



*Mission: RISE Cowley promotes healthy lifestyles by collaborating to raise awareness and encourage involvement for residents of Cowley County, Kansas.*

## **RISE Cowley-Steering Committee**

### **Minutes**

*Tuesday, December 11, 2018 – City/Cowley County Health Department, 320 E 9<sup>th</sup> #2, Winfield – 10:00 a.m.*

**PRESENT:** Becky Reid, Taylor Schwartz, Charissa Wall, Tom Langer, Kerri Falletti, Joan Cales, Sarah Bryant, Andrew Lawson, Sarah Werner, Tim Niart

1. Call to order at 10:04
2. Minutes of 10/9/2018 Steering Committee Meeting (*motion to approve*) Tom moved to approve, Tim seconded, approved unanimously.
3. Pathways Tasks
  - a. Action Plan Technical Assistance Update(s)/Deadlines –**Finch**
    - i. **No deadline updates at this point. We will have a call soon after the New Year. Carly Houchin with KHI loved our social media presence and thought we had a very innovative approach regarding the water bill payment prize for survey completion.**
  - b. Survey Participation – **Finch**
    - i. Data analytics – provide to subcommittees to assist in outlining plan – *TABLED*
    - ii. More female than male responses, good responses from the community. Utility bill and Hair salon prizes produced great responses from a different population that we have reached before. The age distribution for the responses was varied. Becky reminded the committee that qualtrix data is highly customizable and has the ability to be manipulated.
    - iii. The committee discussed targeted marketing for smaller communities for future surveys.
    - iv. The committee discussed creating a “program/appreciation” group for Community Champions, those who have been a RISE Champion in the communities- Name TBD **Wall motioned to start program Werner seconded. Finch to send out link for survey to Falletti.**
  - c. Community Policy – change of structure from subcommittee to task force (*motion to approve*)
    - i. Lawson requested the change in structure to taskforce. Finch raised concerns about the policy being a group effort. Lawson gave a quick overview of what the task forces might be and possible projects. Cales had concerns about accountability of the task forces as well as the lack of the umbrella oversight of the tasks forces if we were to dissolve the Community Policy Committee. Proposed to amend the motion to NOT dissolve the subcommittee and create the task forces. **Motion to create a task force structure, the steering committee will be the decision making body as well as the recruiters for the committee. Langer proposed the following amended motion, temporarily transfer the responsibilities of the Community Policy committee to the Steering Committee and use a task force format to address the attainable objectives of RISE Cowley. Lawson seconded.** Ten in favor, two not in favor. Approved by majority.
    - ii. SEPARATE DISCUSSION: Gary Mangus, Patrick Stewart, Troy Moree, Tim Nihart and others from the Res wellbeing have been discussing the city planning route with the city of Winfield. They are looking for ways to connect the cities with bike/walking trails. Finch stated that one of the initial steps would be getting a bid, understanding the scope, and passing a resolution (can be written by Kansas Health Law Center). City Commission presentation scheduled to talk about complete streets plan. January 3<sup>rd</sup> meeting. **Nihart to invite city commissioners to the January 3<sup>rd</sup> meeting.**

