

Minutes of the Northwest Nutrition Advisory Leadership Council Meeting

Bossier, Caddo, DeSoto, Natchitoches, Red River,
Sabine, and Webster Parishes

Wednesday October 3, 2007

10:00 a.m. to 12:00 p.m.

Caddo Parish Cooperative Extension Office

2408 E. 70th

Shreveport, LA 71105

Advisory Leadership Council Members Present:

Susan Bamburg, Red River
Lacy Barr, Northwest Food Bank
Rhoda Bethard, Red River Parish School Food Service
Sherry Brokenberry, DeSoto Parish School Food Service
Julie Caswell, Christus Schumpert Wellness Center
La Donna Chreene, FNP Nutrition Agent, Webster Parish
Vanessa Collins, DeSoto Parish, School Based Health Clinic
Nancy Edwards, Caddo Parish School Food Service
Betty Fowler, Webster Parish School Food Service
Deborah Harris, Caddo Parish School Food Service
Denise Hughes, Christus Schumpert Hospital
Renee Lash, Health and Fitness Expert, YMCA
Melanie Petchak, Atkins Elementary/Linwood Middle School Health Clinics
Grace Peterson, LSU AgCenter FNP Gardening Agent
Mary Anne Rankin, Bossier Council on Aging
Sheron Raymond, LOPA
Amanda Roberts, Registered Dietitian, Natchitoches Regional
Lola Shuttleworth, Caddo Parish 4-H Agent
Frances Socha, Northwest Food Bank
Patrick Wesley, Shreveport Parks and Recreation (SPAR)
Dr. Tim Winter, LSU-S Kinesiology Department

LSU AgCenter Extension Agents Present:

Connie Aclin, Caddo/Bossier/DeSoto Parish
Joan Almond, Webster Parish
Vicki Chesser, Northwest Region
Dianne Glasgow, Caddo Parish
Cathryn Robinson, Caddo/Bossier Parishes
Gwen Taylor, Natchitoches/Sabine Parishes

LSU AgCenter Agents and Advisory Council members were introduced by Connie Aclin. Cathryn Robinson welcomed everyone present and discussed the agenda for the **morning**. A power point presentation was conducted by Joan Almond. It included an overview of the nutrition programs offered in the Northwest Region: Expanded Food and Nutrition Program (EFNEP), Family Nutrition Program (FNP), Smart Bodies, Smart

Portions, DEAR (Diabetes) and nutrition in 4-H. Council members were also made aware of the different types of educational programs that Agents in the region conduct as well as our 2006-2007 accomplishments. Dianne Glasgow, moderator, opened the “brainstorming session” with the question, “What can agents in this region offer your clientele?”

- Tim Winter opened the discussion by letting members know the variety of services the LSU-S Kinesiology Department has to offer people, such as accurate body composition. He noted that he has many students seeking volunteer and internship opportunities. Tim would also like his department and the Sports Nutrition program added to the resource directory.
- Patrick Wesley, SPAR, offered the 16 recreation centers/facilities to AgCenter employees in order to conduct educational programs.
- Sheron Raymond, Louisiana Organ Procurement Agency, suggested incorporating the DEAR program with LOPA, focusing on children and family education.
- Susan Bamburg, Red River, suggested shifting our focus towards teenagers and anorexia/bulimia. She said its time that we look at the other end of the spectrum, not just obesity.
- Renee Lash, YMCA, told members about Activate America. Her organization is providing booklets and pedometers to encourage exercise. She suggested collaborating with Activate America.
- Christus Schumpert representatives promoted “Project 5210” which offers group and individual nutrition counseling to children for free.
- Focus on Schools:
 - (a) Provide nutrition educational programs to school board personnel, such as Smart Portions.
 - (b) Work with schools in promoting the mandated “wellness policies.”
 - (c) Provide nutrition education to parents.
 - (d) Encourage healthy snacks to teachers and parents.
 - (e) Work with private and home schooled children, not just those in public institutions.
- Focus on Senior Citizens:
 - (a) Promote exercise and movement that is simple and easy.
 - (b) Promote Farmers Market, which is the only place those qualifying for “coupons” can purchase fresh produce. Coupons available through an application process based upon age/income.
 - (c) Incorporate the DEAR program.
 - (d) Provide informational handouts to be distributed to the Council on Aging “Meals on Wheels.” Proper nutrition, spending dollars wisely an exercise were ideas suggested.