CHILDHOOD OBESITY & FAMILY WELLNESS COMMUNITY HEALTH WORKSHOP JUNE 8, 2016

COMMUNITY CHALLENGES & BARRIERS

- Family cultural issues
- Rural Outreach –for workshops/classes
- Funding for educational outreach
- Barriers to getting families involved. = \$\$, Transportation, accessibility scheduling
- Breaking poor food choices & encouraging positive choices = behavior changes
- Family participation
- Fast Food Advertising = cheap & easy access
- Cost of healthy organic foods = CO-OP & Farmers Mkt.
- Not knowing what other community programs are doing.
- Kids in school eating the same thing/making the same choices daily.

Evidences of success ("What it would look like/What would be happening if successful") are written at bullet points. The **top 2 first priority areas** identified by the group should be **highlighted.**

- VEGIE COMMUNITY GARDEN
- Family Exercise Programs
- · Walking & biking everywhere
- · Bikes as main transportation
- Excellent public transportation
- More farmers markets with children's farmers markets.
- Mandatory nutrition education thru schools for parents/families.
- Healthy options in restaurants
- No empty store fronts
- Open Community spaces for healthy engaging activities
- Healthy Employers = Healthy Employees
- · Wellness immersion program
- Harvest of the Month
- Bridge education & behavior change
- Family Workshops w/ healthy snacks
- Consistant messages between local organizations. HOTM

CHILDHOOD OBESITY & FAMILY WELLNESS

VICTORY CIRCLE

- Public Health
- Afterschool Nutrition (SNAP)
- Adult Diabetes Ed.
- Healthy Start
- Walk & Bike
- Youth Resources
- Garegivers
- UVMC
- Public Garden, Lunch & Learn w/ CO-OP
- Diabetes Ed., Family Medicine
- Smoking Cescation, Phaycian Resident, Pam
- Fit Bits
- Health Fair.
- Family medicine/Living w/ pain mgmt.
- NCO
- Gardens Project, Walk & Bike Ukiah,
- Health Corps (Laytonville) Diabetes & Lifestyle Ed. (6wk. course)
- Head Start
- Community Resource Information.

UUSD

- Children educating parents
- Improving lunch program
- Health beverage program
- Hydration Stations
- Gardens in Schools
- Health Corps Dental & Nutrition Ed.
 - ACORNS Tribal Health
 - Nutrition Education
 - Target Parents
 - Target Pre Diabetics
 - Howard Hospital
 - Pre-Diabetic Ed. & Marketing

- Health Corps
- 3000 Children in school nutrition & dental health ed.
- Lake County diabetes ed/ curriculum developed.
- Laytonville –nutrition & dental
- Redwood Valley Tribal Health
- Nutrition education.
- Community garden
- Target Pre-diabetic patients

Area Legend

Ukiah Redwood Vly Fort Bragg/Coast Willits

Covelo

COVEIO

Laytonville

Anderson Vly

90 Day Action Plan for Group's Issue: CHILDHOOD OBESITY

Using the 4 Quarter General Actions Table, transfer:

- The **Strategy** from the first column to **I.** below
- The A. General Action from the second column to A. General Action below

Then define:

- a) The **Specific Actions** that are needed to carry out this General Action
- b) The **Person(s)** that will do it
- c) The Completion Date of the Specific Action
- d) What will be the **Evidence of Success** with this is completed.
- **I.** <u>Strategy: Marketing</u>: Work on a county-wide Healthy Mendocino marketing campaign that brings awareness of issues and employs consistent messaging.

A. General Action: Wellness Resource Guide

Specific Action:		Person:	Completion Date:	Evidence of Success:
1.	Team will go back to work and Get approved to participate	ALL	June 14, 2016	ALL Team participate
2.	Invite Reps from county-wide schools.	Heather Criss (PH)	June 14, 2016	# of Schools on board
3.	Send out e-mail & set a date for a work group.	Neil Davis (NCO)	June 14, 2016	Mtg. will be sched.
4.	Send out resource list for Nutrition educators	Heather Criss (PH)	June 14, 2016	Sent

B. General Action:

Specific Action: 1.	Person:	Completion Date:	Evidence of Success:
2.			
3.			
4.			

II. Strategy: Vibrant Nutrition education for all supported by access to healthy choices.

A. General Action:

- Incorporate churches, schools, & cooking classes
- Senior Centers
- Employers support, incentives for employees, classes, & eat together.
- Bring the education to where the people are; Stores, hospitals, schools, churches, preschools, City of Ukiah, County agencies, local business & service clubs.
- Transportation to events. Put an educator on the MTA, Book Mobile, School buses.
- Provide participants with all resources county-wide.
- Consistent messaging; Eat Fresh.org, HOTM

Specific Action:	Person:	Completion Date:	Evidence of Success:
1.			
2.			
3.			
4.			
B. General Action:			
Specific Action:	Person:	Completion Date:	Evidence of Success:
1.			
2.			
3.			
4.			