


HEALTHY JACKSON COUNTY
INCREASING PHYSICAL ACTIVITY WORKGROUP

Minutes

April 23, 2019

10:00-11:30am

Community Foundation of Jackson County

| WELCOME! | | Discussion/Actions |
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| Tyler Henkle | <p>Welcome! THANK YOU!</p> <p>Thank you for your support and serving on the “Increasing Physical Activity” workgroup of Healthy Jackson County.</p> | <p>Present:</p> <ul style="list-style-type: none"> • Tyler Henkle • Patty Tormoehlen • Carrie Morrison • Ashley Carceres • Brad Schneck • Phyllis Cupp (Admin Assistant) |
| RECAP OF HEALTHY JACKSON COUNTY EFFORTS - 2019 | | |
| Tyler Henkle | <p>Continue workgroup efforts with focus on the current Mission & Vision of HJC</p> <p><u>Vision:</u> To create a sustainable culture of health and wellness throughout Jackson County evidenced by improved health outcomes data.</p> <p><u>Mission:</u> Collaboratively, create and promote a healthy environment to empower our Jackson County community to achieve improved health outcomes. We will do this through: Policies, Education, System and Environmental Changes.</p> | |
| Tyler Henkle | <p>1. Recap of Collective Impact / Our Role in <i>Increasing Physical Activity</i></p> <div style="text-align: center;">  </div> <p>➤ An opportunity to learn more about Collective Impact is available through the Indiana Rural Health Association (IRHA). Please copy and paste the link below for additional details regarding this 2-day conference. <i>Please note: Anyone can register for the event whether they are IRHA members or not. Once registered, those who are not members will become members for one year beginning July 1, 2019 through June 30, 2020.</i></p> <p>https://www.indianaruralhealth.org/annual-conference</p> | |
| Tyler Henkle | <p>Tool-Kit Example Shared</p> <p>➤ 02-19-19 Discussion held regarding possibility/benefit of tool-kit being developed in a digital/electronic version. Group agreed. Will continue to discuss as workgroup begins to work on specific tool kit items. Discussed</p> | |

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| | <p>benefit of having available a digital/electronic version, along with a paper version placed in a nice folder for distribution around Jackson County.</p> <ul style="list-style-type: none"> ➤ 04-23-19 Tyler will forward a link for a sample tool-kit that Susan Zabor shared. |
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HEALTHY HAPPENINGS

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| Tyler Henkle | <p>Introductions to take place: <i>Name: and Name of Organization Representing:</i> <i>Healthy Happening Announcement(s):</i> Please share current efforts through your specific organization/personal volunteer work that are in relation to <i>increasing physical activity</i> in our community through promotion, engagement, community events, etc...</p> <p><u>Guided Hike Series –</u> Begin in the Fall 2019 – Three hikes planned at Jackson/Washington forest 04-23-19 Discussion:</p> <ul style="list-style-type: none"> ✓ Brad Schneck from the DNR attended the meeting. Any event that is held on state property and is publicly advertised must go through a permit process. ✓ Permit process has a \$25 application fee for all three hikes, and must provide a copy of insurance that states coverage of the DNR for the event. ✓ Brad will check to see if the permit can be waived if the DNR co-sponsors the event. ✓ Tyler will check on the cost of insurance for this type of event. ✓ Tyler will check with local businesses to see if any of them would like to sponsor a hike, or supply water, snacks, etc. ✓ Possible hike dates – 9/22, 10/13, and 11/3. Suggested meeting points: 1st hike – the dam at Knob Lake; 2nd hike - the office; 3rd hike TBD. Hikes will last around 1 hour. DNR can provide guides for the hikes. <p><u>Scavenger Hunt –</u> May 4, 2019 @ 10am at One Chamber Square - ‘Scavenge Seymour’ This event is FREE! The event promotes walking around downtown, taking pictures, and becoming familiar with what our community has to offer. The event takes about an hour. No need to sign up, just show up! 04-23-19 Discussion:</p> <ul style="list-style-type: none"> ✓ Patty Tormoehlen described how the event worked last year. ✓ Patty has been gathering donations for prizes. Prize packages will be put together that morning and will be distributed as evenly as possible. ✓ Patty has a list of tasks / where to take pictures. ✓ Patty will check with the mayor to see if insurance is necessary for this event. ✓ In case of inclement weather, the event will be postponed and rescheduled. |
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Update/Promotion of purple pedestrian signs –

Promotes physical activity and shopping local. Provides awareness to community members that parking their car and walking around downtown to run errands, shop, dine, etc... is an option.

- ✓ Continue to promote. Take a picture / selfie with signs that note #walkseymour & post!

Plogging (Plogging, aka, jogging & picking up trash – a fad in Europe) –

Plogging monthly through local parks to promote physical activity and cleaning up Jackson County. This will require discussion/coordination efforts with the Jackson County Health Department due to the possibility of sharps being picked up in trash/debris, as well as with Parks & Rec. If able to move forward with plogging, promotion of teams (adult required to be present within each group), possibility of contests (most steps, heaviest trash, largest group, etc...) are options. Teams participating may go different ways in order to clean up more ground.

