

Healthy Franklin County  
Physical Activity Task Force  
Community Engagement Work Group  
Monday, August 14, 2017

Meeting Minutes

In attendance: Christy Unger (Healthy Communities Partnership), Barb Houpt (Chambersburg YMCA), Jon Raber (SCCAP), Heather Myers (Summit Health), Noel Purdy (Healthy Franklin County)

Welcome and Introductions: Everyone introduced themselves and their affiliation.

Overview/Purpose/Goals/Objectives: Draft work plan is below the following updates.

Updates on action plan work (work plan is below these updates):

- a. Walking Parties: The walking parties group has finalized the fall schedule; promotions will go out soon. The group is looking to build out volunteer capacity this year.
- b. Go Girls Go: HCP is currently recruiting female mentor volunteers to assist with the fall program which will be in three Chambersburg schools.
- c. Medical Providers: Heather and Christy shared some working models of providers prescribing physical activity. Heather suggested the group could provide technical assistance, develop provider relationships and help facilitate user agreements. The group will continue to research existing models; it was suggested that we speak on the phone with one at an upcoming meeting. Heather will do more research.
- d. Walking/running routes: Christy reviewed the routes submitted so far. Noel, Christy and John have more routes to submit. Noel reported that she received the proposal from WORX for the walking/running booklet and app. She will evaluate the strategy for the grant application to the County; which is due at the end of the month.

NEXT MEETING IS ON SEPTEMBER 11 AT 9:30AM AT THE CHAMBERSBURG YMCA.

DRAFT ACTION PLAN FOR 2017-2018

Activity/Action Step	Person Responsible	Date to be Completed
Expand community walking parties through collective promotion to the community	Physical activity task force <ul style="list-style-type: none"><li>• Beer running group</li><li>• Community walking parties/SCCAP</li><li>• CFAR</li><li>• YMCA(s)</li><li>• Research Healthy Adams County &amp; Community Wellness Connections</li><li>• Added summer and winter mini-series, more outreach (poverty run; sign up emails), #'s lower but consistent group emerged</li></ul>	July 2017 (and July 2018)

	<ul style="list-style-type: none"> <li>• average 45-50 each walk (check with Cheryl)</li> <li>• weather a variable</li> <li>• cultivate volunteer capacity can increase load/programming (need greeters)</li> <li>• adding health element with Biometric services and blood pressure was good connection</li> <li>• offer both structured and not so structured options to facilitate social connections</li> </ul>	
Expand Go Girls Go by promoting the need for more adult mentor runners in the community.	<p>Physical activity task force</p> <ul style="list-style-type: none"> <li>• HCP expanded to 90 girls; 3 schools &amp; increased # mentors</li> <li>• Need more funding; discussed possibility of handing off to schools / district to own in the future if desire is there; possibly school to pay stipend for instruction. HCP building volunteer capacity/culture in schools.</li> <li>• Possible partnerships with Shippensburg University or Wilson College for exercise science/health students</li> <li>• Planning for 3 schools 2018 fall</li> <li>• Summit help recruit volunteers through employer relations</li> </ul>	<p>July 2017</p> <p>(do we need to tweak action step for 2018)?</p>
Develop relations with medical providers of adults to promote the Federal physical activity guidelines	<p>Physical activity task force</p> <ul style="list-style-type: none"> <li>• HFC &amp; Summit CS to research feasibility, models, etc.</li> <li>• Culture change/shift needs to happen to get providers to encourage physical activity-----toward quality</li> </ul>	July 2018
Develop relations with medical providers of children and adolescents to promote Federal physical activity guidelines		July 2018
Compile walking and running routes in communities throughout Franklin County as a resource to community members	<p>Physical activity task force</p> <ul style="list-style-type: none"> <li>• Committee members to send mapped routes/narratives to Shannon;</li> <li>• Noel to scope project booklet/app/write grant</li> </ul>	July 2017 - Aug
Develop relationship with Franklin County Cyclists and partner where appropriate.	<p>Physical activity task force</p> <ul style="list-style-type: none"> <li>• Jon to reach out to Don Hendrickson</li> <li>• Noel to reach out to Hugh Grant</li> </ul>	July 2018