

**NOTICE AND AGENDA OF MEETING OF THE NAPEBT WELLNESS COMMITTEE OF THE NORTHERN ARIZONA PUBLIC EMPLOYEE BENEFIT TRUST**

Notice is hereby given to the general public that the NAPEBT WELLNESS COMMITTEE will hold a meeting open to the public on **Thursday June 11th, 2015, 10:00am FUSD Administration Building, Business Office Conference Room**

**MEETING NOTES**

1. CALL TO ORDER                      10:00AM

2. COMMITTEE MEMBERS PRESENT

Katie Wittekind	NAPEBT
Meg Miller	Coconino County
Jeanie Confer	CCRS
Drew Baecker	City of Flagstaff
Lynn Hill	NAIPTA

GUEST

Sharon Grasso                      Coconino County

3. AGENDA ITEMS

- a. Guest Comments – Sharon Grasso, County. Concerns:
  - i. The sugar challenge was promoting a Paleo diet, which is not evidence based. Sharon has not attended the nutrition class.
  - ii. Can't always promote organic, grass-fed foods, it may be better but not everyone can afford it.
  - iii. Fear based approach toward sugar and a Paleo based diet.
  - iv. Not transparent, didn't say it was Paleo based on the sugar challenge
- b. Suggestions:
  - i. give real suggestions that people can relate to/afford: what to order at (Salsa Brava instead of Brix).
  - ii. There are other trained dieticians/nutritionists who would be interested in responding to the next RFP to provide evidence based nutrition classes.
  - iii. Sharon took our program to the Northern AZ Dietetic Association to ask for their thoughts and they had concerns as well.
  - iv. Sharon would promote the DASH Diet and American Heart Association Diet, evidence based.
- c. Group Discussion on Sharon's comments: Concerned that what we are offering is being confused with Paleo. We are not trying to promote a Paleo diet.
  - i. Discussed Things to Change:
    1. add disclaimer we are not promoting a Paleo diet. Some recipes happen to come from Paleo sites. We can find other recipes/resources.
    2. Create a Q&A on the wellness website on the sugar challenge and nutrition class. Add "Ask Betsy" icon for people to email her questions.
    3. Add FAQs to nutrition resources.
    4. Katie will follow up with Betsy (store tour at a different store) and Sharon. Katie will ask for a legal assistance on editing the waiver for the class and getting the wording for the disclaimer.
- d. Annual Wellness Retreat – July 16<sup>th</sup> 9-3pm at CCC Final date. Amanda House will be attending. Each entity can bring 4 people total. Katie will update Retreat Agenda.
- e. Wellness Survey – 3 or 4 questions. Did you participate in the wellness program? Find out why we saw a 3% decrease. Incentivize survey.

- f. Budget Finalized – TABLED
- g. Set Schedules and Locations for Wellness Classes for Next Plan Year – Jesse is no longer able to offer classes due to demand. Katie is talking to the Aquaplex to use that facility to teach classes. May be free at first and can use our own teacher but they are looking to hire someone. Same issue with Zumba & Yoga. May be able to use a room and the kitchen at the Accommodation School for no cost. Katie will schedule a conference call after she hears back from the Aquaplex to decide how to proceed on June 18<sup>th</sup> at 9am.
- h. Biometric Screening Schedule – Not many screenings next year because we would want everyone in Flag to go to the clinic. In Page the screening will be at the school if the clinic is not up and running yet. Remove NAIPTA from screening schedule for now. Changed times for Accommodation School. Drew will send Katie locations for City.
- i. Wellness Liaison Program –Leaving it to agencies to develop within each agency. Add “Wellness Warrior” to name badges. Shoot for Sept. as the annual liaison training that Katie will coordinate.
- j. Committee Meetings – never get through agenda items. Perhaps start bringing lunch and Extend meeting to 3 hours. 10-1pm? Or move to bi-weekly 1.5 hour meetings? Hard to get everyone together. DECISION – 10-1pm bring your lunch.
- k. Trustee Interview – What was read out loud at the board meeting, one of the things is to start meetings on time. Meetings will be starting on time going forward. Show up on-time! But if you can’t be on-time STILL SHOW UP.
- l. Onsite Clinic – contract is signed, lease in signed. Cedar Safeway shopping center. Email was sent, forward to employees. Includes a survey asking about clinic hours. Creating an implementation committee, need people involved in HR and marketing/PR. Send Katie names. Decision makers (hours, policy, etc)
- m. Team Building – go for a walk at buffalo park. Things to get to know each other better. Create sub-committee for team building. Rosa is Voluntold to do this 😊 Jeanie volunteered.
- n. Health Fair - TABLE
- o. Fall Wellness Week - TABLE
- p. Vendor Reviews – Haven’t met with Zumba person yet. Nutrition Surveys were positive...lost weight, improved mood. Fitness coach can no longer host classes in his gym.
- q. Challenges for Next Plan Year – Sugar Challenge in January. Chug a Jug (drink water), Eat the Rainbow (colorful veggies & fruits). Katie is looking into chug a jug and Meg is going to look into another challenge.
- r. Agency Status Update on 3 Year Plan – meet with committees, focus groups, review 3 year plan, where are you at? Any holes identified? Report at the retreat.

#### 4. ACTION ITEMS:

- a. Katie:
  - i. Follow up with Betsy (store tour at a different store) and Sharon.
  - ii. Katie will ask for a legal assistance on editing the waiver for the nutrition class and getting the wording for the disclaimer.
  - iii. Katie will update Retreat Agenda.
  - iv. Katie will send out the end of the year wellness survey with July marketing
  - v. Katie will schedule a conference call on June 18<sup>th</sup> at 9am to get Budget finalized and give an update on Aquaplex option.
  - vi. Katie will follow up with Vera and Healthwaves on biometric schedule
  - vii. Katie will schedule a biometric screening in Page at the school if possible.
  - viii. Katie will look into Chug A Jug challenge
- b. Drew:
  - i. Drew will send Katie biometric locations for City
- c. Meg

- i. Will look into an additional challenge of some sort for this plan year.
- d. Rosa & Jeanie
  - i. Will get together and plan a team building event for the NAPEBT wellness committee.
- e. Everyone
  - i. Do focus groups with their committees and possibly liaisons to identify gaps in the 3 year plan to report back at the retreat July 16<sup>th</sup>.

5. ADJOURNMENT      12:00PM