



## **Wellbeing Advisory Committee**

City Services Center, Green Square Conference Room  
500 15<sup>th</sup> Ave SW, Cedar Rapids  
September 1, 2022 – 8:00 a.m. – 9:30 a.m.

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### **AGENDA**

1. Public Comment (*5 minute maximum*)
2. Approval of Meeting Minutes
  - a. Approval of July 7, 2022 Meeting Minutes
  - b. Approval of August 4, 2022 Meeting Minutes
3. Recognition of Outgoing Committee Member
  - a. Zach Schladetzky
  - b. Stacia Walker
4. Appointment of Co-Chair
5. Mental Health Access
  - a. Abbey Ferenzi, Executive Director, GuideLink Center
6. 2023 Work Plan Process
  - a. Data Discussion
  - b. Small Group Identification
7. Work Plan Updates
  - a. Review Letter of Support – Community Gardens
8. Topics for Next Meeting
9. Next Meeting – October 6, 2022

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## **Wellbeing Advisory Committee**

**Thursday, July 7, 2022**

**8:00 am – 9:30 am**

### **MINUTES**

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**Committee Members present:** Amy Hockett, Emmaly Renshaw, Adam Walter, Beth Moore, Abbey Ferenzi

**Committee Members absent:** Stacia Walker, Zach Schladetzky, Lindsay Olson, Brandon Jackson

**Staff Members present:** Haley Sevening, Stephanie Schrader, Evan Doyle, and Claire Habel

**Others present:** Jim Cushing, Community Health Manager, Healthy Hometown  
Chuck Dufano, WIC Coordinator, Johnson County Public Health

Walter called the meeting to order at 8:05 a.m.

Dufano addressed the Committee. He provided an overview of the WIC program highlighting its history, populations served, program requirements, services offered, and available education materials, noting that 20 percent of the program budget is required to be spent on education. Dufano described the importance of and challenges with breastfeeding and the WIC Breastfeeding Peer Counseling Program in more detail.

Cushing asked Dufano if there were laws that support breastfeeding mothers in the workplace. Dufano answered that workplaces must provide a place for mothers to breastfeed outside a bathroom and that mothers cannot be disciplined for breastfeeding.

Cushing provided an example of one community that found that breastfeeding is not discussed with the mother until after they give birth. He noted that earlier and more frequent education is critical. Dufano explained the educational processes through the WIC program in more detail noting that education occurs both prior to and after birth.

Dufano referenced resources in the Linn County area that could help with the Wellbeing Advisory Committee's goals such as the Linn County Breastfeeding Taskforce (recently merged with the Johnson County Breastfeeding Coalition) and the WIC office through the Hawkeye Area Community Action Program (HACAP).

Renshaw inquired about whether mothers were breastfeeding longer with support from the Peer Counseling Program. Dufano indicated that yes, that was an outcome. He also stated that the program has peer counselors that speak several languages to support non-English speaking mothers.

Renshaw asked whether there is support for mothers that are not WIC eligible or for mothers on private insurance who may not have timely access to healthcare professionals. Dufano stated that the Coalition does not currently offer any direct support for these groups, but is working to identify

ways to do so. Dufano highlighted some of the other activities of the Breastfeeding Coalition and Johnson County Public Health.

Renshaw moved to approve the June 2, 2022, minutes. Hockett seconded. Motion passed.

Hockett moved to appoint Walter and Schladetzky co-chairs for the upcoming year. Renshaw seconded. Motion passed.

Walter invited newly appointed members of the Committee to introduce themselves. Moore and Ferenzi provided information about themselves and their interest in serving on the Committee.

Schrader provided an update to the group on the Age-Friendly Action Plan. Specifically, she reviewed the history and proposed goals of the Plan.

Walter asked the Committee to share updates on Work Plan items. Hockett provided an update to the group about the food pantry survey. She indicated that the survey is drafted, and that Linn County Public Health will be working with HACAP to get contact information for food pantry managers.

Sevening provided an update on the Community Gardens letter of support. Walter shared his support for the letter. Cushing mentioned that the group might want to consider having all the Committee members sign the letter of support. Sevening stated that this item would be back on the agenda for next month to provide absent Committee members an opportunity to review.

Cushing provided an update on the 2023 Work Plan planning process. He noted that existing data will be used to help guide the Work Plan development and that the process would begin in September.

Ferenzi offered to provide an update on the mental health access centers at the next meeting. Sevening noted that she is coordinating with City Staff to have someone address the Commission on safe routes to school. Hockett suggested that Hilary Hershner with the Metropolitan Planning Organization (MPO) be invited to talk about what other communities are doing as it relates to safe routes to school.

The next Wellbeing Advisory Committee meeting is August 4, 2022.

The meeting adjourned at 9:35 a.m.

