

Physical Activity Task Force

**Meeting Minutes
June 14, 2017 at NTPRD**

Task Force Members Present: Sarah Pol, Anita Biles

I. BMI Data

1. Data was collected from Perrin Wood, Lincoln and Fulton Elementary Schools
2. This final data was collected in May 2017
3. Data comparisons for exact students were not possible because of student turnover
4. Lincoln Elementary had a significant amount of students who were underweight this was the only school that showed a significant problem with underweight children.

II. Review of Task Force Goals

1. Goal #1: By March 2019, the Physical Activity task force will streamline communication on events and activities to families in 2nd grade Promise Neighborhoods as evidenced by quarterly email and flyers distributed on upcoming events.
 - i. It was determined that the group will continue to work towards this goal. The goal will be expanded to include social media as a method of communication. September 2017 will be our planned date for our next packet to be sent out to youth.
2. Goal #2: By March 2019, the Physical Activity task force will see increase in physical activity daily in children involved in Promise Neighborhoods as evidenced by the implementation of one evidenced based physical activity program in one 2nd grade classroom of each school.
 - i. Our Physical Activity posters were unsuccessful and Catch was not implemented in Perrin Wood Elementary.
 - ii. We do have Catch programs in Fulton and Lincoln. These programs were successful as evidenced by pre/post tests taken by second grade students. These tests showed increase in physical activity and healthy food choices.
 - iii. The task force will continue to work towards this goal.
3. Goal #3: By March 2019, the Physical Activity task force will see an increase in physical activity in 2nd grade families as evidenced by implementing three small community based support groups for families in Promise Neighborhoods.
 - i. It was determined that the task force will continue to discuss methods to reaching this goal.

**Next Meeting
August 9th
10:00-11:00am
At NTPRD Main Office**

