



**Meeting Highlights and Action Plan**

<b>Topic</b>	<b>Key Points</b>	<b>Action Items</b> <i>Including Responsible Party/Timeline if applicable</i>
<b>Introduction</b>	<ul style="list-style-type: none"> <li>• Everyone introduced themselves, what agency they are from and what they thought about the meeting</li> </ul>	
<b>Present and discuss data</b>	<ul style="list-style-type: none"> <li>• The group looked at all the data related to physical activity provided by CHA</li> <li>• A lot of data for children not a lot for adult age group, would like to gather more to evaluate this area better.</li> <li>• The need to increase physical activity in children and adults to at least 150 minutes a week.....provide an event to support this.</li> </ul>	
<b>Identified areas of concern</b>	<ul style="list-style-type: none"> <li>• Limited physical activity opportunities in school</li> <li>• How to use our partners to get information out.....Hospital and CCCHD does school screenings and could share information</li> <li>• Continued discussion of parents lack information of what is offered and low cost</li> <li>• Social media uses much of students time</li> <li>• Discussion on the need to a “ Guardcare” type event similar to the one of 5 years ago</li> <li>• We agreed that in order to make change we need to focus on small pockets of the community that can use each other as a support system.</li> <li>• Offer events each week within the community to increase activity</li> <li>• When discussing grades to focus on we thought possibly 2nd grade was a good area of focus for various reasons.</li> </ul>	
<b>3 areas to improve</b>	<ul style="list-style-type: none"> <li>• Physical Activity opportunities during the school day</li> <li>• Communication to parents and students about what is being offered in the community</li> <li>• Better way to promote the amenities that we do have</li> </ul>	

**Next Meeting: March 15th – 2:00 pm @NTPRD**