

**Lighten Up NH! Meeting Minutes**  
**May 19, 2006**  
**Merrimack County Cooperative Extension Office**

**Present:** Peg Boyles, Val Long, Colette Janson-Sand, Helen Costello, Martha Judson, Brenda Carey, Terri Schoppmeyer, Julia Peterson

**1. Continuation of Strategic Planning**

We will plan to do a SWOT process at the June meeting.

**2. Meeting with HNH Foundation and NH Public TV**

Charlene met with HNH Foundation to discuss the Lighten Up NH! proposal and work on an ongoing relationship to facilitate funding of our proposal. The foundation seems to have a variety of priorities, and also doesn't have a good understanding of Cooperative Extension and what we can do in the health arena. The HNH Foundation is interested in funding a proposal to conduct a physical activity inventory for the state. We need to clarify the parameters of the request from HNH regarding the entities they want us to inventory; clarify the fact that some of the physical activities available do not involve equipment; that this assessment should be broader – do they have the other resources to carry on the activity, do they have classroom best practices (and administrative leadership) to encourage and facilitate physical activity?

We could also survey our *Changing the Scene* schools – have 125 to work with.

Our feeling was that a true needs assessment would be a good beginning of our LUNH project. We will work on the proposal and get a draft to Charlene.

**3. NE Cooperative Extension Obesity Initiative**

Val has been working with New Jersey and Delaware to clarify the NE Cooperative Extension Obesity Initiative and what the Directors want and will fund. Val has had two conference calls with NJ and DE, and will work on a logic model to help define what could be done. But, we continue to feel that it may be more cumbersome to work as part of a collaborative, and we don't have any money, so it may be a moot point.

**4. Funding**

Martha recommended that a small sub-committee sit down with Sue Bunting from the Seacoast Foundation for Health to discuss funding. Colette, Julia and Martha volunteered to be on this sub-committee and make an appointment to meet with Sue.

Where else can we go for funding? The Endowment for Health, BC/BS, Harvard Pilgrim, etc.

**4. LUNH Alliance**

We also discussed an Alliance meeting to get rolling with a statewide obesity plan and get people involved. We will see if we can work with HNH Foundation to fund an Alliance meeting with the end goal of the development of a statewide obesity plan. We could use the Center for Food Security model (listening sessions with a caucus at the end). Charlene will check on whether we can pursue this with HNH at this time.

There are also Endowment for Health Planning grants we could look at.