

HCA Physical Activity Workgroup Meeting

Friday, March 16, 2018

In attendance:

Angie Pool, Cardinal Greenways: Angie Pool angie@cardinalgreenways.org

Kortney Zimmerman, Purdue Extension: zimmer57@purdue.edu

Molly Hunt, Purdue Extension: hunt55@purdue.edu

Kait Williams, YWCA: kwilliams@muncieywca.org

Nicole Koontz, BSU: Nlkoontz@bsu.edu

Kendra Zenisek, BSU: klgotsch@bsu.edu

Bill Zenisek, BSU: wzenisek@bsu.edu

Melody Fuqua, Head Start: mfuqua@transitionresources.org

Heather Koons, Head Start: hkoons@transitionresources.org

Amanda Price, MITS: aprice@mitsbus.org

John Disher, IU Health BMH Foundation: jdisher1@iuhealth.org

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

Kortney Zimmerman provided a presentation regarding the Purdue Extension's Change Tool Community project which focuses on PSE (policy, Systems and Environment) change around nutrition and physical activity. She described successes from 2017 as well as ideas for 2018. She shared several of the ideas generated by the Change Tool Action Team, which included concepts like "Ninja Warrior Course at Prairie Creek", "Signage for existing workout equipment", "Food Insecurity Screenings" and more.

12:40- John shared a prototype of the Healthy Weight and Active Lifestyle Toolkit that is being developed with input from the HCA nutrition and physical activity workgroups. The toolkits are nearing completion and distribution is planned for April. Below is the art for the folder:



12:45- The group spent some time sharing initiatives, ideas and best practices. Some highlights included:

FROM Kortney Zimmerman, Purdue Extension: zimmer57@purdue.edu

Idea- Parking lot playgrounds- 4 square and basketball shapes, easy for volunteers to paint. Great idea for churches to encourage activity on parking lots.

Workshop focuses on enhancing public spaces for community health

You're Invited and We Need your Input!!

Public officials and residents in Delaware County can learn how to improve public spaces and build healthy communities at a workshop hosted by a Purdue University Extension program. The workshop will take place on **Thursday, April 26 from 10 a.m. to 3 p.m.** at the **Gaston United Methodist Church (105 Main St, Gaston, IN 47342)**. Lunch will be provided.

Participants will work with Purdue Extension specialists and educators to learn more about the vital role that parks, town centers, and other public spaces play in the long- term economic, social, and health of communities. Collaborative activities will also introduce participants to best practices for improving public spaces, and give them the tools they need to plan and implement projects tailored to their community.

This and similar workshops held throughout the state are part of the Purdue Extension program, Enhancing the Value of Public Spaces – Creating Healthy Communities. The program provides continuing education and resources for regional, community, business, and neighborhood leaders in Indiana.

Register for the Free Workshop:

https://purdue.ca1.qualtrics.com/jfe/form/SV_bE1tAzUEqgeorTH

Please indicate any dietary preferences while registering.

**To learn more about Enhancing the Value of Public Spaces – Creating Healthy Communities and other Purdue University resources, contact
Local Extension-Staff at 765-747-7732.**

Joel Brumley-4-H Youth Development Educator

Mark Carter- Ag and Natural Resources Educator

Molly Hunt- Health and Human Sciences Educator

Chelsie Jaramillo- Community Wellness Coordinator

Carol Pierson- Nutrition Education Program Assistant

Kortney Zimmerman- Community Wellness Coordinator

From Kait Williams, YWCA: kwilliams@muncieywca.org

Kait has been brainstorming ideas for ways to encourage YWCA residents to engage in better nutrition and more physical activity. She is wondering about some sort of mandatory program. She noted their gym is not well used- how to facilitate more usage? Kendra Zenisek, BSU: klgotsch@bsu.edu suggested a “mommy and me” approach.