Respectfully submitted,  
Haley Sevening  
Community Development



**Wellbeing Advisory Committee**  
**Thursday, August 4, 2022**  
**8:00 am – 9:30 am**

## **MINUTES**

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**Committee Members present:** Beth Moore, Abbey Ferenzi, Brandon Jackson

**Committee Members absent:** Emmaly Renshaw, Adam Walter, Amy Hockett, Emmaly Renshaw, Adam Walter, Stacia Walker, Lindsay Olson

**Staff Members present:** Haley Sevensing

**Others present:** Jim Cushing, Community Health Manager, Healthy Hometown  
Laurie Jasper, Maternal Health, HACAP  
Hilary Hershner, Regional Transportation Planner, Corridor MPO

### **LACK OF QUORUM. ONLY INFORMATIONAL ITEMS WERE PRESENTED.**

Jackson called the meeting to order at 8:05 a.m.

Jasper addressed the Committee and discussed strategies for large and small worksites to support breastfeeding. Jasper stated that supporting moms is essential, especially for those working for small employers that might not have lactation rooms or opportunities for regular breaks. She noted that the first strategy worksites implement should be the development and adoption of a corporate policy supporting breastfeeding.

Jasper discussed other potential strategies such as flexible/remote work schedules, extended maternity leave, on-site childcare, and allowing babies at the workplace. Jasper noted the importance of:

- Providing high quality breast pumps;
- Offering professional lactation management and support;
- Extending support to non-breastfeeding mothers/fathers; and,
- Cultural awareness around breastfeeding practices.

Sevensing inquired about the enforcement of federal/state policies surrounding worksite requirements for breastfeeding. Jasper stated that she does not know who is responsible for enforcing those regulations. Jasper noted that she often serves as a starting point for clients she serves and may accompany the employee to talk to their human resources department. Jasper also highlighted several resources available to the public.

Jasper commented on the work she's been doing to connect with small employers to provide education and resources on breastfeeding. She noted it is challenging to get a response, interest, or buy-in from some of these employers.

Jasper noted it is important to remember that each mother's needs may be different and employers need to understand individual needs to determine what specific strategies need to be implemented at a worksite. Jasper stated that teachers and nurses are often in jobs that do not provide great opportunities for breastfeeding due to the nature of their work. Jasper indicated that wearable breast pumps are options for persons with jobs that limit opportunities for breastfeeding.

Ferenzi noted that education and information to other employees within worksites is also important to serve as another support network.

Jasper discussed the efforts she's made to try and connect with local healthcare providers, noting that interest is low, and it is often difficult to reach these groups. Jasper noted that large-scale strategies such as breastfeeding/lactation training as a requirement of medical school and/or continuing education requirements for healthcare providers should also be considered.

Cushing commented on the potential for IT software triggers that prompt healthcare providers to have breastfeeding/lactation discussions with patients and whether insurance covers such visits. Cushing noted he would do some additional research.

Hershner addressed the Committee and provided information about the Corridor MPO and Safe Routes to School (SRTS). She discussed the purpose of the MPO, the jurisdiction they serve, and highlighted some of the work they do. Hershner defined SRTS and provided a summary of efforts completed by the Marion Independent School District.

Hershner informed the Committee that Linn-Mar Community School District is in the process of creating a SRTS plan. Hilary discussed the benefits of and reasons for SRTS including improved health, supporting community relations, improved learning outcomes, monetary and environmental savings (reduced fuel costs and carbon emissions), and safety for students.

Sevening inquired about whether it was the City or the School district leading the charge on Marion's SRTS Plan. Hershner stated that the City wanted to make a commitment to SRTS and approached the district for a partnership.

Sevening asked about which of the six e's (engagement, engineering, equity, education, encouragement, and evaluation) in SRTS would be best for the Wellbeing Advisory Committee to focus on. Hershner stated that the most important in her opinion are education, equity, and encouragement. She stated that infrastructure can be installed, but that does not always result in behavior change. Education, encouragement, and equity are the pieces that focus more on actual behavior change.

Cushing reminded the Committee that the City of Cedar Rapids has SRTS maps on their website for each of the schools in Cedar Rapids. He noted that the City and Committee often do walking audits to assess walkability of various environments and that the City also has pedestrian and trail plans that support SRTS.

Ferenzi asked to move her presentation on mental health access to the next meeting.

Jackson provided an update on his conversations with CR Transit. He stated that he has had conversations regarding the new fee structure, safety improvements, as well as route timing. Moore shared her experiences as a transit rider. Sevensing provided an update on the planned transit events as part of Move More Week. Moore noted that several years ago the City hired a transit advisor to make recommendations regarding the system. She asked if the Committee could get an update on the report and what has been implemented.

Sevensing stated that business items not conducted today would be moved to the next meeting. She also noted that at the next meeting Cushing would begin the 2023 Work Plan planning process with the Committee and that she would coordinate with the City's Transit Manager to speak at a future meeting.

Cushing provided an update on the 2023 Work Plan planning process. He noted that existing data will be used to help guide the Work Plan development and that the process would begin in September.

The next Wellbeing Advisory Committee meeting is September 1, 2022. Sevensing noted that this meeting would be held at the City Services Center in the Green Square Conference Room.

The meeting adjourned at 9:22 a.m.

Respectfully submitted,  
Haley Sevensing  
Community Development