

The Person County FAN Club met Thursday, Feb. 25, 2010, in the Health Department Classroom.

LeighAnn reported on the Read Me a Story Project. Some day cares are doing a great job of incorporating the activities in their weekly schedules as requested and others are having issues. This project is a work in progress for those centers and we hope that the center directors and teachers will understand the importance of promoting the children's health and well-being along with promoting literacy.

Bess reported that we have offered sessions of Eat Smart Move More Weigh Less for public school employees, both on Tuesdays at 7 am and at 4 pm, but there was not sufficient interest to host the class. She has 30 participants enrolled in the Monday evening 5:30 session with an average of 24-25 attendees at each session so far. Approximately 75% have lost some weight while others are still struggling. She will report the total and average weight loss in May after the series conclusion. Other indicators being used to evaluate the project are waist measures, blood pressures, and BMI's. (note: as of 1/3 of the way through for the 5 weeks so far the average weight loss is 3.6 lbs)

Bess also reported that she was grateful to the Healthy Personians mini-grant committee for helping to fund the Cook Smart, Eat Smart program scheduled for the spring. Sessions are planned for April 13, 27 and May 11 and 25<sup>th</sup>. Bess distributed flyers to the group for posting at their worksites, churches, etc. Healthy Personians funds will be used for scholarships for ACE and VIP participants as well as curriculum. The four part series teaches simple foods, simple methods and healthy quick meals for families.

LeighAnn reported on the SPEED Community Garden project. Nan Richmond from PCC wrote a grant for the group and received funding from the Fruit and Vegetable Coalition. Plans are underway for a spring youth conference scheduled for March 20<sup>th</sup> at the Sr. Center with sessions on nutrition, food safety and horticulture are planned. FAN Club members, Bess Whitt and Leigh Ann Creson will help teach sessions. A kick off session was previously held to recruit participants. The garden will be located at 2319 Mountain Road.

We discussed the FAN club radio spots. Candyce has already recorded the spot for Senior Games and Kay Rudd will be recording spots for Special Olympics to be aired the remainder of March. Those taping spots are requested to email the script to Leigh Ann for her files.

Give Your Heart a Healthy Beat! was scheduled to begin Feb. 24<sup>th</sup> at the Senior Center after Wednesday morning exercise. A minimum number of 15 participants was requested to hold the class. The spring series was cancelled due to low registration. A discussion followed for what could be done to increase interest. After several ideas were presented, the consensus was to look at rescheduling for Fall, perhaps combining sessions, and adding a light meal related to the topics covered to entice participants.

Bess reported that she has begun the USDA, Steps to Health project at North Elementary. This year we have 40 students. The program runs from Feb. 25 through March 15<sup>th</sup>.

LeighAnn noted that the state Public Health and Extension staff has collaborated on the "Faithful Families Eating Smart and Moving More" curriculum. She has reviewed the curriculum and it is good. A training for health promotion staff and extension staff will be scheduled at a later date.

Our next meeting is scheduled for March 25<sup>th</sup> at 2 pm.