

**Heartland Healthy Neighborhood (HHN)
Topeka, Kansas**

Minutes of the January 11, 2010 Meeting

MEMBERS PRESENT

Alice Weingarther, Bob Hedberg, Charlie Lord, Jack Gray, Jim Ogle, Joe Hodgson, Karen Peterson, Larry Hinton, Lisa Martin, Max Wilson, Nancy Johnson, Shelly Buhler, Becky Green, Kevin Siek, Bob Trepinski, and Sylvia Hopper.

Meeting called to order by Nancy Johnson at 11:50 am, introductions were done. General overview of HHN was given on the history of how it was established here in Topeka.

STRUCTURE

HHN has a total of ten committee members. The overall goal for this meeting is to be the Healthiest State Capital (HSC). ‘Play’ forms were distributed. Structure breakdown into two groups: Nutrition and Fitness. Lisa was chosen as coordinator for Nutrition group. No one was chosen for the Fitness group at this time. Paula Clayton, from the State will assist with obesity issues.

We have a “Grocery Store Dessert” in the downtown area; Nancy gave an example of a ‘Play’ using the grocery store. Target group: the people that are downtown with a projected timeframe of one year. Idea is not to create a supermarket but to provide a convenient area for people to shop for basic nutritious items. The fiscal outcome is to have a structure in the downtown area that will make money. Nancy will be the coordinator of this project. The meetings for this project will be held separate from the regular HHN meetings.

LEGISLATIVE

Clean Air Initiative: The Topeka Police Dept. is waiting on a legal opinion; what can HHN do to assist in promoting clean air?

Complete Streets: Volunteer’s are in place for this project to move forward. Nancy offered for Community Resources Council (CRC) to host public meetings.

HEALTHIEST STATE CAPITAL (HSC)

Bob Hedberg will oversee what it will take to benchmark the HSC and he will report in the February meeting a compiled listing of goals to achieve. How do we accomplish this goal and what do we need to do to accomplish this goal? It was suggested to contact the Centers for Disease Control (CDC) for state statistics to assist in the HSC. Ideas are also needed on how to get school district involved in 2010 - 2011?

COMMUNICATION

In the December meeting Jim Ogle of WIBW, offered a quarter of a time person, and HHN a quarter of time, for the hiring of a half time person to start in February to complete a newsletter that will go out right after the meetings, coordinate some things we are doing and to compile a social network on Facebook.

RESEARCH

An executive advisory group made up of medical people was suggested to oversee what HHN is doing. This group will meet for 2 hours each quarter.

Members present brainstormed on programs for the community: jail programs, organized programs for the community, prevention programs, adequate public transportation, harmless transportation, communication for Topeka Transit, violence among teenagers, senior transportation, family fitness night, brochure/centralized booklet, healthier options, healthy coupon books, adverse affect of community with funding, and media campaign.

ANNOUNCEMENTS

Next meeting 8 February 2010 at 11:45at YMCA-Downtown Branch, 421 S. Van Buren

Topeka's Largest Workout 15, July 2010 @6:30, @Washburn University

Community Bicycle Workshop – learn how to fix your bike.

HHN was nominated for an award through the National Association of Chronic Diseases, Directors National Association. Conference will be in February 2010.

Shawnee County Health Dept. to receive award for coalition doing outstanding work, meeting in Salina, February 1.

Sculpture will be ready for dedication in the spring.

ADJOURNMENT

Meeting adjourned.

Minutes prepared by:
Linda Wakefield
CRC Community Relations Specialist