

Partnership for a Healthier Alexandria
Healthy Lifestyles Work Group – Physical Activity
Draft Meeting Minutes
January 10, 2007

Work Group Members Present:

- Rika Maeshiro – Vice-Chair, Alexandria Public Health Advisory Commission; Co-Chair, Healthy Lifestyle Work Group
- Leslie Clark – Representative, Department of Recreation, Parks and Cultural Activities
- David Del Rosario – City of Alexandria Personnel Services, Member, City Wellness Committee
- Raynard Owens – Communications Officer, Alexandria City Manager’s Office
- Rose Berler – Chair, ACPS School Health Advisory Board
- Robin Wallin – School Nurse Coordinator, ACPS
- Cara Pennel – Health Planner, Alexandria Health Department

I. Updates and Progress

Strategy A1: Provide "point-of-decision" prompts to encourage stair use at worksites or in public places with stairs (could also include improvements with paint, carpeting, motivational signs, artwork and music in stairwells).

Overview of City buildings with stairs:

- David Del Rosario was able to get a spreadsheet of City buildings/ departments with addresses.
- It was decided that Cara would sort the buildings/departments by address (many of the departments are in the same building) and send it to the immediate subcommittee to fill in known buildings with elevators.
- The list will then be sent to the larger group to fill in the remaining gaps.
- We can then either contact someone in the City or divide the remaining buildings between the work group members to identify buildings with elevators.

Review of posters & logo:

- It was agreed that the draft posters that Ray created look very nice and are better with the City “stamp” (seal).
- The group selected several other poster messages from the CDC posters that they agreed should be used.
- It is critical that posters be placed at the elevators.
- Once we decide on which buildings, the Building Managers can provide guidance on approval process, including size, shape, how to be posted (framed or taped), etc.
- Agreed that standardized posters should be used.
- Add health department logo with City logo; use Partnership name without a logo for time being.
- Add a standard stair logo to go on all posters, with a larger image that goes along with the message.

Kick-off and media involvement

- City Employees are the focus for the pilot, concentrate on employee communication through E-News, Quick Distribution Lists (internal distribution), etc.
- Contact employees at Weight Watchers meetings and other City-sponsored health events to inform them about this initiative
- Larger media event and communication with the public will take place in the spring with community wide kick-off, media won't be interested if there isn't an event
- Idea for public event – hold kick off at the Masonic temple steps

Survey (quantify stair use before and after implementation)

- Could ask employee volunteers help do # counts at the buildings they work in, so Cara and GW intern don't have to do all counts

Stairwell safety & security

- Cara has checked with VDH Injury Prevention Dept. for safety checklist
- Check with City Risk Manager, Rick Willsey, for checklist or reassurance for City buildings
- Will be more of a concern for community wide expansion

Other considerations

- Look into other cities that have implemented similar initiative – has been implemented at CDC and at state level in Virginia and other states.
- Contact Donald Dodson, Deputy Director of General Services, and Rick Willsey, City Risk Manager to let them know what we are doing.

Strategy A2: Implement social support interventions to promote physical activity by creating or working within existing networks in a social setting outside the family (e.g., workplace).

Action: Develop and implement a friendly workplace “competition” to encourage physical activity through social support. Employees will establish teams and walk or do other types of exercise, individually or as a team, for a specified period of time while tracking their miles.

- City's IT Services (E-Government) can develop an online, shared community site to track team miles exercised, share success stories, etc.
- We will try to implement pilot at health department in February, but this is dependent upon timeline for City's IT Services to create site
- We are looking into prize donations
- It was recommended that pedometers not be used, due to cost and expense of pedometers that include a buffer
- We are accepting suggestions for unique name for competition and place to “walk” to (possible someplace exotic)

Next meeting is February 14, 2007 from 12:30-2:00 at the Lee Center