

**Lighten Up Lancaster County
Quarterly Meeting Minutes
October 15, 2015**



- I. Alice Yoder welcomed new members to the coalition meeting, including Brenda Buescher, new Lighten Up Lancaster County facilitator.
- II. Warm Up - This quarter's warm up was led by Brynn Kline of Lancaster General Health
- III. Resource: Healthy Data+Obesity
 - a. Brenda Buescher spoke about www.healthdataplus.org's county obesity health data. Site includes several indicators, county vs. state scores, and even the location for farmers markets. Check out the site to see how we measure up.
- IV. Updates
 - a. School
 - Sue Lackmann spoke about the county gardens upcoming meeting at Lincoln Middle School. Join the meeting to learn how to get involved and learn how start a garden. Various garden resources will be made available at the meeting.
 - Visit the [Lighten Up Lancaster County website](#) for a comprehensive toolkit about starting and maintaining a garden.
 - Stay tuned for details about upcoming new grants for school and community gardens.
 - b. Tobacco
 - 60 of the county municipalities have adopted young lungs at play policy. To receive free signage for your municipality or organization, please submit a copy of a signed policy to Sue Lackmann at selackma@lghealth.org.
 - Great American Smokeout returns November 19. We encourage business to participate. The event promotes becoming tobacco free or remaining tobacco free. Templates for signage will be available soon.
 - Franklin and Marshall College Common Hour will feature the tobacco related topic *Saving One Billion Lives: the Fight for Proven Strategies to Reduce Tobacco Use in the US and Around the World* on October 22nd from 11:30am – 12:35pm. Visit the <http://www.fandm.edu/common-hour> for more details.

- c. Well Workplace
 - Leslie Wireback spoke about the successful September Mental Health First Aid training. Additional training will be offered in October at EHD. Spots still available for 1 day training, \$35.
 - Well Workplace is partnering with Lancaster Business Group on Health to offer additional MHFA trainings next year. Stay tuned for details.
 - A Round Table event will be held on December 8th from 7:30-10am. Workplace Award winners will facilitate discussion. \$10 registration fee to attend. Catered breakfast will be provided. Registration information to come.

- d. Active Transportation
 - Places2040 is the comprehensive plan of what the community will look like in 2040. Attend the kick-off event on November 4 at 6:30 PM at the Convention Center to share your ideas about how to make the county a healthier place.
 - Save the Date: Open Streets 2016, May 15. Streets are closed to traffic, open to play. Audra Landers and the Lancaster Rec. are leading the event. Request for vendors to come.

- e. LULC Events & Partner Updates
 - Heather Hagopian – Hempfield School District PE teacher, spoke about \$3000 grant received for 10 station fitness trail that will be installed. Addition funding and installation support is still needed; please contact Heather at heather_hagopian@hempfieldsd.org with any fund raising ideas, grants opportunities, or contacts that may be able to help.
 - Next week the WIC program starts the WIC On Wheels mobile clinic to help support the community. It will regularly visit the Together Community Center, Meadow Creek Family in New Holland, Salem Unity Methodist Church, and be stationed outside the Elizabethtown Library.
 - Mark Mueller spoke about the MS Fitness Challenge, which provides individuals with MS the opportunity to start a healthy lifestyle. The challenge is currently in Elizabethtown. In addition, the E-Town GET FIT 2016 CHOOSE TO LOSE is 3 month fun and friendly weight loss event beginning in January. Teaches individuals how to lose fat and gain muscle. Over 700 lbs. was lost last year. Visit www.e-towngetfit.com for more details. Looking to partner with businesses sponsors in the community.

- Amber Liptack of the American Heart Association informed members that if you applied for the Well Workplace Award, the AHA has the Fit Friendly Worksite application available at <https://volunteer.heart.org/apps/fitfriendly/default.aspx>. They also provide Healthy Food and Beverage Toolkits available for the [workplace](#) as well as the [community](#). Lastly, National Eating Healthy Day is November 4 and the AHA would like to help you. Visit the [AHA National Eating Healthy Day](#) online for a free toolkit.
- Chad Francisco of Cause and Effects Fitness spoke about the upcoming partnership with A Therapeutic Effect for How To Stay Healthy for the Holidays on November 2 from 8-9:30pm. Stay healthy, deal with stress over the holidays, will provide recipe substitutions and free chair massages. Visit <http://www.causeandeffectsfitness.com/Events.html> for more details and to RSVP.
- Food Day on 24th promotes access to healthy sustainable food and protection for food workers. Contact us at coalition@lightenuplancaster.org if you have are hosting any events for Food Day.
- Maintain Your Weight Over the Holiday 2015 registration is OPEN! Visit www.lightenuplancaster.org to register.

V. Goal Contributors Discussion Activity

- a. Members were given sticky notes to write their current efforts promote Access to Healthy Foods and Opportunities for Physical Activity.
- b. Examples of the strategies include:
 - Physical Activity – education programing for physical activity provided, provide funding for fitness or provide sponsorship, and social support or onsite resources.
 - Healthy Food – Bring produce from gardens into the workplace, providing food resources to the community, workplace, school, providing food education, providing food options in the workplace dining area, and food vouchers.
 - Both – Providing community presentations on healthy eating, company health fairs and rewards for participating in healthy activities. Providing coaching and personal fitness education.

Next Coalition Meeting:

Thursday, February 18, 2016

8:30 – 10:00 a.m.

Burle Business Park