



Wellbeing Advisory Committee
City Hall, City Hall Training Room
101 First Street SE, Cedar Rapids
July 19, 2016 – 12:00-2:00 p.m.

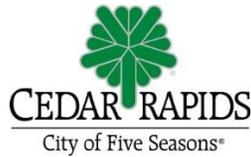
OBJECTIVES:

- Develop framework for work plan

AGENDA

1. Public comment (*5 minute maximum*)
2. Approval of June 8, 2016 meeting minutes (*5 minutes*)
3. Worksite Summit overview: Kaitlin Emrich (*5 minutes*)
4. Strategic planning to develop 2016-2017 Blueprint/work plan : Jennifer Pratt (*90 minutes*)
5. Next steps and future agenda items (*5 minutes*)
 - a. Finalize work plan
 - b. Save the date: October 5th, 2016 Healthiest State Initiative walk , 12:00 pm

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 the City Manager's Office at (319) 286-5080 or email a.wing@cedar-rapids.org as soon as possible but no later than 48 hours before the event.



Wellbeing Advisory Committee
City Hall, Blairs Ferry Conference Room
Wednesday, June 8, 2016
12:00 pm

MINUTES

Committee Members present: Emily Barnard, Steve Dolezal, Kaitlin Emrich, Heather Fleming, Jennifer Hougen, Kathy Keane, Shannon Keller, Stephanie Neff, Tim Stiles

Committee Members absent:

Staff Members present: Sandi Fowler, Stephanie Schrader, April Wing

Tim Stiles called the meeting to order at 12:01 p.m.

During public comment, Kaitlin Emerich stated ASAC is interested in revisiting the nicotine free parks discussion. There was some discussion and Tim stated this should be a future agenda item. Stephanie Schrader noted Kristy Staker, a dedicated Blue Zones Project® Cedar Rapids volunteer, was a recipient of the Five Seasons Citizenship Award on June 4.

Steve Dolezal moved to approve the minutes. Kathy Keane seconded. There were no objections to the May 11, 2016 meeting minutes. Motion passed.

Shannon Keller provided input on her recent trip to Nashville, where she noted hospitals successfully work with neighborhoods. She also stated Mason City is holding a bike or walk to lunch/dinner event to help promote the Blue Zones Project Approved® restaurants. She felt this event could also be carried out for Cedar Rapids Blue Zone Project Approved restaurants. Stephanie Neff remarked first there should be follow up to ensure the restaurants are remaining true to their pledges. In addition, she stated a defined marketing plan should be outlined so the restaurants see the value of this event. Tim Stiles mentioned using Mason City's marketing plan as a model.

Stephanie Schrader reviewed the 2016 Gallup-Healthways Well-Being Index report for Cedar Rapids. The Wellbeing Index (WBI) uses five elements: Purpose, Social, Financial, Community, and Physical to measure wellbeing. Cedar Rapids overall wellbeing score (61.4 out of 100) is up from 2015, but slightly lower than the national average. She noted Cedar Rapids' biggest strength was the Financial element while Community wellbeing was the largest missed opportunity. Sandi Fowler stated a key to increasing the wellbeing score is driving awareness. Tim Stiles suggested a conversation with GoCR as a future agenda item.

A discussion about using the WBI to guide future actions followed Stephanie Schrader's presentation. Tim Stiles suggested using the WBI results to guide Blueprint/work plan development and focusing on one or two items as a way to be more impactful. Stephanie Neff agreed and stated the committee should be clear on defining goals and why those goals were chosen. Sandi Fowler suggested an engagement focus through all sectors/efforts. Stephanie Neff said engagement is a good tie in to the importance of volunteerism. Emily Barnard noted the Blue Zones Project should try to tie in with the smaller events as a cost effective way to increase exposure.

Stephanie Schrader mentioned upcoming events where Blue Zones Project Cedar Rapids will have a presence: Blue Zones Project Cedar Rapids night at the Kernels on 6/23, a Worksite Summit at Van Meter on 6/30, Chef at the Market on 6/16, 7/21, and 8/18, and a Food Summit at New Bo on 7/30. Wellbeing Advisory members were encouraged to attend these events.

The next Wellbeing Advisory Committee meeting will be a work plan strategy session. Goals for the next meeting are to determine: work plan focus area(s) and a timeline. Stephanie Neff requested members review the section of Blueprint relevant to members' subcommittees in preparation for the next meeting.

The meeting was adjourned at 1:30 p.m.

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

Cedar Rapids Well-Being in Key Metrics

Key Well-Being Measures

The following measures from the Well-Being Index have the strongest correlation to Blue Zones Project interventions and are used to evaluate well-being improvement progress in Blue Zones Project Demonstration Communities.

	Cedar Rapids 2016	Cedar Rapids 2015	Variance
Overall			
Life evaluation (% Thriving)	55	51	4
Purpose Well-Being Score			
There is a leader in your life who makes you enthusiastic about the future.	57.3	53.4	3.9
In the past 12 months, you have reached most of your goals.	55.5	52.3	3.2
You get to use your strengths to do what you do best every day.	71.5	67.1	4.4
You learn or do something interesting every day.	67.3	61.5	5.8
Social Well-Being Score			
Your friends and family give you positive energy every day.	77.8	72.9	4.9
Someone in your life always encourages you to be healthy.	70.8	65.8	5.0
Community Well-Being Score			
The city or area you live is a perfect place for you.	60.5	60.7	(0.2)
You are proud of your community (or the area where you live).	62.4	66.1	(3.7)
You always feel safe and secure.	77.9	77.8	0.1
In the last 12 months, you have received recognition for helping to improve the city or area where you live.	14.7	17.3	(2.6)
Physical Well-Being Score			
% with high blood pressure (lifetime)	28.9	27.0	1.9
% with high cholesterol (lifetime)	22.6	21.7	0.9
In the last seven days, you have felt active and productive every day.	68.0	67.8	0.2
You always feel good about your physical appearance.	53.6	54.6	(1.0)
% who smoke	20.0	22.0	(2.0)
% who exercised for 30+ minutes 3+ days in last week	51.4	49.0	2.4
% who had 5+ servings of fruits and vegetables 4+ days in last week	58.0	54.8	3.2
% Obese	31.5	32.8	(1.3)

Wellbeing Advisory Committee Subcommittees

WORKSITES: *Employee-Centered*

- Heather Fleming
- Kathy Keane

(CITIZEN) ENGAGEMENT/ORGANIZATIONS: *Organization Roundtable (small worksites, non-profits, churches, neighborhoods); Public engagement; Marketing/Promotion; Volunteers for events*

- Emily Barnard
- Steve Dolezal
- Jennifer Hougen

GROCERY STORES/RESTURANTS/FOOD POLICY

- Shannon Keller
- Tim Stiles

***COMMUNITY POLICY:** *Active Living*

- Kaitlin Emrich (Public Health)
- Stephanie Neff (Schools)
- Sandi Fowler (City)

**Not a committee, staffed by government employees*

