

## **HCA Physical Activity Workgroup Meeting**

Friday, January 19, 2018

In attendance:

Dawn Marie Oberly, Holy Trinity Lutheran Church

Melanie Lanich, Muncie Sanitary District

Abbigail Sampson, BSU

Angie Pool, Cardinal Greenways

Lynn Balderrama, Del Co Futbol club

Tonya Skalon, BSU

Matt Bailey, Del Co Futbol Club

Missy Wood, Lynd Place and Hartford City Kiwanis Club

Rebecca Smith, BSU

Nicole Koontz, BSU

Kendra Zenisek, BSU

Shannon Powers, BSU

Amanda Price, MITS

John Disher, IUHBMH

Noon- The group introduced themselves and provided a brief overview of their organization and role.

Shannon Powers provided an update on the status of Cardinal Zumba- so far 147 people have walked through the doors, about 77 have been active at least 2X a month, Shannon needs 3x a month for study criteria.

Kortney Zimmerman provided an update on the 2018 RWJF Culture of Health Prize....

The RWJF Culture of Health Prize honors and elevates U.S. communities that are making great strides in their journey toward better health. Thanks to the hard work of volunteers from multiple HCA partners in supplying a Phase I application, Delaware County was recently selected to advance as a Phase II applicant from an initial field of 200 U.S. communities. During Phase II, judges will view additional materials and videos from 29 communities, including Delaware County. Communities selected to move forward as finalists in Phase III will be announced in March, 2018.

The Robert Wood Johnson Foundation Culture of Health Prize recognizes communities that have placed a priority on health and are creating powerful partnerships and deep commitments that will enable everyone, especially those facing the greatest barriers to good health, the opportunity to live well. A Culture of Health recognizes that health and well-being are greatly influenced by where we live, learn, work, and play; the safety of our surroundings; and the relationships we have in our families and communities.

John broke the room into 3 groups, and described how he will be intentionally meeting with all 110 HCA Partners in 2018. He asked the groups to brainstorm ideas for connections/programming that he could share with Partners based on their specific needs. For instance, some organizations may be interested in promoting Cardinal Zumba, or the adult physical activity program at BSU to their audiences. The goal of the conversations is to help develop connections among Partners for existing opportunities as well as potential partnerships. Results are recorded below.

1:15pm Group adjourned. Next meeting March 16, Noon, BSU Alumni Center.

**HCA Partner Connection/Sharing ideas for HCA consultation sessions in 2018- Physical Activity  
Workgroup 1-19-18.**

VOLUNTEERING

Does your organization need volunteers? Do you have volunteers?

Lynd Place needs volunteers for 1:1 conversations with residents, and to enhance exercise programs and activities- clients need more personalized activities.

SPACE

Does your organization have space available?

Holy Trinity may be interested in providing space for healthy lifestyles groups.

PARTNERING TO REDUCE SOCIAL DIFFERENCES, STIGMA, INTIMIDATION

YORKTOWN TRAILS

4 for the 4th

BALL STATE UNIVERSITY

**Fisher Institute Healthy Lifestyles Center**- working at Meridian Clinic Site, referred by physician or self-referral. Website about to be operational.

Key points-

Free walk ins/physician referrals

Mental health counseling, exercise RX, nutritional advice...all college of health aspects

Lenny Kaminsky, 5 faculty + 5 GA's to provide free services at Meridian Health bldg.. on Tillotson opening in March.

***Need to make Alliance Partners aware of the facility and get the word out in the community.***

**BSU Adult Physical Fitness Program**

affiliated with BSU School of Kinesiology, College of Health, Clinical Exercise and Physiology Program, Human Performance Laboratory

-monitored exercise, paid membership, primarily older adult

-member benefits

health testing, screening

individualized exercise programs

community involvement

break down barriers to exercise

senior living communities

cardiopulmonary rehab

mental health awareness

physical health awareness

physical and occ therapy clinics

nutrition awareness

exercise as medicine

PURDUE EXTENSION RESOURCES- PSE and Direct Education

4-H educator, HHS Educator (Human Health Sciences), ANR Educator (Ag& Natural Resources), Organic Farming Director, Nutrition Education program assistant, Community Wellness Coordinators- PSE

MUNCIE SANITARY DISTRICT

Can provide free community education- trips to Prairie Creek, stormwater, composting recycling, etc.

PRAIRIE CREEK

Trail system, programs?

CARDINAL GREENWAYS

various events throughout year+ FREE BIKES ON THE TRAIL

National Trails Day, CG Bikefest, Walk Indiana,

RED TAIL LC

Environmental education

MIT S

Let MIT S take you to mobile farmers markets- MIT S could advertise locations on their social media

DELAWARE COUNTY FUTBOL CLUB Lynn Balderrama

Offering currently:

-youth travel soccer ages 8+

-Adult league 18+

noncompetitive play, all experience levels

healthy, team involvement for grown-ups

-Savannah Run all ages

fall 5K/1 mile

raising dollars for Savannah Scholarships

scholarships for youth participants who demonstrate respect, good attitude

-Premier indoor facility

NEEDS:

-Exposure for families with female youth players at Travel (higher ability) level

-Participation, ideas for Savannah Run and other events

-Volunteer Coaches

Work with student groups

Better reaching out/attracting parents of current players

**-Exposure for low income family participation**

have tried vouchers for BCG, etc. with little response; need more outlets

OTHER SUGGESTIONS RELATED TO ALLIANCE and PARTNERS

**From Shannon Powers**

Recommend Partnerships, and external promotions

Consultations could include strategic planning component

How to influence

-clear access to materials on website

-annual event; showcase completed inventory from 2018

How to share what's going on in community and with Partners

- database
- mini grants
- tutorial sessions for mini grants (Shannon willing to help!)
- awards for writing grants
- awards for community action awards
- media exposure
- annual big bash

**From Dawn Marie Oberly and Amanda Price**

\*\*\*Share health and well being guide compiled by BSU <http://apso.bsu.edu/2015/wellness/>

\*\*\*Consider all the efforts to promote / attain healthy community designations /grants.

Push something like this to general public- we could use MITS social networking to let people know.

A way to help people become educated and informed about what is happening in Muncie

Offer Healthy Community Member certificates- people would visit places to get education, assistance,

take part in so many activities, programs. Informed about YOUR community. Must be achieved to

complete. Path to completion involved obtaining education. Info about certain # of Partners. Complete

at least one event (such as Walk Indiana) visit minimum number of local orgs.

Perhaps start this internally, with a group then grow it?

\*\*\*Perhaps BSU exercise science interns can be supplied to locations who have someone available to supervise an intern who has a health science or exercise science background. (Exercise Science students- limited due to students being supervised by licensed/degreed professionals.)