

Physical Activity and Nutrition Task Force Meeting Minutes

May 15, 2015

Members Present: Kristi Adyniec, Aaron Bixby, Jane Czarnezki, , Katie Gajeski, Genene Hibbler, Tegan Luccarelli, Cheryl Orlando, Amber Vavrusa.

1. **Introductions of all in attendance.** New member to the task force; Kristi Adyniec, RN from Wheaton Franciscan Health Care and director of health care services for the School District staff.
2. **City Employee Wellness Newsletter evaluated.** The task force agreed to continue the letter with similar content. *Suggestions and articles are welcome from all task force members. Submit to Aaron Bixby.* Upcoming physical activity events will be included in the newsletter. The newsletter is printed and folded by the health department and is due on the Wednesday prior to distribution with the first paycheck of the month. Annette Toniazzo will stuff the newsletter in the envelopes with the employee paychecks.

Action Items:

- Aaron Bixby will produce and format the monthly wellness newsletter using Publisher and will send the draft to the health department for review by the Monday prior to the first paycheck of the month.
3. **Physical Activity Initiatives discussed** that would promote activity and not focus on weight loss. Initiative should include all age groups; children through Senior citizens. The task force reviewed the need to promote already existing events in our community through the use of the both the health department website calendar and the City events calendar. Events for the City Website are to be submitted to:
Kelly Sobieski at sobieskik@ci.cudahy.wi.us
Events for the Health Department Calendar are to be submitted to:
Katie Gajeski via email; gajeskiK@ci.cudahy.wi.us

Possibilities of task force sponsored activities discussed; walks with different themes, pool party, old fashion family style picnic, Mother's Day gardening event at the Kelly Sr. Center, biking event, bike rodeo, etc.

The task force has decided on at least two events for 2015.

1. A "Firefly Walk" this spring; June 12 or 13, 2015 including a 6:30 activity fair in the Kelly Sr Center, 7:30 to 8:30 Walk along the Oak Leaf Trail path that will loop back to the Kelly Sr Center, and end with a campfire and treat such as S'mores. Free Glow sticks will be distributed and T shirts for a fee.

Action Items:

- Firefly walk Logo to be developed by Tegan Luccarelli.
 - Flier to be developed by health department using Tegan's logo.
 - T shirts will be purchased from local vender. Price to be determined.
 - Permit to use the County Park path will be investigated by Amber Vavrusa.
 - Jane Czarnezki will investigate use of the Kelly Sr. Center and if the facility use fee will be waived.
2. A fall "Zombie Walk" along the Oak Leaf Trail, again using the Kelly Sr. Center as the start and finish. Possibly start the walk with participants learning the "Thriller" dance. End with a meal featuring freaky food or a fire. Aaron Bixby expressed interest in the Zombie event and with encouragement may assist with coordination the event?

- Wellness Programs discussed. Wheaton and the School District have wellness programs in place. Suggested combining efforts to develop shared programs. The city staff might also be included in programming. Contact information shared for School District coordinator of the wellness program and newsletter; Tina Kreitlow.
- The Mayors Fitness Challenge was discussed. The event for 2014-2015 was organized by Oak Creek and included surrounding communities. The 2015-2016 event for Oak Creek will most likely not include the surrounding communities due to planning and coordination time and effort. Cudahy may want to look at doing our own activities. The task force may not be able to accomplish this in the coming year. The challenge will be revisited in the future. The activities we are doing with the HCC would be appropriate for the Mayor's challenge, but further efforts to organize and register challenge participants would be needed.

Action Item:

- Cheryl Orlando will review the "Mayor's Challenge" website for further details.
- Partnering with the Recreation Department of the School District was discussed.

Action Item:

- Cheryl Orlando will contact the Recreation Department and review programming that involves fitness and nutrition and possible partnership.

4. Nutrition Initiatives discussed.

- The Farmer's Stand at City Hall will continue in 2015 to serve residents and the WIC population.
- The Cudahy Farmer's Market will be introduced to the community in 2015. The market will run June 3rd through October 28th on Wednesdays from 3:30 PM to 7:30 PM. The organizers have offered the Health Department a booth free of charge. The task force has decided to participate at the Market 1 day a month for 2015. Possible programming discussed including; food/healthy cooking demonstrations or demonstration of how to use farmer's market produce, food tastings, water tastings, display board of HCC to encourage participation, educational display boards for summer food safety, calories and exercise needed to burn calories, how to read food labels, what's in your cart?,

Action Item:

- Cheryl Orlando will follow up with MATC and possible food demonstrations.
- Cheryl Orlando will notify Farmer's Market of the HCC booth once a month for 2015.
- Previous minutes mentioned the community garden at Wheaton Franciscan Medical Clinic. Time did not allow for presenting an update. The ground is leveled but the soil quality may not be appropriate for gardening at this time.

Action Item:

- Lynn Stoeveken will inform the task force when she has more information.

- Previous minutes mentioned working on a possible city ordinance regarding restaurants providing calorie information on their menus. Time did not allow for discussion on this topic and will be discussed at a future meeting.

5. Task Force Goals. Time did not allow for discussion of the present goals. Based on the activities discussed today the goals will need to be updated.

Action Item:

- Cheryl Orlando and/or Katie Gajeski will revise the Task Force Goals and present to the group at the next meeting for discussion or revision.

6. **Obesity in Wisconsin statistics from the State of Wisconsin distributed** for Milwaukee County. Facts of interest; 31% of adults are obese, only 3% of population have limited access to healthy food, and 24% of population are inactive. When comparing household income to obesity; the higher the median household income, the lower the percentage of obese people seen in the population and the lower the income, the higher the percentage of obese people. This data may influence task force initiatives.

Action Item	Status Update
Monthly City Employee Wellness Newsletter submissions and articles	All members of task force Ongoing
Produce Monthly Wellness Newsletter	Aaron Bixby NEW
Community Fitness and Nutrition events to be submitted to City Hall; Kelly Sobieski.	All members of task force Ongoing
Firefly Walk Logo to be designed	Tegan Luccarelli New
Firefly Walk Promotional Flier to be developed	Cheryl Orlando New
Firefly walk T-shirts price to be determined with local company. Single color with logo.	Katie Gajeski New
Permit to use County Park Trail for Firefly Walk to be obtained	Amber Vavrusa NEW
Use of Kelly Sr. Center for Firefly Walk to be confirmed and possibility of facility use fee being waived to be explored.	Jane Czarnezki NEW
Mayor's Fitness Challenge	Cheryl Orlando to review website for details NEW
Partner with Recreation Department for programing promoting fitness and nutrition. Discuss with Tina Kreitlow	Cheryl Orlando NEW
Farmer's Market Participation once a month to be confirmed with organizers	Cheryl Orlando NEW
Explore possibility of MATC Culinary Arts Program providing cooking, food demonstrations or food tastings at Farmer's Market	Cheryl Orlando Ongoing
Community Garden development through Wheaton Franciscan Medical Clinic	Lynn Stoeveken Ongoing
Explore city ordinance requiring calories to be indicated on restaurant menus	On hold
Task Force Goals to be revised to reflect new initiatives to present to task force at June meeting	Cheryl Orlando/Katie Gajeski NEW

NEXT MEETING:

JUNE 19, 2015 (Always the third Friday of the month)

9:00 AM – 10:00 AM

Cudahy Health Department Conference Room