Wellbeing Advisory Committee

Water Administration Building, Steven J. Cook Memorial Conference Room
Wednesday, October 12, 2016
12:00 pm

MINUTES

Committee Members present: Emily Barnard, Jennifer Hougen, Heather Fleming, Kathy Keane, Shannon Keller, Stephanie Neff, Tim Stiles
Committee Members absent: Steve Dolezal and Kaitlin Emrich
Staff Members present: Sandi Fowler and Stephanie Schrader

Tim Stiles called the meeting to order at 12:03 p.m.

Stephanie Neff moved to approve the minutes. Heather Fleming seconded. There were no objections to the September 20, 2016 meeting minutes. Motion passed.

During public comment, Stephanie Schrader noted the November and December Wellbeing Advisory Committee meetings will be held in the Water Administration Building, as the basement of City Hall is repaired post-flood.

Stephanie Schrader stated the Journey to Wellbeing meeting has been rescheduled for October 28, 2016 at the Cedar Rapids Downtown Library. Sandi Fowler clarified the Journey to Wellbeing meeting is a wrap-up by Healthways of the Blue Zones Project in Cedar Rapids.

Committee members broke into their respective subcommittees to refine actions and metrics for the work plan. Subcommittees reported back:

- Worksites: Heather Fleming stated Worksite Committee would discuss specific metrics for worksites at their next meeting.
- Grocery Stores/Restaurants/Food Policy: Tim Stiles said this group will focus on restaurant engagement and a presence at current wellbeing activities like Meet Me at the Market.
- Engagement/Organizations: Emily stated until the message and branding are clear, it is difficult to determine actions. She suggested a master calendar of activities as a resource.
- Community Policy: Stephanie Neff indicated this group will focus on objectives to assess the policies in schools, food, and the municipal sector that were implemented with Blue Zones Project Cedar Rapids.

There was some discussion about increasing awareness of wellbeing initiatives via social media. Each subcommittee will have a member send their final actions and metrics to Stephanie Schrader for her to compile for the work plan.

The next Wellbeing Advisory Committee meeting will be held November 9, 2016. The group will clarify what name/brand of future wellbeing initiatives will be communicated at this meeting.

The meeting was adjourned at 1:37 p.m.

Respectfully submitted,
Stephanie Schrader
Wellbeing Intern, City Manager's Office