



Polk United Nutrition and Physical Activity (NPA) Committee

DATE: 03-13-2020

9:00AM in Conference Room AB

www.polkunited.org

100 Polk County Plaza, Suite 180 Balsam Lake, WI 54810

Phone 715-485-8517 FAX 715-485-8501

AGENDA ITEM	NOTES	ACTION ITEMS/PERSON(S) RESPONSIBLE
Welcome / Introduction	<b>Attendees:</b> Chelsea, Don, Jackie, Kerry and Liz	
POLK UNITED UPDATES	<p><b>Liz-</b> sent out the first Polk United newsletter and it was well received.</p> <p><b>Jennifer &amp; Liz-</b> Had a meeting with the community ed. Director about a list of classes Polk United could offer (First Aid, Life Skills, Sex Ed.)</p> <p><b>Don-</b> Working with the St. Croix Valley foundation to use their community platform.</p> <p><b>Chelsea-</b> Osceola Medical Center partnered with the Special Olympics to provide a Healthy Eating Demo and an Exercise Class. They also had an obstacle course at Wild River Fitness Center.</p> <p><b>Chelsea-</b> OMC has implemented a De-stress Drop-in (dedicated room that had dim lighting and soft music playing for people to meditate to) at their fitness center for employees.</p> <p><b>Jacky-</b> Working hard to put a shelter back in Polk County</p>	<ul style="list-style-type: none"> <li>• Liz will start working on a new newsletter April 1<sup>st</sup> so be sure to send her any upcoming programs or events happening within Polk County.</li> <li>• Try to promote a de-stress drop-in more work environments for employees.</li> </ul>
FARMERS MARKET Power of Produce	<b>Katie-</b> Sent her request letter to UW-Stout to see if there are any students interested in helping out with The Power of Produce this summer. The Nutritional/Dietetic Director of Stout will share it with her students in the upcoming days.	Get people who do not normally go to the farmers markets a reason to go. Look into seeing if organizations would be willing to hand out Power of Produce tokens to community members.
HARVEST OF THE MONTH	No current updates.	
MEDIA CAMPAIGN AROUND PHYSICAL ACTIVITIES	Don- Working with the Trauma Response work group in Polk County to develop Exer-Snacks, a short 10min workout people can do while at work, and how to promote it. Working on a campaign focused around Exer-Snacks (via website, Facebook or newspapers).	Elizabeth will start putting together the exer-snacks in one pagers that can be hung up as posters, used on social media etc.

**Next Meeting**

FRIDAY, APRIL 3<sup>RD</sup> AT 9AM

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