- ✓ 02-19-19 Joanah W. spoke with Paul Ramsey, JCHD, Environmental Director. He is very supportive of this idea and thinks of it as another way to promote increased physical activity, clean up the environment, and educate community members and children on how to handle hazards when found in the community (i.e. syringes/needles/mobile meth labs). A few items to discuss in the planning phase:
 - JCHD will supply small sharps containers that can be carried in a backpack of the adult/supervisor of the plogging group. These containers can be returned to JCHD when event is over and sharps will properly be disposed of.
 - Brainstorm ideas of picking up sharps, etc... by using an “extend-a-hand” type device or purchase thick gloves to prevent needlesticks. Encourages checking with Corrections Dept. to see what type of personal protective gear is used for picking up trash. If no funding is available, could reach out to local businesses for funding/grants.
 - Awareness is key when picking up the community! Encourages collaboration with Seymour Police Dept. to hold a brief information session/training, immediately prior to each event with participants to discuss what to do if a needle/sharp is found, correct way to pick up and dispose of it, and other dangers to look for, i.e. mobile meth labs.
- ✓ 04-23-19 This event will require more planning, and will be a possible future event.
- ✓ 04-23-19 A suggestion was made to have designated paths around the county. The Dept. of Public Works could possibly provide paths.
- ✓ 04-23-19 Ashley Caceres will check with Muncie for the safety guidelines they use.

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| | <p><u>Friday Night Family Fitness</u> – Tyler has interest in leading a FREE family fitness circuit at the Fitness Court at approx. 6 or 6:30pm on Friday nights. ✓ Tyler to speak with Coach Kelly as he promotes youth to “Be an athlete”</p> <p><u>Adult Recess</u> – Discussion held on implementing Adult Recess from June-Oct at The Fitness Court offering corn hole/bounce houses/healthy food vendors (work with Nutrition workgroup/Farmer’s Market) for 1-2 hour timeframe for adults to get outside and enjoy some fresh air, activity, and healthy food. ✓ <i>Will continue to table item/discuss at future meetings regarding volunteers, donations, specific dates/times.</i> ✓ <i>Could this be geared more toward individual businesses/factories?</i></p> |
| INCREASING PHYSICAL ACTIVITY DISCUSSION | |
| Tyler Henkle | <p>“Increasing Physical Activity”</p> <ul style="list-style-type: none"> • Last year, many representatives of the local fitness centers were contacted and asked to get involved with the Increasing Physical Activity workgroup; however, not many responded. It is thought that due to the competition level of the local fitness centers, it’s hard to get them to partner in one idea. |
| WORKGROUP GOALS - 2019 | |
| Tyler Henkle | <p>What specific goals do we want to set for Increasing Physical Activity in 2019?</p> <ul style="list-style-type: none"> • What current projects are underway? • What audience(s) are we primarily targeting? • What resources do we currently have in place to utilize? <p>✓ <i>Please email your responses to the entire group.</i></p> |
| WORKGROUP AGENDA ITEMS | |
| Tyler Henkle | <p>Brainstorm <u>standard</u> agenda items that should occur at each workgroup meeting moving forward.</p> <ul style="list-style-type: none"> • Healthy Happenings... <p>✓ <i>Please email your responses to the entire group.</i></p> |
| WORKGROUP MEETING SCHEDULE - 2019 | |

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| Tyler Henkle | Increasing Physical Activity Workgroup: | | | |
| | Purpose: To work collaboratively and make an impact together that increases physical activity throughout Jackson County. | | | |
| | 2019 WORKGROUP MEETING SCHEDULE | | | |
| | INCREASING PHYSICAL ACTIVITY | | | |
| | February | 19 | Tuesday | 10-11:30am |
| April | 23 | Tuesday | 10-11:30am | Community Foundation of Jackson County |
| August | 20 | Tuesday | 10-11:30am | Community Foundation of Jackson County |
| November | 19 | Tuesday | 10-11:30am | Community Foundation of Jackson County |

HEALTHY JACKSON COUNTY MEETING SCHEDULE - 2019

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| Tyler Henkle | Purpose: To reconvene biannually to recap/celebrate successes and accomplishments and to discuss current and future opportunities and discuss action plan. | | | | |
| | Please see below for schedule. | | | | |
| | 2019 HJC MEETING SCHEDULE | | | | |
| | May | 1 | Wednesday | 11:30am | Schneck Medical Center Auditorium |
| | November | 6 | Wednesday | Time TBD | Schneck Medical Center Auditorium |

NETWORKING/NEW MEMBER POSSIBILITIES

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| Healthy Jackson County – New Member Discussion | Do you have anyone in mind that would be a great fit for Healthy Jackson County? Would the individual enjoy making an impact and changing the culture of health in our community? If so, please let Tyler know and he will reach out to them! |
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NEXT MEETING:
Whole HJC Group will meet on May 1, 2019 from 11:30-1:00 @ Schneck Medical Center auditorium – includes lunch - RSVP to Phyllis Cupp
Workgroup will meet on AUGUST 20, 2019 from 10-11:30am @ Community Foundation of Jackson County
ADJOURNMENT: Meeting was adjourned at 11:20m.

