



HEALTHY COMMUNITY ALLIANCE

of East Central Indiana

Physical Activity Workgroup Meeting

September 20, 2019

In attendance: Kendra Zenisek, Mary Ann Pope, Dominic Novelli, Dawn Marie Oberly, Linda Hamilton, Krista Flynn, Nicole Koontz, Larry Ottinger, Alyssa Fuller, John Disher.

(Matt Cox presided over the beginning of the meeting in John's absence.)

Partner sharing and updates:

Holy Trinity Church held a Safe talk workshop in August aimed at suicide prevention. Partnership with White Spot has been successful.

Healthy Lifestyle Center is now in 2 locations- the Meridian Campus Suite 100 and BSU Health Professions Building (1613 Riverside Ave).

New program at HLC: National DPP Lifestyle Change Program

The National Diabetes Prevention Program -or National DPP- was created in 2010 to address the increasing burden of prediabetes and Type II diabetes in the United States. This national effort created partnerships between public and private organizations to offer evidence-based, cost-effective interventions that help prevent Type II diabetes in communities across the United States.

One key feature of the National DPP is the CDC-recognized lifestyle change program, a research-based program focusing on healthy eating and physical activity which showed that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing Type II diabetes by 58% (71% for people over 60 years old). For more information about the National DPP, click [here](#).

This will be a 16 week program held at the Health Professions Building Room 113 from 5:00 PM - 6:30 PM on Tuesday evenings from September 24th - February 11th.

Cardinal Zumba- 3rd year celebration on September 26th, 6pm. Hoosier Beverage Association Executive Director Diane Masariu Carter will be one of several honored guests, including Mayor Tyler.

CZ now offering cognitive testing in addition to other measurements related to improving diet and exercise.



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Initiatives Discussion:

Story trail

John described the new construction of a story trail in Hartford City thanks to a partnership between IU Health Blackford Hospital, Hartford City Library, Blackford Greenway and Blackford Schools.

John reported that he talked with Betty Brewer and she was very interested in further discussions around a possible story trail installation at Minnetrista. John will arrange another meeting and invite all interested to attend if available.

Senior focus for toolkits

Discussion around a Sr. Citizen playground was prompted by Mary Ann. More at <http://www.thegreatage.org/mission> Could this work in ECI?

Info suggestion for toolkit- making meals for one. John will follow up.

Ted talks at Minnetrista

Krista Flynn sends out weekly invites to attend Ted Talk coffee chats at Minnetrista. John will encourage folks to let Krista know if they would like an invite in next newsletter.

Example of last week's program

The Optimism Bias

Are we born to be optimistic, rather than realistic? Tali Sharot shares new research that suggests our brains are wired to look on the bright side -- and how that can be both dangerous and beneficial.

ABOUT THE SPEAKER

[Tali Sharot](#) · Cognitive neuroscientist

[Tali Sharot studies why our brains are biased toward optimism.](#)

https://www.ted.com/talks/tali_sharot_the_optimism_bias

Adjourn at 1pm.