

Governor's Council on Physical Fitness and Nutrition Group Meeting Report

Meeting Date & Time: February 3, 2009 8:00 pm – 12:30 pm

Chair: Dr. Greg Peterson

IDPH Staff: Tim Lane, Carol Voss, Amy Liechti, Kala Shipley,
Director Tom Newton

Council Members in Attendance:

Beverly Ahern	Dr. Greg Peterson	Jennifer Peterson
Brett Altman	Dr. Casey Clor	Curtis Linhart
Diane Bartholomew	Brian Tate	
Jim Hallihan	John Walling	

Others in Attendance:

Becky Miles-Polka

Brian Jennings

The meeting of the Governor's Council on Physical Fitness and Nutrition was called to order by Dr. Peterson.

Director Tom Newton provided an overview of existing programs that could serve as potential partners for the Governor's Council awards and challenges.

Other items of discussion related to the challenge included:

- Building on the current PEP Grant projects
- Character programming with a challenge
- Materials that would help schools comply with the Healthy Kids Act
- Inviting organizational representatives to a future Council meeting

Jim Hallihan led a discussion about Live Healthy Iowa Kids. Jim will send the Live Healthy Iowa Kids weekly emails to the Council. Tim will provide Jim the current email addresses of the Council. An evaluation component was completed measuring the effectiveness of Live Healthy Iowa showing that fruit and vegetable consumption, as well as increased physical activity, were noted in participants 6 months following the conclusion of Live Healthy Iowa (formerly Lighten Up Iowa). It was noted that participants receive emails throughout the year even though the program runs for 4 months.

Carol Voss gave a presentation on potential ways to partner with existing challenges.

Diane Bartholomew gave a presentation of a potential challenge. The challenge would engage a school champion, such as a physical education teacher, and would promote posture checks, organic fitness and motion. An on-line training is available for the adult educator. A discussion was held about the need to have both a qualitative and quantitative approach to physical activity noting Live Healthy Iowa Kids is a quantitative approach.

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Diane Bartholomew made a motion to create an individual challenge for physical fitness that includes both a qualitative and quantitative component. Bev Ahern seconded the motion and the motion carried.

Curtis Linhart made a motion to form a subcommittee to develop the parameters of the physical fitness qualitative challenge. Bev Ahern seconded the motion. The motion carried.

Curtis Linhart made a motion to form a subcommittee to develop a both the quantitative and qualitative nutrition components. John Walling seconded the motion. The motion carried with one opposing vote.

John Walling made a motion to pursue a collaborative relationship with the Wellness Council of Iowa in presenting organizational and community awards. Bev seconded and the motion carried. A subcommittee was formed to work with the Wellness Council of Iowa.

A discussion was held about the development of a logo. Jim Hallihan will work with Tim Lane and Kala Shipley on the development of a logo.

Carol Voss reviewed the draft revisions for the statewide comprehensive plan for nutrition and physical activity. Council members are encouraged to provide feedback and edits by the end of April.

Tim Lane gave an update on the Web site. Council members will provide ideas for a URL to Tim by February 10th. He will compile the addresses and send to the Council by February 17th for a vote.

State staff will develop a full timeline of the challenges developed and will develop a communications plan.

By consensus of the Council members, the meeting was adjourned.

Subcommittee assignments:

Physical Activity: Diane Bartholomew, Curtis Linhart, Dr. Greg Peterson, John Walling, Bev Ahern, Jim Hallihan. Staff: Tim Lane & Kala Shipley

Nutrition: Dr. Greg Peterson, Jim Hallihan, Jennifer Hill, Jenny Norgaard, Dr. Casey Clor. Staff: Carol Voss & Kala Shipley

Organizational: Dr. Greg Peterson, Jennifer Peterson, Jim Hallihan, Brian Tate, Bev Ahern, Diane Bartholomew. Staff: Amy Liechti & Kala Shipley. Resource: Jenny Weber.