

**City of Springfield Strategic Planning Public Health Committee
Healthy Lifestyles Subcommittee
Tuesday, June 1, 2010 – 12:00 p.m.
Ozarks Regional YMCA, 417 S. Jefferson Ave., Springfield, MO 65806**

Present: Mary Ellison, Marilyn Hill, Angela Jenkins, Brad Toft; Kristina Rosewell

Toft asked for a motion to approve the May 17, 2010, City of Springfield Strategic Planning Public Health Committee Healthy Lifestyles Subcommittee meeting minutes as presented. Angela Jenkins noted a grammatical error and minutes were changed to add the word 'people' in sentence. **Mary Ellison made the motion to approve the minutes with change noted, Angela Jenkins seconded the motion and minutes were approved.**

Objectives homework was reviewed. **Marilyn Hill provided her completed copy of template B for the social component of healthy lifestyles, and a database of social support organizations.** Assumptions were discussed for rewording. ("awareness of sources of social support to encourage and promote participation and develop a strong sense of community".) Mary Ellison noted that churches, singles groups, fraternal and civic organizations could be incorporated to develop a stronger network, providing avenues of information and connectivity. They support a sense of community, giving back, and spiritual health. The major goal identified was to increase awareness in the community. Assumption version was edited to "awareness of social support in the area, strong social supports are vital to a person's total well being and strengthens sense of community."

Mary Ellison provided her completed copy of Template B for the healthy environment component. CU & Ozarks Transportation was added. Ellison noted that Natosha Longpine is working on regional bike paths, trails, etc. Toft asked for policy recommendations to support that. Ellison said city council needs to seriously consider planning, i.e. bus lines, parks, land trails, connectivity of common areas, "lifestyle centers" that have complete neighborhood development (that supports healthy lifestyles) i.e. parks groceries, schools, medical. Community gardens and farmers markets were added. Hill asked how to determine costs of the objectives. Ellison said this is city collaborative and requires people time. Development of policy is not a cost to the city and is a dollar return to the city. Hill said it would also be very beneficial for economic development enticing people to live here.

Ellison asked if "common areas" was the right phrase to use in the assumptions. Toft referred to a chapter preamble that would answer "what will happen if all are healthier". Ellison advised add to policy work on streets designed for multiple use. And include definition of "complete streets". "Complete streets" is a federal program but that MoDot the city and state have adopted it and is funded by federal and park tax funds. Toft said the national park system is a partner, i.e. Wilsons National Battlefield. DNR and the national park system were added to measurements. Toft asked about wording of paved and unpaved in the policy recommendations. Ellison advised to put both as an option to cost. Toft recommended accelerated integrated trail system development with a requirement of at least half way around town. It was suggested that community pools should have bike trails built to them. Subcommittee agreed that current trail systems in the community are chopped up. For clean water energy audits for water usage should be done, i.e. lawn watering, pools usage. Ellison will rework wording for public policy to be created to support water savings programs. Clean air policy does not currently have mold regulations. Hill asked about OSHA regulations. Hill also asked about outdoor air policy regarding tobacco where air encompasses a public area and EPA regulations regarding exhaust fumes. Ellison said she will find out about current regulations.

Ellison said in 2010 from an ozone perspective Springfield will be out of compliance due to federal regulation changes. Suggestion made for policy was public education on what to do, and possibly having certain drive times.

A major goal is to improve, increase number of companies that incorporate healthy living policies.

Ellison referred to the last page containing information from the World Health Organization. Toft suggested using this in the preamble.

Ellison said the policy needs to be supportive, environments should be supportive of healthy lifestyle choices, i.e., neighborhood covenants. Currently many have no raised bed gardens. Ellison will work on costs.

