



Wellbeing Advisory Committee
Water Administration Building
Steven J. Cook Memorial Conference Room North
Thursday, December 5, 2019
8:30 am – 10:00 am

MINUTES

Committee Members present: Emily Barnard, Steve Dolezal, Kaitlin Emrich, Kelsey Logan, Stephanie Neff

Committee Members absent: Sofia Mehaffey, Joshua Moreno, Katherine Read, Zach Schladetzky

Staff Members present: Stephanie Schrader

Kaitlin Emrich called the meeting to order at 8:34 a.m.

Kelsey Logan moved to approve the October 10, 2019 minutes. Emily Barnard seconded. Motion passed.

The committee discussed work plan updates.

Eat Well: Kaitlin Emrich noted Linn County's food pantry manual, which provides healthy food guidelines, has been reviewed and is being disbursed to local food pantry managers. Katlin mentioned three food system assessments, each with a different focus, are underway. Stephanie Neff noted that food used as a reward in schools has become an issue. Some medical professionals are putting together a video that will emphasize why food should not be used as a reward. Stephanie Schrader will obtain Healthy Hometown resources related to food in schools.

Move More: the committee discussed a letter of support to the Cedar Rapids Community School District School Board that encompass evidence-based physical design guidelines when considering new buildings. Stephanie Neff will draft the letter. Emily Barnard would like VeoRide to provide demonstrations to incoming Coe students in August.

Feel Better: Steve Dolezal provided a summary of the downtown Ambassador Pilot Program, which went well and is planned for 2020.

The committee discussed criteria for a standing letter of support template to be used for requests that require action prior to the committee meeting and that align with the work of the Wellbeing Advisory Committee. Stephanie Schrader will put together a draft for committee review.

Stephanie Schrader mentioned the Worksite Wellness Summit will be June 4, 2020.

The next Wellbeing Advisory Committee meeting will be held January 9, 2020.

The meeting adjourned at 9:26 a.m.

Respectfully submitted,
Stephanie Schrader
Community Development – Housing Services