

Partnership for a Healthier Alexandria
Healthy Lifestyles Work Group
Draft Meeting Minutes
October 23, 2006

Work Group Members Present:

- Lisa Baker – Director, Alexandria Office on Women; Co-Chair, Healthy Lifestyle Work Group
- Rika Maeshiro – Vice-Chair, Alexandria Public Health Advisory Commission; Co-Chair, Healthy Lifestyle Work Group
- Dick Merritt – Member, Alexandria Public Health Advisory Commission
- Rose Berler – Chair, ACPS School Health Advisory Board
- Arlene Hewitt – Member, Alexandria Public Health Advisory Commission
- Angela Crawford, Epidemiologist, Alexandria Health Department
- Rebecca Parkin, Representative, GWU School of Public Health and Health Services
- Linda Cotton – Certified Information & Referral Specialist (CIRS), Department of Human Services
- Leslie Clark, Center Director, Chinquapin Park Recreation Center; Representative, Department of Recreation, Parks and Cultural Activities
- Robin Wallin, School Nurse Coordinator, ACPS
- Yon Lambert – Bicycle and Pedestrian Program Coordinator, Transportation and Environmental Services
- Andres Gaviria – Hispanic/Latino Partnership Manager, American Cancer Society, National Capital Region
- Cara Pannel – Health Planner, Alexandria Health Department

Overview & Update Programs / Activities

- Rebecca Parkin – George Washington University is holding a Public Health Grand Rounds series with one event each month. Some topics relate to possible areas of interest to Healthy Lifestyles, including a November showing of the “Fast Food Nation” film in Georgetown and discussion with Eric Schlosser, author of the book and co-writer of the film. She will send the schedule of events by e-mail through Cara and check on the availability of tickets for this particular event.
- Lisa Baker – Office on Women held activities for National Breast Cancer Awareness month in October. The Walk to Fight Breast Cancer was held on Saturday and Dine Out and Shop for the Walk to Fight Breast Cancer took place earlier in the month on October 3. They have raised over \$1 million and have been able to serve 4,000 women, providing mammograms and other diagnostic procedures. The Office on Women just hired a health educator to raise awareness and educate women in the community on breast cancer. If there are any groups that would like to have her speak/present, let Lisa know. They also re-hired a community education specialist for ACAP (Alexandria Campaign on Adolescent Pregnancy).

FACILITY: Mount Vernon Recreation Center DIRECTOR: Sheila Whiting
LOCATION: 2701 Commonwealth Avenue, 22305
DESCRIPTION: gymnasium, computer lab, game room, meeting room,
fitness/dance studio, pottery/art studio, photography studio

FACILITY: Nannie J Lee Memorial Recreation Center DIRECTOR: Jannie Wray
LOCATION: 1108 Jefferson Street, 22314
DESCRIPTION: gymnasium, fitness room, game room, craft room, multipurpose
room, dance studio, kitchen

FACILITY: Patrick Henry Recreation Center DIRECTOR: Jessica Reid
LOCATION: 4643 Taney Avenue, 22304
DESCRIPTION: gymnasium, kitchenette, meeting room, game room

FACILITY: Chinquapin Park Recreation Center (Handout) DIRECTOR: Leslie Clark
LOCATION: 3210 King Street, 22302
DESCRIPTION: 25 meter indoor pool with diving well, locker rooms, saunas,
unisex changing room, fitness/weight room, 3 racquetball courts, 2
class/meeting rooms, front desk, 2 separate office spaces, kitchen/storage
space

FACILITY: John Adams Center SUPERVISOR: Margaret Orlando
LOCATION: 5651 Rayburn Avenue, 22311
DESCRIPTION: After school use of John Adams Elementary School gymnasium
Center space includes game room, small office, storage room

Each of the facilities offer classes and activities which promote physical fitness and healthy lifestyles. In addition, the Recreation Department coordinates athletic competition through leagues for youth and adults. Access to the neighborhood centers for City residents is free.

A trail map coordinated by the Parks Area of the Recreation Department is available for walkers and bicyclists (Handout: Recreation Facilities and Trails Map). The information on the programs and activities offered by the ARPCA Department are available on our Web Page at www.alexandriava.gov/recreation, in the Department of Recreation brochure, which is mailed to all residents three times per year, in media announcements, and promotional flyers.

Approval of Proposal

- All work group members agreed to the below proposal:
 - Select 2-3 short- to medium-range strategies at this meeting
 - Postpone the development of a long-term plan until Inova Health System conducts the Healthy Weight Collaborative survey for Alexandria residents in November (this survey will provide Alexandria-specific data/information that can help guide the selection and implementation of longer-range programs).

Selection of short- to medium-range strategies

The dot method was used at the meeting to vote on three strategies. Instructions: Each work group member received three dots and were instructed to vote for three different strategies. Prior to voting, we walked through each potential strategy. It was explained that Table A included strategies that have been recommended as evidence-based strategies by the Task Force on Community Preventive Services. Table B included other potential strategies that have not been recommended by the Task Force because they have not been found effective, the evidence is insufficient or they have not yet been evaluated. Most strategies have possible action steps and some have Alexandria-specific information. Discussion items by work group members included the following:

- Consider those items that have resources available (A1 – motivation posters are available) or have models or programs already in place (A7 – Proud to Be Smoke Free and A2 – Walk Across Texas model)
- Take other possible criteria into consideration, such as whether strategies are evidence-based, have measurable outcomes, and settings (community vs. school vs. workplace)
- B2 – include vending machines and grocery stores in this strategy to post nutrition information and encourage smart choices at point of purchase.
- Combine B3 and B13 – work with City on both efforts at the same time.
- B4 – Community gardens already exist on federal government land at Chinquapin and Holmes Run. The gardens are monitored by volunteer garden advisors. Parks and Rec has been contact by private individuals to establish a partnership, allowing community members to care for gardens on their property. This has not been done.
- Concerns have been raised about vending machines at the Rec Centers – non-nutritional items available to students after school hours. Leslie Clark said she would mention this at the next Rec Center staff meeting.
- ACPS has a basic school / student wellness policy in place addressing nutrition and physical activity, which they will expand on in the future.
- The strategies and possible actions selected through the voting process are as follows:

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).

Possible action: Hang posters that encourage stair use in all public facilities with stairs.

A2. Implement social support interventions by creating or working within existing social networks in a social setting outside the family.

Possible action: Develop and implement a physical activity work place “competition” for City employees. Employees will establish teams of 8 people and walk or do other types of exercise, individually or as a team, for 8 weeks tracking their miles. Can hold a celebration event at the end and give awards/prizes, certificates, etc. See example at: <http://walkacrosstexas.tamu.edu/>. Have contacted Joseph Reyna, Chair of City Wellness Committee, to explore this possibility. Will also explore possibility of including Inova Alexandria Hospital employees.

A7. Continue *Proud To Be Smoke Free* Program with Alexandria restaurants, to promote adoption of smoke-free restaurant policies.

Possible action: Provide opportunity for Alexandria restaurant managers that have adopted smoke free restaurant policy to have discussion with those that have not about process for changing policy, how policy change has impacted business, etc.

- Cara will explore the steps involved for each of these strategies as well as possible partners, resources, etc. Please let her know if you have suggestions or ideas for implementing the above strategies, based on community partners and resources that could contribute.

Next meeting – standard meeting day & time

- The group decided to begin meeting on the 2nd Wednesday of every month from 12:30 – 2:00 pm at the Lee Center. [Note: Conference Room 4 is not available for our next meeting on Wednesday, November 8. We will meet back in Gold Room 2. We will, however, meet in Conference Room 4 for all future meetings beginning December 13.]