

Precision Valley Physical Activity and Nutrition Consortium
30+5 Program Minutes: November 14th 2006
3:30-5:15 Conference room: Springfield Family Center
NEXT MEETING: THURSDAY, JANUARY 25
3:30-5 PM, CONFERENCE ROOM #1
MT. ASCUTNEY HOSPITAL, WINDSOR

Attended: Nancy Lanoue, Nancy Schaefer, Elizabeth Brood, Karen Nassif, Becky Thomas, Elizabeth Smurkowski, Janet Morin, Linda Rinder, Karen Muther

1. Fit and Healthy Kids: In Springfield we offered this 10 week goal setting workshop for families, referrals were made, but no one registered for this workshop. The workshop was cancelled.

A discussion followed regarding re- evaluating this component and possible alternatives.

Possible barriers were mentioned: timing of the program, name of the program, (the term “kids” can be interpreted poorly by preteens and teens), hard to get kids to participate in programs with their parents, 10 weeks is a long commitment, and parental attitudes regarding referrals.

Possible alternatives: Change the time to directly after school, hold an informational meeting, require less than 10 weeks attendance, consider offering a different program that would best address our target groups dietary and physical activity needs, also to ask referrals, what type of program would they attend? It was noted that last year Windsor offered the Fit and Healthy program, they advertised a month in advance and went door to door in Windsor to promote the program; no one attended after these efforts.

On Thursday, November 30th, from 3:00-5:00 at the Springfield Family Center, we will hold a special PAN meeting to problem solve in regards to this component of our program.

2. 30+ 5 After School Activities: After the new year 30+5 will offer after school physical activity programs in both schools; school personnel are also considering alternative physical activity options to offer.

The Veggie Palozza in Windsor was a hit, and we would like to see it held again as it was a fabulous way to promote nutrition while simultaneously involving the kids, teachers and the youth’s families. Nancy S suggested the Veggie Palozza as a model for next year at the Riverside School’s Open House.

The Try It Store and The Try It Dinner (note: new name) are still being held at the Park Street School Cafeteria in Springfield and are attended regularly on Friday nights following the school year calendar. Becky Thomas suggested we try some of the quick and easy recipes in the Five a Day Cook Book; additionally this book would make a good prize/incentive.

J.J. Whitmore is scheduling the Riverside Dialogue Night one time a month at this Friday dinner.

3. Cooking with Middle School Youth: Snacks with the FACS Class in both communities. Nancy S. and Elizabeth B. have been visiting both schools to offer the kids in the FACS classes a chance to experience preparing and tasting different and nutritious

foods. At this event Riverside youth also help to prepare food for the Friday, Try It Dinner.

4. 30+5 School In-service: Elizabeth B and Nancy S reviewed the presentation they offered 11 education staff in Springfield. They presented a morning and afternoon of: yoga, hula hoping, relaxation techniques, games, and taste testing. There was much discussion and brainstorming on ways to incorporate healthy nutrition and physical activity in the school environment.

30+5 will offer to host an in-service for the Windsor School District.

5. A) PAN 2007 Reapplication for the HRSA Grant: Nancy L announced that the non-competing application materials will arrive in early December with a due date of completed submission of January 31st, 2007. This report requires us to document any changes in our project and any challenges we have faced. We will also be asked to update our progress, our evaluation plan, and talk about our future plans.

B) Wellness Grant: Linda Rinder reviewed key points regarding her application to The Vermont Department of Education. This grant can assist with providing the Riverside School with more local foods and higher quality nutrition.

6. A) BMI Measurement: BMI measurements have been taken in both communities; we are currently gathering this data.

Based on the BMI's recorded, referrals have been made to Janet Morin, the 30+5 program dietician in Springfield. At this writing there are 11 scheduled appointments. Linda Rinder also presented an excellent letter she composed and will send to the doctors of Riverside youth with the BMI of 85% or above.

It is our understanding that the Windsor School Health Report Card contains BMI results. This report card will get sent to parents; from this information physicians will make referrals to the dieticians.

B) Action Packs: In Springfield 300 students received an Action Pack; 188 of which signed up for the PAL Challenge.

In Windsor, Action Packs are scheduled to be given out November 20th and 21st.

(Note: occurred as planned).

C) Project Evaluation: Karen Nassif, The Project Outside Evaluator, noted that so far: our "easy wins" are the Friday Dinner and The Try It Store, along with getting materials into the schools. Karen observes that we are working in two very different communities and we need to engage our key stake- holders and supporters, as we understand the needs of the community; "Process is key".

Karen feels we are on the right track and building the necessary bridges; our next challenge is continued implementation.

7. 30+5 Physician Orientations: Elizabeth B and Nancy S visited and oriented the following practices:

Springfield Pediatric Network: Dr Amy Furgeson, Dr. Owen, Dr Reville
Chester Family medicine: Dr Hertford, Dr. Schwartz
Dr. Susan Lemei
Springfield Family Associates: Dr Dalton, Dr.Lawrence, Maureen Shattuck RN /Office
Mgr.
Bellows Falls Pediatrics: Dr Hall
Cornerstone Pediatrics: Dr Slowinski, Luise Light
Mt.Ascutney: Dr Brack

8. SVAHEC/ 30+5 Interdisciplinary Conference: Healthy Weight in the Middle School Years: Elizabeth B presented an update regarding this upcoming conference.

9. Weaving Wellness/ Vermont Feed: Elizabeth B expressed enthusiasium related to incorporating ideas learned from these workshops into area schools. Springfield school nurses, Linda Rinder and Wendy Reeves at Elm Street School also attended this event.

10. HRSA Site Visit: Mark your calendar for April 4TH, (Conference Day) 5TH, 6th 2007. Beverly Tyler our HRSA Technical Assistant from Georgia Health Policy Center, will be visiting us on these days; key players please pencil in these dates, as Beverly may want to interview you.