

**Lighten Up Lancaster County
Quarterly Meeting Minutes
June 16, 2016**



- I. Brenda Buescher welcomed new members to the coalition meeting.
- I. Community Health Improvement & Needs Assessment presented by Jessica Klinkner of LG Health
 - a. Jessica reviewed the 2013-2016 health priorities. She reminded the coalition of the [free community dashboards](#) from the Healthy Communities institute available [online](#) including a new feature which highlights areas of great needs/poor health outcomes based on zip code.
 - b. Jessica highlighted the top Population Impact areas, which were related to obesity, exercise and nutrition.
 - c. Similar to the previous Improvement Plan, Obesity, Mental Well-Being and Substance Misuse will be the top 3 priorities for 2016-2018.
 - d. Lighten Up Lancaster County will be one of the potential resources that will be relied upon to help with implementation of the Improvement Plan. Jessica noted that inactivity alone, even without being overweight, still can negatively impact life.
 - e. Brenda reviewed why it matters to the coalition and called out various areas (work, school, community) negatively impacted by obesity and contributors.
 - f. Solutions to the umbrella of issues
 - i. Access to Healthy Foods – identifies all the places we want people to have physical and financial access to food and opportunities to support it.
 - ii. Communities Built for Health – designing the community roads for all users and creating open spaces and buildings for activity to encourage people to be more active throughout the day.
 - iii. Healthy Schools & Workplaces – encouraging schools and businesses to look for other opportunities to encourage physical activity throughout the day, modify food offerings at celebrations and catering in businesses.
- II. Physical Activity Break was led by Amanda McFerren of the YMCA.
- III. What's Next in Obesity Prevention
 - a. Community, Health, and Education: Nature's Classroom – Megan DeMarra of Community Action Program. Located near County Park, there are about 700 children in served by the CAP Head Start

Program. With the development of the Nature's Classroom, the children will have the opportunity to learn in an outside play space. Inviting neighborhood to be involved in the landscaping and excavating the space and continue the growing process through Spring 2017. Items harvested will be sent home with the parents of the children in the program. There will be a cedar fence around the property to provide a safe space, even in the evening and prompt people to use it after hours. They offer Cook with Me classes for children and family members to learn how to cook together. Get involved by donating, spreading the word, volunteering. Visit the Nature's Classroom giving page on Generosity.com and visit caplanc.org for more details.

- b. Building a Healthier Environment – Mike Domin of Lancaster County Planning Commission discussed the Northwest Lancaster County River Trail and why this particular trail is unique. Unlike other county trails, it is not a rail trail. The Northwest River Trail was a 25 year project comprised of various historic acquisitions around Columbia and the previously flourishing canal system. 11 of the 14 mile, paved flat surface is currently available for use. There are various sites throughout the recreational path to take in various history sites and architectural creations. Click to view the trail ride video of the new section on [Facebook](https://www.facebook.com) or visit Map on SusquhannaHeritage.com for the trail map. Feedback has been received and signage will be coming to direct the community to the trail and access points on the trail.
- c. Well Workplace Awards – Brenda Buescher highlighted 4 trends in workplace wellness that were themes in the Well Workplace Award applications this year: creating a culture of wellness from leadership through the entire company, environmental changes, social support, and a holistic approach to health. Our area business' workplace wellness programs are being creative to foster a culture of wellness for their employees, such as allocating empty office space to be a fitness area or removing junk food from catered meals and menus. By creating social support, an environment will be developed in which people are encouraged to make healthier choices.

IV. Partner Updates

- a. Cathy Newkirk of Lancaster General Health spoke about the new EEOC regulations that are to be released for workplace wellness programs. INGROUPE will be providing a Lunch and Learn about the EEOC regulations on June 28 from Noon – 1:30pm. Please contact [Cheryl Harsh](mailto:Cheryl.Harsh@lancastergeneral.org) by email with your name, company, email and how many participants will be attending.

- b. Megan DaMarra also noted that this summer CAP will be partnering with another mobile fresh food vendor to bring healthy, local and affordable produce to our staff, customers and neighbors. Starting June 29, and every other week thereafter, Nourish Mobile will be stationed at the 601 S. Queen Street parking lot. They accept cash, food stamps, and debit/credit cards.
- c. Welsh Mountain Health Centers will be hosting a Health Fair in New Holland on August 6 from 10am-2pm at Community Memorial Park. They are seeking additional exhibitors. Visit welshmountain.org for more information.
- d. Mike Domin reminded attendees that county, city, & municipality leaders are creating active transportation plans throughout the entire county. Very focused on making it a bike friendly community. Get involved and come out to the meetings to express your support. Brenda will keep Lighten Up members posted on opportunities to be involved.
- e. HACC Lancaster Campus would like to also remind everyone that the outdoor fitness trail is open to the public. They are also a CSA pickup site for those that live local to the campus.
- f. Lancaster Rec will be hosting the Annual Trick or Trot & Monster Run for Kids on Oct 29. They are looking for sponsors for the event. More information can be found at <http://www.lancasterrec.org/>. Proceeds will benefit Wood Hill Cemetery restoration and the Youth Athletic Scholarship fund. Audra spoke about the 45,000 people that attended Open Streets. 85-90 organizations participated, which is about 20 more than last year. Next year's street closures will change, so stay tuned for all of the details next winter.
- g. A Therapeutic Effect suggested that those looking for new ways to get people to get involved in health fairs or events, think about offering free chair massages. Contact [Megan Witkovsky](mailto:Megan.Witkovsky) to bring them to your organization.
- h. Cause and Effects Fitness offers basic exercise videos on [YouTube](https://www.youtube.com). Share ideas for videos with Chelsea and Chad by contacting them at causeandeffectsfitness.com.
- i. Francesca Kirk spoke about CPRS Physical Therapy and Diabetes Center upcoming meetings for their two diabetic support groups. The Type 2 Diabetes support group will meet August 10 from 6-7pm and feature a panel comprised of physicians, diabetes educators, and diabetic patients. In addition, the Type 1 Diabetes exercise support

group will meet July 21 from, 7-9pm for a free Summer Swim Event. Visit www.CPRSWEB.com for more information.

- j. Greg Paulson spoke about the Back to School Giveaway event for children on August 20. Click [here](#) to learn more about how to get involved or to print the bilingual flyer.
- k. We are looking for a new leader for Well Workplace Group and Lancaster Bikes! Chairman. Contact [Brenda Buescher](#) if you're interested in getting involved with either group.

Next Coalition Meeting:

Thursday, October 20, 2016

8:30 - 10:00 a.m.

Burle Business Park