

Physical Activity Task Force
Community Engagement Work Group
Friday, December 21, 2018
Meeting Minutes

In attendance: Heather Myers (Summit Health), Noel Purdy (Healthy Franklin County), Sarah Santangelo (Waynesboro YMCA), Melissa Mattson (SCCAP)

South Mountain Trails Workshop- Noel and Heather reported that they, in addition to a few members from the built environment workgroup, attended this workshop in November. One of the most helpful learning opportunities from the workshop came from a break-out session Noel attended learning about how different communities in PA are utilizing a turn-key bike-share program, [Zagster](#). Communities in Schools, a non-profit model, operates the [Harrisburg Bikeshare](#) and the York Bureau of Health, a [department of the City of York](#), (a municipal model), operates a bike-share program. The price range was anywhere from \$9000 to \$11000 per bike rack/station every two years. However, it was clear that the business model is rapidly changing and there may be some efforts to create regional models. Lancaster, York and Harrisburg bike share programs (which all utilize Zagster) will be talking to Zagster soon to discuss some opportunities to partner and the Harrisburg group is looking at expanding to Cumberland County. Clearly, a turn-key-model which collects data (via GPS) and takes on the liability and maintenance is very appealing. Noel will contact Zagster direct to learn more about their products and services and to ask them to call into the next built environment committee meeting in February. Heather shared that they also attended a mobile break-out session on the rail trail. They learned that the paved 1-mile portion of the trail that goes into town has, at least, doubled usage of the trail and engaging the historical railroad enthusiasts into the trail with the mini box car museum is a strategic move for increased buy-in in the sustainability of the trail.

Physical Activity Taskforce Program Year Plan Updates- The group reviewed the physical activity taskforce program year plan. Heather shared the progress of the recreational assets map. She will collect the remaining images by the end of December. This interactive map will be a resource housed on the Get Fit Franklin County page on the HFC website. Noel mention that eventually this map may be able to include trails as well. Heather shared that she and Nickie Fickel met with the Towers, a vulnerable population group, to discuss physical activity. It was decided this group would be best suited for a modified version of Summit's Get Fit Now program, where modified exercises for residents may be incorporated. Noel is going to connect with the Housing Authority to learn more if we can work with this group to implement a targeted walking program. Heather shared that Christina Methner (Keystone Health) is helping to clean up the free/low-cost physical activity programs list so that we can put that on the Healthy Franklin County website. Heather is researching more about the "Docs in the Park" program to see if it is a good fit for physical activity month initiatives. Last, over 3,000 Get Fit Franklin County booklets have been distributed and Heather is continuing to maintain an updated list of where CE members have distributed booklets. The group will take a less aggressive approach to distributing the booklets since we have gotten so many out at this point and get them out as opportunities arise. Heather plans to have them distributed at the 2019 Waynesboro Hospital Health Fair.

New Physical Activity Guidelines- Heather brought up the [Move Your Way campaign](#) with the new physical activity guidelines and resources.

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Physical Activity Month-May 2019, Get Fit Franklin County: The group discussed how to promote physical activity month in May 2019. Sarah said she plans for there to be the Bike Proclamation in May with the Bike to Work Day for Franklin County Government employees. Sarah said she has noticed that teens 12-15 years seem to lack programming at the YMCA. She hopes to brainstorm physical activity programming that may be implemented in May 2019 to fill that need. Heather discussed developing ideas for information and resources to be housed on the Get Fit Franklin County page, including the new physical activity guidelines, the interactive recreational assets map, the free/low-cost physical activity programs list, and information on physical activity month opportunities in Franklin County. Noel and Heather will also explore the feasibility of a pop-up bikeway in downtown Chambersburg. Heather will type up a summary of the plan for the next workgroup meeting.

The next community engagement meeting is on Friday, February 15, 1 PM at the Summit Health Sentry Building Board Room (first floor).