Wellbeing Advisory Committee

City Hall, Collins Conference Room
101 First Street SE, Cedar Rapids
April 7, 2022 – 8:00 a.m. – 9:30 a.m.

To attend via Zoom, register with the link below:
https://cedar-rapids.zoom.us/webinar/register/WN_y32ACLXyTjGnIoE7Fh3nXQ

AGENDA

1. Public Comment *(5 minute maximum)*
2. Approval of March 3, 2022 Meeting Minutes
3. Food Access and Insecurity
    a. Community Gardens
        i. Stephanie Schrader, City of Cedar Rapids Community Service Coordinator
        ii. Eric Holthaus, City of Cedar Rapids Sustainability Coordinator
        iii. Mitch Ahrendsen, City of Cedar Rapids Parks Superintendent
    b. Mapping Exercise
4. Age-Friendly Action Plan Update
    a. Stephanie Schrader, City of Cedar Rapids Community Service Coordinator
5. Work Plan Updates
6. Topics for Next Meeting
7. Next Meeting – May 5, 2022

Anyone who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures to participate in a City program, service, or activity, should contact Community Development at 319-286-5041 or email communitydevelopment@cedar-rapids.org as soon as possible, but no later than 48 hours before the scheduled event. TTY users may also call 711 (Iowa Relay Service).

Wellbeing Advisory Committee
Thursday, March 3, 2022
8:00 am – 9:30 am

MINUTES

Committee Members present: Katherine Read, Adam Walter, Zach Schladetzky, Stacia Walkers, Brandon Jackson, Amy Hockett, Emmaly Renshaw

Committee Members absent: Ellen Brouchard, Lindsay Olson

Staff Members present: Stephanie Schrader, Haley Sevening

Others present: Jim Cushing, Community Health Manager, Healthy Hometown, Kim Guardado, Hawkeye Area Community Action Program (HACAP), Mark Elias, Matthew 25

Zach Schladetzky called the meeting to order at 8:01 a.m.

Kim Guardado, HACAP, provided an overview of her work with HACAP's food reservoir and the area they serve. She noted that they function based on three pillars: feed, nourish, and empower. She described these pillars in more detail and explained some of the programming available within each. Specifically she explained the backpack program and food pantries in schools, programming for seniors, partnerships with local growers, and their marketing and outreach efforts. Kim noted that their work gets completed with the help of volunteers and donors and that over half of the food they distribute comes from local donations.

Mark Elias, Matthew 25, discussed his work within the organization and the area they operate within. He described the Cultivate Hope Corner Store and discussed the food they will stock, the hours of operation, and workers. Mark noted that the store will be open to anyone that feels they have a need. He commented on the presence of a gathering space, which will allow people to sit and spend time together and also be used to provide education about their resources, available programming, and healthy eating. Emmaly Renshaw asked if the store would be a Supplemental Nutrition Assistance Program (SNAP) retailer. Mark stated that they have applied to be a SNAP retailer and will be a (Women, Infants, and Children) WIC retailer.

Amy Hockett, Linn County Public Health, introduced herself as a new Committee member.

Adam Walter moved to approve the February 3 minutes. Stacia Walkers seconded. Motion passed.

Amy Hockett, provided an overview of the findings from the Linn County Community Health Assessment. She noted that the assessment collects data on many topics, but one was a disparity ratio. She noted that African American populations are at a much greater risk for negative health outcomes. Amy touched on the demographics of survey respondents and commented on the struggles of getting a diverse population to complete the survey. Amy stated the following were identified as important health issues in Linn County: mental health, access to food, opportunities to be active, safe and affordable housing, redlining, safety from gun, access to safe and affordable child

care, street/park lighting, and child abuse/domestic violence. Amy explained in greater detail specific issues and/or concerns within each of the larger topic areas.

Zach inquired about non-profit grassroots organizations focused on mental health. The Commission stated that Foundation 2 and Tanager Place do work around mental health. Emmaly asked if Linn County had data related to eating disorders. Amy stated historically that is not data they collect. Adam asked if they saw any mental health issues connected to trees/green space. Amy said not that they saw in the survey results, but noted that data would be hard to collect unless they did more targeted follow-up. Zach asked about the timing of data collection. Amy described the County's process noting in the past it was completed every three years, but that they are trying to do more continual assessment. Zach stated that the Commission should use the data to help inform the Committee's annual work plan.

Brandon inquired about how someone could be involved in the process and sit in on the conversations happening. Amy noted that they do a lot of relationship building with community advocates and leaders. Brandon stated that communicating more about the work and results needs to be a priority. He noted that many populations do not know about the work that is taking place and/or what the issues even are. If people are aware, they can help identify solutions. Amy explained that the County typically communicates through their website and social media channels, but they are hearing from residents that is not how they receive information. She noted that the County is hiring a new position that will focus on how to better reach and communicate with vulnerable populations.

Jim thanked Amy for the County's work and noted that we should consider this data and other sources of information in developing the 2023 work plan. Jim noted that he has heard from several communities that collecting data was especially difficult this year.

Haley Sevening commented on topics for the April meeting. She stated that some Committee members are working on research and mapping related to community gardens and will be prepared to present on that in April. She also noted Stephanie Schrader could provide an update about the age-friendly action plan survey results. Haley stated that she and some of the Committee members will be attending the Coe College Health Fair on March 8.

Adam noted that he has identified a few areas in the community that he wants to be consider as permanent green spaces and will keep working on that topic for the May meeting. The group identified Iowa State University (ISU) extension and local mental health non-profits as potential future speakers.

The next Wellbeing Advisory Committee meeting is April 7, 2022.

The meeting adjourned at 9:13 a.m.

Respectfully submitted,
Haley Sevening
Community Development