From Angie Pool, Cardinal Greenways: angie@cardinalgreenways.org

Angie reminded the group that the Cardinal Greenway can serve as a resource for us to utilize by encouraging our audiences to use for walking cycling running. One suggestion from the group was to create a BSU specific map to promote student usage and how to connect to the CG from campus. Angie noted that 2018 is the CG’s 25th Anniversary. Trail maps are available by contacting Angie.

From Kendra Zenisek, BSU: klgotsch@bsu.edu

Kendra noted that BSU students are required to take a class of physical activity; she asked the question could tailgate town be a potential area for an outside playground for the community?

From Bill Zenisek, BSU: wczenisek@bsu.edu

Bill noted that he teaches in the School of Kinesiology at BSU and has students that are required to do internships and coach at sites in the community. John thought that perhaps the baseball program at the Ross Center might be an opportunity for students to get involved, he will connect Bill with Jacquie Hanoman at the Ross Center.

From Molly Hunt, Purdue Extension: hunt55@purdue.edu

Molly is offering a number of free educational resources to community organizations, including [Dining with Diabetes](#) and [Be Heart Smart](#). She is also involved with opioid education-

“Below is an excerpt of the Know the “O” campaign supported by the Indiana Division of Mental Health and Addiction. Please share, as you are able, with partners and organizations who might benefit from outreach or education on the topic. I am happy to make myself available on this topic to our partners!” -Molly

The data shows, the opioid crisis is impacting our state. Many people who struggle with opioid dependency face a wide range of stigmas that are preventing them from seeking treatment. We don’t want them to become an opioid overdose statistic. However, most people are not aware of these basic facts. The facts are simple:

- -Opioid use disorder is a disease
- -There is treatment
- -Recovery is possible

- For more information visit www.knowthefacts.org or contact Purdue Extension Health & Human Sciences Educator, Molly Hunt, hunt55@purdue.edu about how you can bring resources and education on the opioid epidemic to your organization.

From Melody Fuqua, Head Start: mfuqua@transitionresources.org
and Heather Koons, Head Start: hkoons@transitionresources.org

Head Start offers staff wellness programming; including compassion fatigue, yoga, financial wellness. Head Start health fair for children and families will be July 11 and 13. Looking for partner agencies to provide services.

Amanda Price, MITS: aprice@mitsbus.org

MITS can help promote your event! If event is on bus route we can people what routes to take to get to the event by publicizing on the MITS facebook page and social media. MITS also promotes employee wellness by paying entry fees for employees to participate in events like Walk Indiana.

From Nicole Koontz, BSU: Nlkoontz@bsu.edu

The Healthy Lifestyles Center is opening very soon at Meridian's 100 building on Tillotson. The center will have its own door, lobby, pod space and exam areas. The College of Health received a grant from the Ball Brothers Foundation for the Development of Community-Based Healthy Lifestyle Centers (HLC). Working in collaboration with the IU School of Medicine-Muncie and Meridian Health Services, this project is nearing an official launch. Graduate assistants from the Fisher Institute of Health and Well-Being will staff the Center.

The Healthy Lifestyle Center (HLC) is a community-based program which will provide education and information about services available in Delaware County related to health in general, but specifically focused on the importance of healthy lifestyle behaviors. The HLC is available to all of the population of Muncie and Delaware County. The HLC was developed by the Ball State University College of Health (areas of expertise: Counseling, Health Science, Nutrition, Exercise, Speech Pathology and Audiology, Social Work, and Nursing) and in collaboration with Meridian Health Services. The IU School of Medicine medical students are also collaborating on this project. The primary goal of the HLC is to help individuals live a healthier life and as a result see improved health outcomes in Delaware County.

If you desire to improve or maintain your personal health and well-being by practicing healthy lifestyle behaviors, the HLC can provide you with support to achieve this. More information will be shared soon.

1:15pm Group adjourned. Next meeting April 10, Noon, IUH BMH Outpatient Nutrition Center

Submitted by John D. Disher, 3-26-18