

Physical Activity Task Force Meeting

Tuesday, August 16, 2016 • 3:00—4:30 p.m.

Chambersburg Recreation Center, Room B1

Members Present: Cherry Arvin, Anita Cramer, Jamie Goetz, Elizabeth Grant, Sarah Hamel, Katie Hess, Barb Houpt, Joe Jacobs, Karen Johnston, Elena Kehoe, Shannon Lee, Diana Marthouse, Jon Raber, Jose Ricardo, Shelly Schwartz, Samantha Strattan, Ann Spottswood, Phil Tarquino, Sam Thrush, Christy Unger

Topic	Discussion	Action
Welcome & Introductions	<p>Bob Whitmore welcomed the group to the second Healthy Franklin County Physical Activity Task Force meeting. He asked the group to introduce themselves and state what agency/company/community they are affiliated with. Bob began the meeting by asking the committee to approach other members and tell them why they are interested in participating on the Physical Activity Task Force.</p>	
Physical Activity Priorities, Goals, and Objectives	<p>Bob gave a recap of the formation of the Physical Activity Task Force. Summit Health and Healthy Franklin County conducted a Community Health Needs Assessment which identified areas of need in Franklin County. One of the priorities identified was obesity, nutrition, and physical activity. The Physical Activity Task Force was created to address these needs in our community.</p> <p>Bob noted that he is the acting facilitator of the task force until October, at which time a permanent facilitator will be decided upon by the Healthy Franklin County Leadership.</p> <p>Bob asked members to speak briefly regarding physical activity activities that are taking place within their community or workplace.</p> <p>Elena Kehoe, a member of the Waynesboro community, gave examples of activities that take place in Waynesboro such as hiking the Appalachian trail, CFAR – a running group, a walking trail created by the Rotary Club with exercise stations, Renfrew Park, and a park and walking track built by Otterbein Church.</p> <p>SCCAP formed walking parties that were in-house last spring and took place on Wednesdays and Saturdays. They are now going to be open to the community. There will be five walks that are free and will be advertised to the public. They also hold a 5K Race Against Poverty. Their goal is to do more in Chambersburg and Waynesboro, and they are looking for partners and volunteers.</p> <p>Joe Jacobs works at New Hope Recovery Center. He would like to see a Walker Anonymous club formed, offering walks every day of the week.</p> <p>South Mountain Partnership holds a healthy community summit. Their goal is to merge health issues with preservation issues. They focus on natural, agricultural, and built issues. Every year they sponsor a mini grant program that awards \$50,000 to programs that are health, recreational, or environmental related.</p> <p>Franklin County Planning Department – They administer a grant program, awarding between \$125,000 - \$145,000 to programs that develop trails.</p>	

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<p>Action Planning</p>	<p>Bob provided handouts that included Healthy People 2020 Health Indicators for Physical Activity, data from the 2015 CHNA report, information on the Healthy Franklin County website including the MAP-IT program, Step It Up, Physical Activity Guidelines for Americans, and an implementation worksheet.</p> <p>The first strategy of the implementation worksheet focuses on collaborations with schools to address physical activity for children and adolescents. The second objective focuses on engaging adults in physical activity of a moderate degree. The third strategy focuses on engaging employers in physical activity and nutrition. The fourth and fifth strategies involve the built environment.</p> <p>The committee discussed ideas and suggestions for planning and creating physical activity programs, including:</p> <ul style="list-style-type: none"> • Creating a chat forum for members to introduce ideas and communicate with each other; • Tease out one activity that relates the most to the data in each area – youth, adult, employer, and built environment; • Include groups and agencies rather than just schools; • Educate the community; • Asset mapping using the health impact pyramid; • Collective impact – how to collaborate to impact the community; • Establish workgroups for youth, adult, workplace, and built environment; • Create a survey for the group to identify areas of expertise and interest; • The use of Tool Kits. <p>The committee decided the best course of action would be for Bob to create a survey to send to the group to determine areas of interest and expertise. Based on the results, workgroups will then be formed.</p>	<p>Bob to create survey and send to task force members</p>
<p>Future Meeting Schedule</p>	<p>The group agreed to hold future meetings at the Chambersburg Recreation Center. Below are a list of upcoming meeting dates:</p> <ul style="list-style-type: none"> • Tuesday, September 20 • Tuesday, October 18 • Tuesday, November 15 	