

**Get Fit Kauai Steering Committee Advocacy Meeting**  
 Nutrition and Physical Activity Coalition of Kauai County (NPAC-Kauai)

**Location: Piikoi Building Conference Room B**

2:00 – 3:30 pm

**Tuesday, July 6, 2010**

Attendance Sheet

<b>Steering Committee Member</b>	<b>Agency</b>	<b>Phone</b>	<b>Attendance</b>
Blake, Randy	Kauai Path		<b>present</b>
Blake, Ted	Hapa Trail Restoration Hui		<b>present</b>
Brody, Bev	NPAC-GFK Coordinator		<b>present</b>
Curll, Brian	Pu'uwai Canoe Club		excused
Cruikshank, Keith	Boys and Girls Club		<b>present</b>
Drisko, Jodi	Drisko Consulting		<b>present</b>
Farrell, Cheryl Ann	Hearts 4 Kauai		<b>present</b>
Kawamura, Laura	U H Cooperative Extension		excused
Kuali'i KipuKai	Kuali'i Ohana		excused
Manea, Jo	Kauai Path		excused
Murtagh, Rose	Wilcox Health / Na Lei Wili AHEC		<b>present</b>
Noyes, Thomas	Kauai Path		<b>present</b>
Pascua, Jan	Kauai District Health Office		<b>present</b>
Silva, Marla	Ho'ola Lahui Hawai'i		excused
Williams, Marie	County of Kauai Planning Department		excused
Choy, Lehua (Guest and presenter)	HHI Evaluation Team		<b>present</b>
Huynh, Han	HHI Evaluation Team		<b>present</b>

**Agenda**

3/17/10 Minutes approval

Jodi approved, Bev 2<sup>nd</sup>.

Coordinators report

Bev gave a summary of the Annual meeting and went over the results of the survey completed by 71) of the people in attendance. All in all a very good meeting.

**Action Item: Bev will email Lehua a copy of the Annual Meeting summary report.**

Bev went over the Mayor-a-thon report. She was happy to report over \$41,000.00 in in-kind donations. Jodi mentioned that next year we will again have to pair the mayor-a-thon with a policy change event. This year we paired it with the kick off of the worksite wellness challenge and Kauai Grown

**Mayor-a-thon 2010 costs and in-kind donation report summary**

Mayor-A-Thon Supplies	Provided by	Quantity	Rate/Hr	Value/Cost
<b>Total Mayor-a-thon costs \$15,401.26</b>				
<b>Mayor-a-Thon In-Kind Volunteers, Prizes, Services Summary</b>				
			Total Volunteer In-kind	\$11,781.00
			Total Product and Service In-kind	\$25,215.74
			Total Prize In-kind donations	\$4,465.59
<b>Total Mayor-a-Thon In-Kind Volunteers, Prizes, Services</b>				<b>\$41,462.33</b>

Bev announced that workplans and budgets are due by July 14, 2010. She will meet with each of the task force chairs, either in person, by phone and/or email. Each workplan should include expectations of policy change by 2011.

All coalition meeting idea. Bev shared that when she was in San Diego at the CPPW Action Institute it was suggested that coalitions host a “all island” coalition meeting and have representatives from each coalition that focuses on healthy living to attend. The purpose would be to pool resources and help each other achieve common goals. Most Steering Committee members were in agreement.

**Action Item: Steering Committee members will think about coalitions that would be interested and make a list to bring with them to the next meeting. Jodi will include this topic on next meetings agenda.**

Lehua Choy, Healthy Hawai'i Initiative Evaluation Team

Lehua Choy and Han Huynh from the Healthy Hawai'i Initiative Evaluation Team gave an

excellent power point presentation on GFK member surveys completed earlier this year.

55.7% of the membership completed the survey

Members overall satisfaction

Relationships established (Mean 4.47)

Capacity to advocate (Mean 4.16)

Clarity of vision (Mean 4.15)

Communication (4.10)

Use of media (3.52)

Strengths and Weaknesses of NPAC

#### **What is working well?**

**Bev** - Bev Brody is a dynamic, inspirational leader who positively influences and motivates everyone she connects with.

**Goals** - There is a sense of excitement that after many years of building support and discussing what's needed, significant work is being done that will actually result in environmental change.

