

# Physical Activity and Nutrition Task Force Meeting Minutes

Date: January 16, 2015

Participants present: Amber Vavrusa, Aaron Bixby, Beth Nelton, Mary Juleen, Katie Gajeski

## 1. Review of December 5 2014 Healthiest Cudahy Community Advisory Board Meeting

Discussion of task force members redefining goals during this meeting and inability to determine objectives due to time constraints. Preliminary objectives were created by Health Department staff using the 2012 Community Health Survey as the data source.

## 2. Accuracy of Data Source

Several members of the task force questioned the accuracy of the baseline percentages as the data source is self reported. Beth Nelton reported the WIC program uses actual pre-pregnant weights and actual weights of 0-5 year old children to determine obesity. Aaron Bixby questioned if actual BMI's were asked of survey participants

Action Item:

- Beth Nelton will share WIC data on pre-pregnant and 0-5 year old children participants
- Katie Gajeski will review 2012 community assessment to determine accuracy of data source.

## 3. Physical Activity Influences

Discussion of the impact on physical activity opportunities for community members with the closing of South Shore YMCA 1/31/2014. Members questioned if other area health clubs would see an increase in membership. Amber Vavrusa highlighted Cudahy's close proximity to parks as the perfect setting to encourage numerous physical activities. Ideas from task force members on using the parks with National Night Out as an avenue for families to participate in fun physical activities.

Action Item:

- Mary Juleen to survey existing Cudahy health clubs on current memberships and any outreach activities to YMCA members.

## 4. Initiating Wellness Programs

Discussion regarding initiating wellness programs in Cudahy Businesses and for the City of Cudahy employees. Aaron Bixby started an employee training program for the Cudahy Fire Department which included a newsletter and training tips. Amber Vavrusa shared information on surrounding community businesses wellness programs. Included with the wellness program, a health forum with speaker and cooking classes could be offered.

Action Item:

- Aaron will send his newsletter template to Mary Juleen to begin a newsletter for City employees
- Mary Juleen will create a wellness newsletter for City Employees

## 5. Healthier Food Options

Amber Vavrusa shared information on availability of healthier food options as a barrier. Beth Nelton and Mary Juleen referenced the WIC Farmers Market as way to bring fresh produce to the WIC participants and the community April through October. Amber and Aaron Bixby both brought up a valid point that they were unaware of this Farmers Market. The closing of South Shore YMCA will also close one of the community garden locations.

Amber brought up the possibility of a city ordinance mandating Cudahy restaurants to post calorie content of menu items.

An outreach opportunity was discussed during Farmers Market to provide education on good nutrition and physical activity.

Action Item:

- Mary Juleen will investigate ways to Expand / Promote the Farmers Market
- Katie Gajeski will investigate city ordinance on restaurants posting calorie content of menu items.

### Summary of Action Plan

Action Item	Status Update
Beth Nelton will share WIC data on pre-pregnant and 0-5 year old children participants	NEW-Beth Nelton
Katie Gajeski will review 2012 CHA to determine accuracy of data source	NEW-Katie Gajeski
Mary Juleen will survey existing Cudahy health clubs on current memberships and outreach activities to YMCA members	NEW-Mary Juleen
Aaron Bixby will send newsletter template to Mary Juleen	NEW-Aaron Bixby
Mary Juleen will create a wellness newsletter for employees	NEW- Mary Juleen
Mary Juleen will investigate ways to expand/promote Farmers Market	NEW- Mary Juleen
Katie Gajeski will investigate city ordinance on restaurants posting calorie content of menu items	NEW- Katie Gajeski

## 6. Next Meeting; Friday, February 20, 2015, 9:00 am-10:00am

Cudahy Health Department 5050 S Lake Drive