



**Nutrition, Physical Activity & Weight Status Task Force Meeting**

Wednesday, January 8, 2020 at 1:30 PM-2:30 PM  
Sentry Board Room -- 785 Fifth Avenue, Chambersburg, PA

Present: Courtney Porter (Volvo), Nickie Fickel (WellSpan Health), Barb Houpt (Exit Preferred Realty), Ellen Poe (Chambersburg YMCA), Brittany Baird (WellSpan Health), Sonja Payne (Shippensburg Community Resources Coalition), Andrea Nunez (WellSpan Health), Dr. Elizabeth George (MacWell), Jim Boyer (Healthy Communities Partnerships), Christina Methner (Keystone Health), Noel Purdy (WellSpan Health).

Absent: Kari Coleman, Rebecca Johnston (Nourish Wellness), Amanda Keefer (Franklin County Housing Authority), Jessica Larkin (Wilson College), Melissa Miley (Strength Endures), Karen Johnston (Healthy Communities Partnership)

| Topic  | Discussion  | Action |
|--|---|--------|
| <p><b>Welcome/<br/>Introductions/<br/>Member<br/>Updates</b></p> | <p>Barb Houpt welcome everyone and asked everyone to share their respective organizations updates:</p> <ul style="list-style-type: none"> <li>• Barb Houpt reported 18 participants signed up for the LIFT program at Penn State Cooperative Extension, an 8 week program, targeting adults 40 years of age and older. She is also facilitating a Light-n-Lively program for seniors at the Chambersburg Recreation Center.</li> <li>• Jim Boyer is transitioning his roles at HCP from the student assistance program (SAP) to the Chambersburg Cares coordinator. He's also on the board of the directors of the Chambersburg Road Runners and is starting this spring as the hurdles coach Chambersburg Area Senior High School. Amanda Keefer doesn't have any updates as she is working on 2020 planning.</li> <li>• Nickie Fickel reported that February is Heart Month and she is also working on a campaign for it which includes free yoga classes and grocery store tours. Get Fit Now and Prevent T2 are ongoing.</li> <li>• Ellen Poe reported that the YMCA is very busy since it's the New Year, New Resolutions. Several sports league and including basketball, volleyball and dodgeball are starting in January. They have taken a break with LIVESTRONG for now but will start up again in March. The YMCA provides free Healthy Steps for Older Adults programs via contract with the Area Agency on Aging. The program is a two-day workshop and can be organized in local churches and recreation spaces. The YMCA is also providing Rock Steady Boxing for those with Parkinson's Disease on an ongoing basis.</li> <li>• Sonja Payne is the Community Health Mobilizer with the Shippensburg Community Resources Coalition. They operate youth food security programs, coordinate the community health needs assessment and administer a Communities That Cares grant and programs.</li> </ul> |        |



**HEALTHY**  
FRANKLIN COUNTY

| Topic   | Discussion  | Action |
|---|---|--------|
| <p><b>CHIP Year 1 Scorecard</b></p> <p><b>NPAWS Work Group Plans/</b></p> | <ul style="list-style-type: none"> <li>• Courtney Porter is the Healthy Living Coordinator at Volvo and is organizing a blood drive which is next week. Volvo also kicked off a points-based wellness program- Falling into the New Year. IT's a voluntary program; it had 36 participants last year.</li> <li>• Dr. George reported that MacWell recently completed the Johnston Run Streamside Trail in Mercersburg; Noel will see if we can get it posted on the recreational mapper. Dr. George also shared data on the Healthy Eating Adventure class that was held last July; she will email the data to Noel. A new Healthy Eating Adventure class starts January 9 at Penn National. Dr. George also shared that MacWell is organizing an Everyday Chef program March 5 – 26, 2020. She also reported that the 10<sup>th</sup>.</li> <li>• Brittany Baird is Bariatric Dietician at WellSpan. She has been seeing medical weight patients as well as bariatric patients and is also staffing support groups.</li> <li>• Andrea Nunez is the new Community Health Coordinator at WellSpan Health and she just started working this week and his here to learn.</li> </ul> <p>The group reviewed CHIP scorecard data:</p> <ul style="list-style-type: none"> <li>• Noel thanked everyone for sending their data and she quickly reviewed the CHIP scorecard, which Jim and Barb will present at the upcoming Healthy Franklin County Leadership Committee. Noel will add Dr. George's HEA data from the first quarter.</li> </ul> <p>Community Engagement Work Group – The group selected the flyer with the blue headline with the text boxes closer to the blue bubbles. The work group will refine the outreach strategy at their next on Thursday, January 23 at 1pm.</p> <p>Community Garden Workshop – Noel updated the group that outreach has started and registration is going well. The workshop committee will meet this week at Wilson College to go over logistics. The work group meets again on Thursday, January 23 at 2pm.</p> |        |
| <p><b>Next Meeting (s)</b></p>  | <p>Nutrition, Physical Activity &amp; Weight Status Task Force: Wednesday, February 12, 1:30pm-2:30pm at 785 5<sup>th</sup> Avenue - Sentry Board Room</p> <p>Community Engagement Work Group: Thursday, January 23, 1pm-2pm at 785 5<sup>th</sup> Avenue – SPS 2<sup>nd</sup> Floor Board Room</p> <p>Community Garden Work Group: Thursday, January 23, 2pm-3pm, at 785 5<sup>th</sup> Avenue – SPS 2<sup>nd</sup> Floor Board Room.</p>  |        |