

Lighten Up NH! Meeting
10/27/06
Merrimack County Office, Boscawen

Present: Colette Janson-Sand, Charlene Baxter, Debbie Luppold, Brenda Carey, Helen Costello, Martha Judson, Debbie Cheever, and Val Long.

1. Physical Activity Inventory Conducted for HNH Foundation and Next Steps

- We discussed the HNH Foundation RFP's for physical activity equipment and whether they should extend their grant deadline for the physical activity mini-grants. (Val will call to see if they are planning to extend). We want as many appropriate schools and other organizations to apply.
- Martha will call her contacts to apply (about 20).
- The Children's' Place – Debbie Luppold will call.
- Merrimack Valley and Head Start – Helen will call.
- Debbie Cheever will call the Boscawen elementary school nurse.
- Val will compile a list of prices of physical activity equipment on Monday to provide prospective applicants with appropriate information for them to put a grant together for HNH Foundation quickly. Colette will put prices for nutrition curricula together as well.
- Val will email Nutrition Connections staff to have them get to some of the organizations that qualify for the grants to apply.
- HNH Foundation may ask UNH Cooperative Extension to provide technical Assistance for the implementation of these grants. They will also probably need help with the evaluation component.
- Debbie Cheever mentioned a physical activity kit (the Learning Zone).
- We briefly discussed the uses for the physical activity inventory research.

2. HNH Foundation Decision on Lighten UP NH!

- The proposal was funded for 3 years for \$214,879.
- Val thanked the committee for their patience and commitment to this initiative. It's been a long haul, but persistence pays off !
- Could UNH Cooperative Extension be the facilitator for the Statewide Obesity Plan? The HNH Foundation has funded itself to coordinate a statewide obesity plan, and UNH Cooperative Extension should be one of the major players. We will work with HNH Foundation on this.
- Consider The Troupe for development of the Web site and commercials. We also are considering Davis Advertising, which is a full-service agency that could develop all of the media and Web elements of the grant.
- Need to buy a URL – Charlene will take care of: lightenupnh.org, lightenupnh.net, lightenupnh.com.
- Martha is on the Foundation for Healthy Communities Panel, which is one of the organizations that we should be collaborating with.

- LUNH! committee membership: add F&CR educator. Charlene suggested Sue Kegel from Belknap County. Need perhaps an IT person. The Web designer we hire will need to coordinate with our ITDE team. Someone from the medical community-possibly Dr. Harker (or Rob Nordgren – pediatrician in Manchester at Child Health Services). Ardel Currier – at Penacook Family Physicians (nurse practitioner). Dr. Joel Berman – Concord Hospital, Chuck Capetta, President of the Pediatric Society.
- Charlene reported on her attendance at a conference in Denver where she attended a session conducted by Dr. James Hill, from “America on the Move.” She also talked with Dr. Hill about coming to NH. He said he would be glad to come to NH (he got his Ph.D. from UNH). We would like to have him come to NH to keynote a conference which could be kick-off to a statewide obesity plan and Alliance, and in addition meet with Dr. Susan Lynch. The conference could also include Brian Wansink from Cornell.
- When could this conference take place? Possibly April or May.
- We asked Charlene about getting part of the indirect to do a needs assessment. She said she thought that was “doable.”

Next meeting dates are:

November 17th 9-12
 December 8th 8:30-11:30
 January 12th 8:30-11:30
 February 16th 9-12
 March 16th 9-12
 April 20th 9-12
 May 18th 9-12
 June 15th 9-12

All of the above meetings will be in Boscawen unless otherwise noted.

At the November 17th meeting we will be discussing the work plan for the grant.