

**Minutes of the Northwest Nutrition
Advisory Leadership Council Meeting**

Bossier, Bienville, Caddo, DeSoto, Lincoln, Natchitoches, Red River,
Sabine and Webster Parishes
Tuesday, March 31, 2009 9:30 a.m.
Caddo Parish Extension Office 2408 E. 70th Shreveport, LA 71105

Advisory Leadership Council Members present:

Connie Aclin, FCS Extension Agent, Caddo Parish
Joan Almond, FCS Regional Coordinator, Webster Parish
Lacey Bullard, Food Bank
Vicky Chesser, FNP Regional Coordinator
Dr. Patrick Colyer, NW Regional Director
Viki Dickerson, Natchitoches Office of Family Support
Gwen Fontenot, FCS Extension Agent, Natchitoches & Sabine Parish
Terry Foster, FCS Extension Agent, Bossier Parish
Betty Fowler, Webster Parish School Food Service
Dianne Glasgow, Extension Agent
Karen Hardee, LVFC President, Sabine Parish
Deborah Harris, Caddo Parish, Child Nutrition Supervisor
Robin Jenkins, SPAR, Recreation Division
Cathy Judd, FCS Extension Agent, Lincoln Parish
Gary Lash, YMCA
Renee Lash, YMCA
Bridget Lynch, Sabine Office of Family Support
Belinda McMichael, Bossier School Board, Child Nutrition Supervisor
Virginia Moore, Bienville Parish School Food Service
Grace Peterson, NW Region Garden Agent
Mary Ann Rankin, Bossier Council on Aging
Tilda Revelett, Caddo Office of Family Support
Cathryn Robinson, EFENP Supervisor
Mary Alice Rountree, Caddo Council on Aging
Carol Sapp, Bienville Parish
Kenneth Sapp, Bienville Parish
Cindy Smith, FCS Extension Agent, Red River Parish
Trina Stewart, Red River Parish Citizen
Pam Thrash, Bossier Parish Schools
Diane Uzzle, FCS Extension Agent
Susan Wilson, Red River Parish Citizen

Cathryn Robison opened the meeting by introducing extension staff and welcoming everyone to the overall nutrition advisory leadership council meeting.

Joan Almond, FCS Regional Coordinator, explained the purpose of the meeting and highlighted the meeting theme which was "Racing to a Healthy Region." She gave a brief overview of our current programs and areas of interest including obesity, high blood pressure, diabetes, hypertension, food safety etc, explaining that the group would be using the Stop Light Approach

to the meeting. The Red Light represents the issues, the Yellow Light represents "What we can do about it?" and the Green Light "Where do we go from here?" Each of the parishes were given a current overview of Nutrition Related Statistics that included Poverty, Healthcare, Food Stamp Participation, Average Life Expectancy, Education Levels, Deaths due to Heart Disease and Diet and Lifestyle Risk Factors.

Joan introduced Dora Ann Hatch, who served as facilitator for the meeting. Dora divided the group into three smaller groups to ease discussion and to ensure that everyone's voice was heard. As the small groups rotated someone wrote responses to the following themes:

"Diversity Among Audiences," Recruitment and Retention," and "Innovative Group Prospects."

Deleted:

Responses include the following:

How can we increase "diversity among audiences?"

- Young mothers, senior adults, youth, pre-k – LA4 youth, head start, corporate world, mentally and physically challenged limits; language barriers, coaches, gardeners, church groups, community service groups, single parents, community centers, school system and city government.

How can we successfully "recruit and retain new audiences?"

- Volunteer outreach in community clubs, local churches, coaches, dance and cheerleader sponsors, farmers markets, home economic teachers, housing and apartment complexes, nursing homes, state offices, alliance for education, council on aging offices, radio and t.v. announcements, offer incentives for participation, school board members, internet, after school programs, head start parents, collaborate with bowling alleys, shopping malls and fairs and create bookmarks instead of handouts/brochures.

What are some "innovative group prospects (where can we present?"

- Any office or business, churches, other organizations, neighborhoods, Lowe's gardening centers, daycares, Pilgrims' Pride, nursing homes, festivals and fairs, scouting, massage schools, beauty schools, coalitions, Barksdale Air Force Base, Master Gardeners, city employees, meals on wheels, school meetings with parents, and council on aging centers.

Dora discussed each theme in depth with the group and it was decided that the following would be put in the "parking garage" as places the FCS extension agents needed to reach out to:

- Medical field, food supply companies, fitness centers and more networking with organizations.

Those that are involved with nutrition but were not present include: hospitals/doctors, dieticians, medical groups, pharmacists, American Heart Association, technical, community and four year colleges, and the Diabetes Association.

Connie Aclin let the group know that representatives from some of these fields were invited and have served in the past but were not able to make the meeting.

Joan thanked the members for attending. The meeting concluded at 11:45 a.m.