

Physical Activity Task Force
Community Engagement Work Group
Friday, March 16, 2018

Meeting Minutes

In attendance: Heather Myers (Summit Health), Noel Purdy (Healthy Franklin County), Shannon Lee (HCP), Barb Houpt (Chambersburg YMCA),

Welcome and Introductions: Committee members introduced themselves.

Minutes: The minutes were reviewed and approved.

Updates on community walking challenge: The group reviewed their perceptions of the walking challenge and how it is going. While for those who use a Fit Bit every day, the challenge is easy to log steps, for those who do not wear a Fit Bit or forget to wear it, the walking challenge may be too cumbersome to actively participate in. For those who are physically active, the challenge may also be perceived as too long- but this may not be the case for people who are really looking to jump start physical activity habits. There was also discussion about the steps goal; is it realistic and for those who are new to walking, is it discouraging to see the people who get 10,000+ steps every day? And while the group likes that the challenge tries to encourage all forms of physical activity (with activity to step conversion) there was discussion in regard to whether or not it is really "fair." Maybe shorter bursts of challenges could be more effective that are specifically promoted and targeted to people who do not currently walk and get much physical activity.

Updates on Employer Wellness Survey: Heather updated the employer wellness survey and uploaded on to Survey Monkey. The group reviewed the plan to disseminate the survey to employers to understand if they currently encourage physical activity in the workplace, how the community engagement can better connect with workplaces, and understand attitudes towards employers encouraging physical activity in the workplace.

Get Fit Franklin County: May is physical activity month and it is also National Bike month. The group discussed planning physical activity and bike safety promotion throughout May. Ideas discussed included interviewing cyclists who have experienced dangerous situations while biking, providing education via Facebook/HFC website, and share experiences with community. Advocating for bike safety further promotes and reinforces the work being conducted by the built environment workgroup. Noel and Heather will research if there are any national "toolkits" available to promote bike safety.

Partner Updates: Heather shared that March is nutrition month, so Summit Health has been providing free "Cooking and Conversation" events and free grocery store tours. More Get Fit Now classes will be provided in the Spring in both Waynesboro and Chambersburg. In May, there are plans for weekly "Walk with the Doc" nights as well.

Shannon Lee provided information on the Go Girls Go programs that started in March. New program location included Waynesboro. About 140-150 girls are participating and they currently have a sufficient volunteer capacity. The annual Go Girls Go race will be held on May 19 at Southgate.

Barb Houpt reported on the Live Strong program at the Chambersburg YMCA; the newest cohort has 9 participants. The EdK race is being held on April 29. Barb also shared that the YMCA will be facilitating a Rock Steady Boxing program for those living with Parkinson's Disease and their Health Steps program, a program targeted to help older adults prevent falls, will be happening at the YMCA on April 16 and April 18, 1-3 PM.

Noel shared that there will be a public health training opportunity for HFC and providers on June 25. The training will be in part provided by University of Pitt and include a poverty/social determinants of health simulation to further empower people to understand how social/economical influences affect a person's health. Additionally, the Health Franklin County luncheon with keynote speaker Julia Cook is on May 3 at the Orchard's in Chambersburg. Registration is open online: <https://www.summithealth.org/classes-events/building-resilience-children>

The next meeting is on Friday, April 20, at 1pm.

The next physical activity taskforce meeting is on Tuesday, March 20, 3:30 PM at the Sentry building.