- d. Pathways Subcommittee/Task Force Reports. *Meeting date(s)/Action plan details/Updates. Highlights or issues requiring discussion or action by the Steering Committee as written reports should be submitted one week prior to the meeting for distribution with the agenda.*
1. Community Policy – **Lawson**
    - a. Strategy regarding Walk/Bike/Park assessment planning grant(s)
  2. Resident/Community Well Being – **Cales/Werner**
    - a. Last meeting was to review past events and grants.
    - b. Nihart presented a path around Cumbernauld Village. This route would be an easy 10 mile trail.
    - c. Trail in a box grant was funded and is housed at the Health Department for the foreseeable future while the group works towards becoming a 501(c)3. The Health Department will provide updated financial reports. The Trail in a Box trailer will be on a checkout system for the county. **Lawson requested a few sentences for a news release.**
    - d. Working on a plan for tobacco cessation.
    - e. Presented a Race in a Box, similar to Trail in a Box grant.
  3. Food Retail/ Restaurants – **Falletti/Reid**
    - a. Dietician has started meeting with some restaurants.
    - b. Anchor market and Save-a-lot are no longer in operation.
    - c. K-State Research and Extension obtained a grant for Power of the Produce. Deals with kid's involvement for the Farmer's Market. Reid discussed the possibility of applying for a grant from Kansas Health Foundation to help the Farmer's Market become a 501(c)3. Growth is not easy with the current structure.
  4. Health Care – **Bryant**
    - a. Be a Quitter program. Created a policy for tobacco cessation referral system. Sending letter to all providers in the county. The subcommittee will host a 'Beat the Pack' training on January 24<sup>th</sup> at 5:30 pm at the Winfield Library, meal will be provided. Will be a training to train the trainer for how to talk about tobacco cessation.
    - b. Bryant moved that RISE Cover the cost for small gift and dinner, cost will not exceed \$500. Seconded by Werner. Approved by majority.**
    - c. Considering creating a tear pad for each provider willing to adopt the policy. Tear pad will include local resources, tips and tricks. Will not purchase until/when grant is received.
    - d. Survey was created for businesses to look at the options they provide for smoking cessation through their work place. The subcommittee would like to distribute this survey in the county regarding The Be a Quitter Initiative. Would like to get out the survey before the end of the year.
    - e. Ideas from KHA from webinar on population health
      - i. Hospitals partnering with concession stands to offer healthier options.
      - ii. Group got together and picked up cigarette butts in local parks and replaced with a small flag to illustrate the amount of butts in the park.
      - iii. Prescription pad for walking (information on trails on prescription pad) i.e. Doctors and others providers writing a prescription for walking.
    - f. Bryant would like to schedule a call with Finch and the TA's to discuss the Be a Quitter Initiative.**
  5. Schools – **Greenlee/L.Schwartz**

- a. Finch reported that the schools committee is writing the grant for Physical Activity.
- b. Fruit Smoothies option for staff and students in Winfield.
- 6. Worksites – **Finch**
  - a. Finch met with Ladona Anstine from SCKMC, they would like to be involved in the Worksite Wellness program.
  - b. Winfield Recreation Center signed the pledge for Worksites.
- 7. Communications – **Bryant/Lawson**
  - a. Sandy Weimers sent us a message on our website and is interested in healthy living programs for her program the Golden Tigers. **Reid will make contact and send her some resources.** Sandy is also interested in the RISE initiative personally. She has been added to the email list.
  - b. **Bryant moved to order a large reusable check for promotional purposes. Seconded by Cales.**
  - c. *Liaison from each Subcommittee to Communications*
- 4. Other Opportunities:
  - a. Update: Bike Rack Contest – **Reid Tabled**
  - b. Update: Breastfeeding Advocates of Cowley County (BACC) – **T.Schwartz Tabled**
- 5. Organizational Development:
  - a. Election of 2019 Steering Committee Officers
    - i. **Nominated Becky, Seconded Werner approved unanimously.**
  - b. Presentation(s) for 2019
    - i. Bryant discussed structure and members feeling the lack of involvement from the coalition. Time issues, Community conversation meeting. Survey the coalition meeting times. Fluid meeting times. Time for brainstorming. Group facilitation activities to encourage involvement and investment. Monthly steering committee meetings prior to the full coalition.
- 6. Next Meeting of the Steering Committee. *Tuesday, February 12, 2019 – City/Cowley County Health Department, 320 E 9<sup>th</sup> #2, Winfield – 10:00 a.m.*
- 7. Adjournment. *(motion) Wall motioned to adjourn, nihart seconded. Approved by common consent.*

----- COMMITMENTS -----					
Task	Details	Update(s)	Doer	Target Date	Done
Subcommittee Reports	Written report submitted to T.Schwartz		Subcommittee Chair	(1) week prior to next Steering Committee Meeting	

**FULL coalition meetings – 2018-2019 proposed dates/locations: (2<sup>nd</sup> Tuesday of odd number months)**

**January 8, 2019 – PRESENTATION - TBD, Winfield**