nutrition Task Force with outcomes</li> <li>• Links to organizations that are linked to page</li> <li>• Miscellaneous nutritional activities happening in County</li> </ul> <p><b>County Spring Forum:</b> May 13 talk about CHNA</p> <p><b>Initiative work to date:</b></p> <ul style="list-style-type: none"> <li>• Elementary schools – education/awareness</li> <li>• Gardens – BOPIC</li> <li>• Wellness policies – schools – Food Services</li> <li>• Nutrition Block Parties</li> <li>• Support other projects</li> </ul>	
Survey of Task Force members	See attached document which summarizes the comments from members in attendance at this meeting as well as the email responses from those members not in attendance today.	
Next Meeting	<b>March 9, 2016 @ 1:30 p – 3:30 p</b> Sentry Building at 785 5 <sup>th</sup> Avenue, 1 <sup>st</sup> Floor Board Room	

Task Force Initiatives:

Initiative	Current Members and interested Parties
Block Party	Jay, Kari, Isabel, Elizabeth, Karen Johnston, Nickie, Judy (Fulton Farms)
Double Dollars/Healthy Options	Jon, Nickie, Christy, Julia, Jay, Sheryl S
BOPIC	Nickie, Jack, Chris, Lori, Isabel, Judy (Fulton Farms)
Back Pack	Denise, Christy (HCP), Kristie Benbow, Nickie, Sheryl S

# Nutrition Task Force Survey

(Conducted during 2/10/16 meeting & email survey of those not at the meeting)

## What do you view as your role on the task force?

- Learn about more opportunities for programming
- Getting message out about various initiatives
- Guidance – needs – data & services – right direction
- Ways to partner – other things
- Gaps in resources – to solve
- Collaboration (scaffolding) – building on each other
- Advertise – Summit grants
- Open doors – Franklin County (meet; needs)
- Coordinating – volunteer base (opportunities)
- What's available – partnership (space sharing)
- Program updates – gaps
- Problem solve need
- Advocate for healthy eating for economically disadvantaged & community
- Resources for education & materials, i.e., Master Gardeners
- Data analysis & collection
- Promote membership

## What are your expectations as part of the task force (what do you hope to get out of your participation?)

- To find partners – good collaborative projects; not “owned” by one but “all”
- To know how much of our impact we are making – what are the outcomes
- Better idea of what exists and where to focus in the future
- Do things that make an impact (brainstorming) – get something accomplished
- Streamline data collection – target 3-5 questions on each/ collective impact (multiple programs)
- Touch points per person on each program in Franklin County
- Learning where opportunity gaps – for what does not exist
- Do “things” – brainstorming (i.e., block party)
- Make impact
- Implement lifestyle changes, including increasing physical activity
- Opportunities for students, i.e., service learning
- Avoid duplication of efforts
- Showing measurable impact in community
- New ideas & strategies
- Increase access to local healthy foods
- Find out what is happening in other communities/region
- Serve underserved population

## What changes would you like to see moving forward?

- Focus on different population – increase age range
- Volunteer population – how do we define this
- HP2020 Obesity – nutrition, physical activity (changed)
- HP2020 – kids increase too
- A lot from non-profit - increase interaction with for-profits – ag/farm, restaurants, food distribution (collaboration with)
- Community presence/outreach (Task Force) – do we want to have more?

- Broad areas – to feel more connected
  - Food insecurity
  - Education/awareness
  - Policy change
  - Gardens
- Increase outreach to others, i.e., churches, business community
- Recruitment tools that include mission, vision, goals
- More structured meetings, agenda
- Subgroup breakouts
- Quick written update submitted before meeting, including obstacles, needs, and feedback
- Expand efforts to other Franklin County communities

**What questions do you have related to the Task Force and its work?**

- Do we add physical activity into Task Force?
- Who else needs to be at the table?
- How did HP2020 become guide?
- Program list with contact information of lead coordinator (status – working on this listing)
- What are goals (status – working toward this)
- Can we increase scope to other Franklin County communities (status – working on)

**What goals should be considered for the Task Force?**

- More evaluation – 3-5 questions to keep in mind & that we use as measurement
- Define target population
- List of evidence-base programs
- Listing of organizations and how they can help toward nutritional needs of County
- Teach people to cook healthy & efficiently
- Teach kids & adults to cook healthy on a budget
- Revisit original goal of Task Force to expand and influence more change
- Expand farm-fresh foods in other Franklin County communities
- How to incorporate healthy eating into everyday lives in all age groups in Franklin County
- Focus on reducing obesity & diabetes rates in Franklin County
- Long-term – try to get more detailed information on nutrition habits, knowledge of gaps there are in Franklin County

**Other ideas for structure**

- Highlight only two initiatives in the County
- Submit updates ahead of time on agenda:
  - What doing?
  - What planning?
  - Need help?