



Wellbeing Advisory Committee

Water Administration Building, Steven J. Cook Memorial Conference Room North

Wednesday, May 8, 2019

8:00 am - 12:00 pm

MINUTES

Committee Members present: Emily Barnard, Steve Dolezal, Kaitlin Emrich, Kelsey Logan, Sofia Mehaffey, Stephanie Neff, Zach Schladetzky

Committee Members absent: Mindi Dixson, Joshua Moreno

Staff Members present: Stephanie Schrader

Stephanie Neff called the meeting to order at 8:08 a.m.

During public comment, Stephanie Schrader stated the City of Cedar Rapids recently received a bronze-level Walk Friendly Community designation.

Sofia Mehaffey moved to approve the February 13, 2019 minutes. Steve Dolezal seconded. Motion passed.

Sofia Mehaffey, Zach Schladetzky and Emily Barnard provided updates on the Livable Communities discussion facilitated by Brad Anderson, AARP Iowa State Director on April 4. Sofia stated the discussion was senior-focused and that Brad would like to come to a Wellbeing Advisory Committee meeting. Emily commented that it would be a good opportunity to partner and connect with the community's aging population.

Kaitlin Emrich provided an update on Linn County Public Health's Community Health Assessment and Community Health Improvement Plan. There have been a series of community stakeholder meetings centered on the issues of: mental health, obesity, and safety. The stakeholder groups will begin quarterly meetings around each of these three issues in June.

Eric Holthaus, Sustainability Coordinator for the City of Cedar Rapids, provided an overview of the City's STAR assessment. He stated the City has formed four action teams to help develop the City's first municipal sustainability plan, which will be informed by STAR.

Jim Cushing informed the group that two walk audits, facilitated by Wellmark, were held on April 30. The first part of the walk was in the Kingston Village area, followed by a walk around Roosevelt school and a debrief at Linn County Public Health. It was noted kids who walk to school along F Ave walk in a gravel shoulder, due to no sidewalk.

Stephanie Schrader shared results of the Linn County Worksite Wellness Assessment. Winners will be recognized at the June 6 Worksite Wellness Summit, which will feature Nate Kaeding as the keynote speaker.

The group discussed how to leverage the public meeting component of the Wellbeing Advisory Committee as an educational and outreach opportunity.

The group spent the remainder of the meeting developing the FY2020 work plan. The group brainstormed priorities based on community partner feedback and the Healthy Hometown tactics reference guide. They grouped Eat Well, Move More and Feel Better strategies in the areas of community, healthcare, schools and worksites. The group will revisit the discussion and finalize the work plan at the June meeting.

The next Wellbeing Advisory Committee meeting will be held June 12, 2019.

The meeting adjourned at 11:33 a.m.

Respectfully submitted,
Stephanie Schrader
Community Development – Housing Services