



501 SE Jefferson, Suite 30
 Topeka, KS 66607
 785-233-1365
 785-233-1905

Actively promoting neighborhood well-being by mobilizing people, idea & resources

DATE: 6-13-11

Present: Barbara McCandless, Bob Hedberg, Carlton Scroggins, Dana Schoffelman, Danette Tipton, Ashley Kraus, Lee Hartman, Jack Gray, Jim Ogle, Joe Hodgson, John Calbeck, Karla Hedquist, Kim Williams, Larry Hinton, Larry Wolgast, Lenora Kinzie, Liesl Hays, Lissa Staley, Marianna Nothern, Mary Homan, Mary-Lynn McGee, Max Wilson, Misty Jimerson, Rachel Pierson, Ralph Krumins, Roberta Wirth, Rosemary Menninger, Sally Zellers, Sandy Greis,, Shelly Buhler, Tammy Adams, Tara Dimick, Thomas Luellen, Tom Sirridge, Tracie Neill, Webb Garlinghouse, Erin Henderson and Camille Cushinberry.

TOPIC	DISCUSSION	FOLLOW UP
<p>Minutes Introductions</p>	<ul style="list-style-type: none"> • Past minutes updated on the CRC website if needed. • Meeting was called to order @ 11:55am. • Everyone introduced themselves and gave a brief speech about what are the biggest challenges we face at home or the challenges of the population at the work place as far as health. • Following the meeting at 1:00 pm there will be a press conference announcing the Shawnee County Largest Workout. 	
<p>Kim Williams- American Heart Association</p>	<ul style="list-style-type: none"> • Kim Williams is the Corporate Events Director at the American Heart Association. • Heart disease and stroke are the greatest health threats to our community and America • 1 in 3 adults have heart disease • Kills>813,000 per year • 65% of Americans are overweight and our children are NOT expected to live as long of lives • 1/3 of the children in America are overweight and tests have shown that 12 year olds have 45 year old hearts. • Health Care costs in American- \$226 billion. Obesity is one of the most expensive health problems in America. Costs of CVD and stroke are expected to triple in the next 20 years. This affects 1 in 3 of employees. • GOOD NEWS- 80% of Heart Disease is PREVENTABLE!!! Our goal is to improve cardiovascular health of ALL Americans by 20% while also reducing deaths from CVD and stroke by 20% by the year 2020. • Walking Program-Encourage YOUR employees to get up and walk during the work day (on breaks, lunches, etc...). • Topeka Heart Walk- Saturday, September 17th at Lake Shawnee, Shelter House #1(west side of the lake). Registration/Festivities begin at 8am; Walk begins at 10am; and festivities end at 12 noon. 	<p>www.topekaheartwalk.org</p>



501 SE Jefferson, Suite 30
 Topeka, KS 66607
 785-233-1365
 785-233-1905

TOPIC	DISCUSSION	FOLLOW UP
Tracie Neill	National Food Day-is designed to further your knowledge, understanding, and dialogue about critical topics in food, agricultural, and nutrition. It will be held on October 24, 2011 (Wednesday).	If interested please contact Tracie Neill. tracieneill@gmail.com
Bob Hedberg- Sodium Reduction	<ul style="list-style-type: none"> • County Health Rankings consist of health outcomes like premature death, birth outcomes, and quality of health. Health factors are also a variable in the rankings like clinical care, health behaviors, social and economic factors. • The numbers come from vital statistic (birth and death certificates), self report (behavior risk factor surveillance survey (BRFSS), and social/demographic data (census, business reports, and federal agency reports). • Shawnee County 2011 Ranking: Outcomes-54% : Factors-61% <p>What can we do about these numbers????</p>	www.countyhealthrankings.org http://kdheks.gov
Rosemary Menninger (Community Gardens)	<ul style="list-style-type: none"> • We have 12 gardens that are operating this summer and 3 more starting this fall at Meadows, Scott Magnet, and Head Start. • At the 3 East Topeka Centers we have begun introducing different vegetable cooking activities which the kids seem to love. 	
Joe Hodgson (Shawnee County Largest Workout)	•A free and fun event bringing people together for a workout. Will be held at Washburn University on September 13, 2011 @ 6:30 pm. Registration will start July 1 st . This year we are going to add a Health Fair component event as well.	If you are interested please contact Joe at 785-271-7979
Lisa Martin (Shawnee County Score Card)	A summer fitness program for kids. It lasts for 8 weeks starting Memorial Day weekend thru the middle of July. This program asks the kids to be active for an hour a day; 5 times a week. They can do any type of activity they would like. They are asked to keep track of their hours and turn them in at the end of every week for a weekly prize. Each week earns them a chance for the Grand Prize drawing. This year the Grand Prize is an X BOX Connect.	7-11-11
HHN Youth	To be discussed at the next meeting.	7-11-11

Next Meeting: July 11th, 2011