

## Physical Activity Task Force Meeting

Tuesday, October 18, 2016 • 3:00—4:30 p.m.

Chambersburg Recreation Center, Room B1

Members Present: Nickie Fickel, Jamie Goetz, Hugh Graham, Elizabeth Grant, Sarah Hamel, Terri Hollenshead, Barb Houpt, Joe Jacobs, Shannon Lee, Jon Raber, Ann Spottswood, Samantha Stratton, Sam Thrush

Topic	Discussion	Action
Welcome and Introductions	Joe Jacobs welcomed the task force members. He reminded the group that the SCCAP walk was taking place that evening at Renfrew at 5:30 p.m. Shannon Lee greeted the members and asked everyone to introduce themselves.	
Minutes	The next item was the review of the minutes from September 20, 2016. Elizabeth Clark made a motion to approve the minutes, seconded by Barb Houpt. All members were in agreement.	
Overview and Purpose of CHNA and CHIP	Ann Spottswood reviewed the Community Health Needs Assessment (CHNA) process and the Community Health Improvement Plan (CHIP). The CHNA report is available on the Healthy Franklin County website. Ann encouraged everyone to use the available data. Ann informed the group that the Physical Activity Task Force will be added to the Healthy Franklin County page.	
Work Group Updates	<p>The four work groups reported updates since the last meeting.</p> <p><b>Community Resources:</b> Hugh Graham reported updates. The workgroup is looking at available resources county-wide for physical activity. The goal is to compose a list of public and private resources and activities, and then obtain contact information for those resources. Ann Spottswood suggested contacting Andy Mowen as a resource for state parks. It was also recommended to contact Healthy Communities Partnership and the United Way for any lists they already have available. The members discussed combining the efforts of the Community Resources workgroup with the Built Environment workgroup as they have similar goals in obtaining county-wide information on physical activity resources.</p> <p><b>Employer:</b> Jamie Goetz reported updates. The workgroup is composing a survey that will go out to employers for feedback on physical activity and safety and wellness initiatives in their organization. Next steps will be possible meetings with employers, composing a survey for employers to send to their employees, and providing physical activity tips to employers.</p> <p><b>Built Environment:</b> Elizabeth Grant reported updates. The workgroup met on October 13 and developed a draft work plan. They identified five major actions steps to implement: 1) Review of planning efforts in Franklin County; compose a basic list of all plans that exist for municipalities (greenway open plans, trails, etc.); 2) inventory of facilities that support physical activity; 3) conduct a mapping trail workshop in early December; 4) evaluate model ordinances and best practices in other communities; 5) evaluate unmet needs with respect to physical activity support in geographically isolated areas (Dry Run, Path Valley, South Mountain).</p>	

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	<p><b>Physical Activity:</b> Shannon Lee reported updates. The workgroup is looking at established programs in the community. They are discussing a possible open street event (shutting down a portion of town for a walk or physical activity). One idea would be to coordinate the open event with currently planned community events such as Market Days in Waynesboro, Old Markey Days in Chambersburg, Town Fest in Mercersburg, and the holiday parades. Shannon provided information on the Everybody Walks program, which is a free event where a group walks together. They are also researching school activities such as a recess pedometer program, walk with teacher, Body Works program, and step it up program.</p> <p>Joe Jacobs asked to have time for discussion of ideas added to future agendas so task force members can share any ideas they have relating to physical fitness. Joe informed the members of a ribbon-cutting ceremony that will take place on November 2 in Waynesboro for the new walking/biking path. The group discussed possibly having members of the task force participate. He also discussed a possible kite-flying event in the spring and possible winter walking events.</p> <p>Jon Raber discussed planting perennial foods along the Rails to Trails so that healthy eating is incorporated with exercise.</p> <p>Hugh Graham discussed a bicycle training session for kids that offered free helmets to the children.</p> <p>The group discussed using social media more as a way to provide information and promote events; populating the events calendar.</p>	
Future Meetings	The members discussed the task force meeting schedule going forward. It was decided that monthly task force meetings will continue until January 2017, then the group will meet on a bi-monthly schedule. Work groups will plan their own meeting schedule. The next meeting will be Tuesday, November 15, 2016.	Cheryl Selman will schedule future meetings