

MRPA Fitness & Wellness Section Notes
March 6, 2009
10:00am
Roseville

Attendance:

Michele Snider	MRPA Representative
Patrice Atkinson	New Brighton
Jodi Sales	Chanhassen
Pat Busch	Brooklyn Park
Regina Michaud	Plymouth
Thomas Mercier	
Christal Mercier	Opportunity Partners
Mark Daly	Fridley
Rick Schultz	Roseville
Nancy Lundberg	USTA Northern
David Pribbenow	Faribault
Laura McNiff	Stillwater River Valley Athletic Club
Jodi Sarles	Chanhassen
Pam Schmitz	Robinsdale
Nancy Stelzner	South St. Paul
Jenny Davis	Albert Lea
Elizabeth Muggli	Three Rivers Park District
Tom Godfrey	Blaine
Stephanie Groff	Centennial Community Education
Jody Youngers	Ramsey County
Julie Seiber	St Paul Ramsey Public Health
Connie Bernardy	Active Living Ramsey County
Connie Magnuson	U of MN Recreation Park & Leisure
Darcy Rivers	St. Paul
Ruth Schumi	St. Paul

Agenda:

Meeting was called to order by Patrice Atkinson at 10:02am.

- 1. Welcome and Introductions** - Members introduced themselves.
- 2. Approval of Agenda** - Agenda was Approved

Approval of the Minutes - Minutes were approved. Touched on minutes to review topics planned for the year and let attendees know we are still looking for meeting locations.

Jody Youngers informed us that the Step up to Health Summit on May 15 has been cancelled. Instead, there will be a 2 day conference with Blue Cross Blue Shield on September 1st and 2nd.

- 3. Speaker or Professional Connections:**

Holly Labat the Executive Director of National Independent Health Club Association (NIHCA).

Holly informed us that you do not have to have a fitness center to utilize the benefits of NICHA. NICHA is a nonprofit organization that serves as a clearing house for insurance companies and employer groups. NICHA manages “measurable” fitness center incentive programs. They recruit clubs nation wide. They help you manage the program at the club level as well as provide customer service and support to club managers and members. The goal is to bring more programs to your facilities.

Benefits that NICHA provides: Network Opportunities, Regional Conference, Webinars, Newsletters, Vendor Discounts (all free to NICHA members) all while paying your club/program participants back up to \$20 a month and taking the headache out of it for you.

The question was asked why NICHA does not provide benefits for those under 18? Answer: No insurance companies allow for it. There are regional conferences coming up in Eagan, Bismark and Fargo.

See attachments

Pat Stieg from Dakota County Public Health

Pat heads a committee for the southern part of Dakota County called Do the Parks. He feels the key to change is through collaboration. This group is promoting a program called “Simple Steps” Pat and those who also work for other County Public Health Departments are busy preparing for state grants. These grants will be distributed to communities through the Public Health Boards. Some past & future project ideas include: No smoking in the park, supporting local farmers markets, non motorized transportation and safe routes for school. Grants are given for policies rather than programs. Recipients for grants must demonstrate how to keep the programs alive. Examples of programs: “Wise Kids”, kids helping with gardens, kids tracking calories in and energy out. New programs may Improve roads or paths, but new ones may not be created. When considering grants three key areas relate directly to the economy: Obesity is driving up health care costs, State budget cuts and individuals taking personal responsibility. Each city should have a master plan for its cities health and wellness.

See attachments

4. Sizzling topic Discussion:

a. Collaborations

- Set up a Healthy Living Fair: Ask Health professionals, invite chiropractors who will offer free massages, ask patrons to donate items

- Faribault is having a Biggest Loser contest. Participants sign up in teams of 4 and weigh in at a Health Fair. City Web page tracks teams progress.
- Albert Lea has a 10 month Community Makeover program that will run from May – October with the goal to add 2 years to each individuals life. This features a Vitality compass. Sponsors include Bluezones.com, AARP and U of MN.

a. SHIPS (State Health Improvement Plan Funding)

What is needed to do this work?

- Strategic Planning
- Infusion of Policy
- Measurement
- Community Mobilization
- Engagement
- Reaching Multicultural Agencies
- Health and Human Services
- Small Social Networks
- Evidence Based Networks
- Tapping Nurse & Public Health Departments

c. Webinar Contact Sharing

- City of Robbinsdale Public Health and Hennepin County have put together 12 comminutes that will compete to walk.
- Active.com has quarterly webinars
- Connie has her own Wellness digest she will send to Michele who will distribute to our group
- April is National Fitness Awareness Month
- Sparkpeople.com – A network that motivates individuals and helps you form groups as well as provides tips on health and wellness.
- Les Mills offers free webinars
- NRPA & CDC offer 6 webinars

6. Recap of section planning meeting

- Sara Kooperman, well known fitness professional will speak on Staffing to our group free of charge in August. It is suggested that we charge to attend this workshop.

7. MRPA Updates – Michelle mentioned the Disney Institute and the Design Institute.

8. Step up to Health Update/Active Living MN Update: Michelle Snider

- Next Step up to Health Meeting will be sponsored by Ramsey county on March 27.

9. Section Liaison updates – looking for Aquatics, Facilities, Parks & Natural Resources, Programming, Step Up to Health, and Administration – no one volunteered.