**Members** - The members of the coalition are enthusiastic and dedicated.

**Communication** - Communication among the various task forces is good.

#### **What needs improvement?**

**Funding** - More financial resources.

**Goals** - Definite target goals

**Communication** - Need to find a way to engage people outside of task force meetings.

**Media** - Need more publicity and more events.

**Infrastructure** - Full time or part time positions for taskforce chairs

would move the plans forward more quickly.

Interest in Training Topics were identified. Bev will include a Media/ Marketing and Public Relations training in this year's budget.

<b>Topic</b>	<b>Average Rating</b>
Obesity Prevention 101	3.84
Media Training	3.77
Marketing and Public Relations	3.71
Leadership Training	3.60
Coalition Building and Membership	3.53

**See full report attached.**

#### Task Force Updates

ATHF: Jodi reported for Laura who was excused from the meeting.

The Access to Healthy Foods Task Force has collected about 9 assessments from pre-schools that identify current policies and practices.

Trying to get KEO on board. Would like to see them put more fresh fruits and veggies as a policy change. KEO serves all Healthy Start daycare centers.

ATHF is partnering with County farm Bureau and Office of Economic Development in launching the "Kauai Grown" program. Kauai Grown promotes local produce and AG products in grocery stores.

BE: Thomas Noyes - Complete Streets workgroup chair)

A Complete Streets resolution created by the planning department staff and Get Fit Task Force goes to the Mayor's Office on July 14<sup>th</sup>. After the mayor's endorsement it will go to County Council for final approval.

Esti Grinpas is on the CAC Pedestrian Master Plan

Randy and Thomas are working on the master Bike Plan

Bev and Thomas are on the Kauai Parks master Plan team

STIP was survey and Kauai had 99 responses in a 24 hour period! Next Built

Environment Meeting is on Thursday, July 15<sup>th</sup> from 2 – 3:30 in Pi`ikoi B

School: Randy Blake - SRTS Task Force Chair

W2SD was a huge success on May 18<sup>th</sup>. 40 children, Mayor Carvalho, 2 County Council Members, Bill Arakaki and several KPD officers attended. Great media coverage including Hawaii Stream, KQNG radio and the Garden Island newspaper. The next W2SD is scheduled for Wednesday, September 29<sup>th</sup>.

Jennifer Bloom, Randy Blake and Bev Brody presented a power point of a walking audit done in the Kapa`a Elementary School area showing inexpensive measures we can implement at low or no cost. The task force's next step is to meet with public Works workers at the site and have them mark areas on a map.

Deb Hubsmith's SRTS presentation this morning was very well attended and received. Great representation from County Council. Planning, Public works, KPD, parent, PTSA and Get Fit Kauai.

Next SRTS task force meeting is on Tuesday, August 10<sup>th</sup> in room M-7 at Kapa`a Elementary School from 3 – 4:30pm.

WSW: Rose Murtagh – Worksite Wellness Task Force Chair

Road to Wellness Challenge has begun. There are 7 agencies/companies taking part (the Super 7!) Hawaiian Airlines, Kauai District Health Office, County of Kauai, Wilcox health, Sheraton Poipu Resort, KIUC and KCC.

July 22<sup>nd</sup> was the kick off breakfast for representatives from each of the 7 participating companies.

140 people from these companies registered for the Mayor-a-thon on June 26<sup>th</sup>.

Updates and profiles in the Garden Island Newspaper will be seen once or twice a month featuring the policy changes each company is making to create a healthier place to work.

Next Workshite Wellness Task Force Meeting is on Wednesday, July 7<sup>th</sup> at the

Kauai District Health Office from 2 – 3:30pm in the Conference Room.

CPPW Grant update

Jodi gave a quick overview of the grant and said funds may be available next month.

It was decided to meet every other month until the end of the year. The next Steering Committee meetings are:

Tuesday, September 14<sup>th</sup>, from 2 – 3:30pm in Pi`ikoi A

Tuesday, November 23<sup>rd</sup> from 2 0 3:30pm in Pi`ikoi A

**Task Force members will record dates in calendar and make every effort to attend the last 2 meeting of 2010!**

Adjourn: Meeting was adjourned at 3:37pm.

**Respectfully Submitted by Bev Brody;**

**7/7/10**