Angela Jenkins presented a copy of Template B completed for the nutritional component of healthy lifestyles. The major goal centers around 3 major themes, including local government and procurement. The assumption is that a larger supply of locally grown food will be much better, and doesn't have to travel as far (effecting the carbon footprint), and also increases sustainability. The biggest impact can be made with kids in schools. Missourians lead the US in access to food stamps and there should be more local programs, i.e. Farm to School, connecting local farmers to local schools instead of USDA subsidies. Jenkins asked about city policy to facilitate this. Ellison noted the Millsap Farms being utilized at Cox North. At the Chronic Disease Subcommittee meeting Councilman Rush said it is in the plans to build an experimental greenhouse at the dump utilizing methane gas to heat to grow food for low income areas and schools.

Jenkins said there needs to be a farm preservation land initiative, i.e. bring food from right across the street and into the school, and support of local grower cooperatives including community gardens. Ellison said an intern is mapping schools, i.e. showing area groceries. Hill said schools should have raised bed gardens as learning tools, and community gardens at work instead of flowers. Jenkins said the higher risk are lower income. Ellison advised adding partnership with University Extension, and agricultural programs to facilitate these needs. Toft said to also utilize Community Partnership of the Ozarks. Hill said she has inquired at her place of work cafeteria asking them to buy local produce. Supply is an issue and roadblock. Jenkins suggested working with the local Amish producers, that this has to be a step wise very purposeful progression. Jenkins has met with the Springfield public schools purchasing agent and their biggest obstacle is cost, and grants for areas with the largest numbers of low income kids is a factor. Jenkins recommended looking at the policy concerning number of acres zoned locally, are we moving away or toward more? Ellison said farmers markets now have EDP (food stamp card) machines available now. Jenkins noted a program in New York City where if \$5 is spent at a farmers market they get \$2 back. Jenkins said the goal is to increase availability of healthy fresh foods in public venues, and make policy to provide incentives toward healthy choices. There was a question of city planning and zoning regarding not being able to sell produce from yards, i.e. permit cost prohibitive. Planning and zoning policy should encourage access to fresh produce. Ellison said a newcomer to Springfield who is involved with Hand to Hand Ministries was surprised that Springfield does not have produce trucks that go into blighted neighborhoods like other cities.

Ellison noted behavior toward drinking water in relation to public water policy, i.e. it is free of cost out of the tap but bottled water is the biggest seller for bottlers Coke and Pepsi. Hill suggested policy to make unhealthy choices more expensive, as well as policy regarding placement of unhealthy choices, i.e. items in coolers.

Labeling in restaurants, schools, etc. were discussed. Hill said the healthy choice items should have labels that look more fun and enticing than the unhealthy choices. Jenkins said there should be a focus on the areas of biggest impact which is kids and low income communities. Ellison advised making a statement to improve health through

consumption of fruits and vegetables for all community members. Hill said that could be a pilot start up in schools and go for grant monies support. Jenkins said there is a grading system in schools for foods provided, and a measurement could be the number of schools that make it to “exemplary” in grading. Jenkins said nutrition and nutritional/health education is not to the point where it should be in schools. Ellison noted curriculum at universities, that doctors are also being undereducated on nutrition relating to health. State license, day care and home school policy should be looked at as well. Ellison said the CHLI model is an example of how education, access, and support of healthy living go together. CHLI is public policy supporting healthy lifestyle planning, i.e. locally grown, zoning; objectives of CHLI are how a community would like to see these things happen, and done step wise over time to move in a positive direction. Jenkins noted there is a website tool showing county by county consumption statistics.

Subcommittee agreed to edit homework as discussed and send the revisions to Toft and have email discussion before the next meeting. Subcommittee agreed to meet again on Thursday, June 10, 2020, 3:30 p.m. at the downtown YMCA, 417 S. Jefferson Avenue. The next full Public Health Committee meeting will be Wednesday, June 16, 12:00 p.m., at the downtown YMCA, 417 S. Jefferson Avenue. With no further business or discussion, meeting was adjourned at 1:10 p.m.

Minutes recorded and submitted by Kristina Rosewell.