



Meeting November 28th, 2017

Attendees: Ray Berg, Ashley Tomasi, Matt Pegouskie, Autumn Orta, Shelley Hehr, Carol Palms, Ruth VanBogelen, Paige Bourglund, Leigh Vogelsong, Sara Swanson, Cindy Dresch, Laura Seyfried, Eric McCalla, Janice Steihauer

1. Intervention Evaluation Presentations (see presentations attached)

• **Sweet Soles – Paige Bourglund**

- Budget: \$4,000
- Description: Sweet Soles is a program that teaches participants how to prepare, train, and follow through on running or walking program, and includes a Couch to 5K program.
- Target population: high school aged students and up, younger students with parental participation
- Goals: 1) engage approximately 30-50 high schoolers or adults from the community in an active fitness program that teaches participants how to prepare, train, and follow through on running or walking a 5K race and to make better meal choices – nearly achieved
- Key data: 1,080 units of engagement, 27 participants (9 attended half of scheduled events), 15 surveys collected, 2 of 11 survey respondents participated in the 5K race

• **Riverfolk Summer Gazebo Concerts – Carol Palms**

- Budget - \$2,000
- Description: Free public concerts are held during the summer in Wurster Park. Concerts are held on Thursday evenings from June – August
- Target population: Manchester area residents of all ages
- Goals: 1) Expose an average of 100 Manchester community members to healthy ways of connecting by providing opportunities to enjoy each other without using screens - achieved
- Key data: 1,200 units of engagement, 8 concerts held, average 100 attendees per concert

• **Farmers Market – Ruth VanBogelen**

- Budget: \$8,000
- Description: The Manchester Farmers Market runs from May – October from 3:30 to 7 pm at Chi-Bro Park. This added 2 more markets in October – when there is still a lot of produce available. The market includes food demos, a kid’s activity tent to teach kids to eat better and move more, advertising to encourage newcomers to the market, and a variety of events to increase the fun factor of the market
- Target population: All ages
- Goals: 1) Add two more markets and increase gross sales, average stall rentals, and customer counts – partially achieved 2) provide education about eating better by demonstrating to adults recipes using available fresh local produce, to educate youth about eating better and moving more (which also decreases screen time),



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and finally to offer food assistance programs – nearly achieved (did not receive machine for SNAP and DUFB in time to use for the season)

- Key data: 1,631 units of engagement, 25 market days, 260 stalls rented, 4,941 customers, \$36,661 in gross sales, 6 food demonstrations, 41 events, \$3,247 in food assistance

- **Community and School Gardens – Ruth VanBogelen**

- Budget: \$2,000
- Description: Manchester School grounds house 3 gardens for student and community use. The two school gardens are for students ages pre-K – 4th grade. 7 pre-K classes and 7 elementary classes participated. The community garden is open to residents of all ages. Those interested can rent a plot during the summer months to grow flowers and produce.
- Target population: All ages
- Goals: 1) Pre-school gardening with 7 pre-school classes for a total of approximately 90 students and 15 teachers – exceeded (difficulty with collecting surveys) 2) garden with about 175 students in May and 50 during the summer. At least 7 classes participate – partially achieved 3) rent out all of one 40 x 80 garden and all raised beds in the community garden, Gardeners will log in produce weight – partially achieved 4) establish a seed library at Manchester District Library - achieved
- Key data: 2,106 units of engagement, 1,500 pounds of produce harvested from the community garden, 17 classes of students participated, 15 teachers participated, 300 seed packets distributed

- **Big Tree Search – Sara Swanson**

- Budget: \$400
- Description: The program was designed to get all people, but especially elementary school-aged children in the Manchester area to move more, go outdoors, and spend less time on their computers and tablets by engaging them in a 3 month search for the biggest (in circumference) tree in the Manchester area. Students were provided with measuring tapes and information through the school. The contest was run by and promoted through the Manchester Mirror. Entry forms and measuring tapes were also handed out at events like the Farmers Market and Street Festival. Winners received prizes.
- Target population: All ages
- Goals: 1) Receive 200 entries (14% of Klager students and Manchester Mirror readers) – not achieved
- Key data: 28.5 units of engagement, 57 participants, 310 entry forms and paper tape measures handed out to Klager students

- Please email Ray and Ashley to confirm you availability or to advise availability for a future meeting

Intervention (Years 5 and 6)	Suggested Review Month
Adaptive Movement	?
Sweet Soles	November



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Summer Swim Program	January?
Outdoor Exercise Equip	?
Tree Search	November
Cooking Matters	?
School/Comm Gardens	?
MMLB II	?
WELCOA Worksite Material	?
Farmers Market	November
Gazebo Concerts	November
Kiwanis Service Leadership	?
Sesquicentennial Festival	October
Marketing Banners	?
SRSLY	?
Manchester Mirror Ads	November
Safe Routes to School	?
Run Manchester	?

2. **Status Update on Year 6 Intervention e-Grant Submittals**

Intervention	e-Grant Submitted	Approved
Adaptive Movement	December 2017	Submitted Dec 2017
Sweet Soles	Yes	June 2017
Summer Swim Program	Yes	Aug 2017
Outdoor Exercise Equip	No	N/A
Tree Search	Yes	Oct 2017
Cooking Matters	No	N/A
School/Comm Gardens	Dec 2017 or Feb 2018	N/A
MMLB II	Yes	Aug 2017
WELCOA Worksite Material	Yes	Aug 2017
Farmers Market	Yes	April 2017
Gazebo Concerts	No	N/A
Kiwanis Service Leadership	Yes	Oct 2017
Sesquicentennial	Yes	Aug 2017
Marketing Banners	Yes	Aug 2017
SRSLY	Yes	Aug 2017

1. **November 9th Data Review Team Meeting (see summary attached in email)**

- The team reviewed the most recent HIP, MiPHY, PAC, and NEAT data to identify gaps and develop a call for proposals for the Year 7 Plan
- Area of need are categorized by survey
- The data team will narrow down the current list to identify top priorities that will be shared with the coalition. A press release will go out in January call for proposals for interventions to address these needs

REMINDERS



Manchester Wellness Coalition

- **NO DECEMBER MEETING. Next Scheduled Coalition Meeting is Tuesday, January 23rd , Noon at the Manchester Village Offices**
- **Next grant submittal deadline is December 1st and February 2nd**

Schedule for Upcoming Year 7 Plan

- **October to April** - Intervention Evaluation Presentations: Years 5 and Year 6
- **November**: Data Review Team meets and presents findings at November meeting.
- **November to March**: Define and prepare Year 7 Intervention Tables.
- **January**: Develop and administer press release looking for proposals based on the data and community health needs
- **March**: Begin development of Year 7 Plan (Lori Kintz)
- **April**: Review first draft of Year 7 Plan
- **May**: Finalize Year 7 Plan
- **June**: Year 7 Plan Reviewed by SHF Board of Directors