



Family Wellness and Childhood Obesity Action Team  
Meeting Minutes: April 1, 2019  
Conference Line: 605-475-6711, Access Code: 638-9247  
or 605-475-4043, Access Code: 661323

**Vision:** Healthy, active children in healthy families;  
wide access to healthy food and safe recreational opportunities

Facilitated by Tiffany Gibson

Members present at the meeting: Tarney Sheldon-NCO, Julie Fetherston-Healthy Mendocino, Car Mun Kok – UCCE, Tina Tyler O’Shea-HHSA, Marianne Davison – City of Ukiah Depart. of Parks and Rec, Erica Baumker – AHUV, Tiffany Gibson – AHUV

Review of Agenda and Minutes:

No additions to the agenda and minutes were approved as is.

Introductions and Announcements:

**April 27<sup>th</sup>, Caring Kitchen is hold a Brick Oven Pizza Party** fundraiser. Limited number of tickets and it will fill up fast! Contact Tarney for tickets and/or more info.

City of Ukiah has two upcoming events (where they will be serving healthy food btw):

**Bounce to the Stars:** an evening of bouncing and stargazing at the Ukiah Latitude Observatory to celebrate International Astronomy Day on Friday, April 12. 432 Observatory Rd. in Observatory Park.

**Ukiah Earth Day:** Saturday, April 27, 2019. Alex Thomas Plaza, come join with yoga and meditation, live music, vegetarian food, art & recycled crafts, Zero Waste Challenge, Big Wheel trikes and free bike valet service.

**AHUV Pediatrics:** has recently added a psychiatric nurse

#### **Update: School Movement Committee**

Erica met with Frank Zeek Positive club. The leaders were enthusiastic about adding the morning movement idea. They were going to make presentations to the classrooms on the benefits of exercise before school. Principal Dara Brown and PE teacher John Pinon are both still on board and are planning to implement with the Positive Club after Easter as a pilot.

The subcommittee had postponed the March to school week. They want to put more time and effort into the campaign and are planning on meeting in person to work on next steps (pun intended ☺). Julie F. will attend the meeting to provide staff support.

#### **Update: Sugar Sweetened Beverage Tax Sub Committee**

Due to other project deadlines, there was no update to this action item. The subcommittee will work on draft for next meeting. Julie F. will send them legislative updates and timelines.

### **Update and Discussion: Wellness Policy**

The wellness policy subcommittee has not met. To clarify the objectives of the wellness subcommittee, and make sure one is needed, the team moved on to discussing FWCO team objective #3:

OBJECTIVE 3: By December 31, 2020, implement one workplace environmental change to promote nutrition and healthy weight in 75% of businesses surveyed.

There was concern that this goal is not attainable, and some questions about the language. Tarney reminded the group that the goal was to 'survey' the member organizations represented at the FWCO team and assess their own workplace wellness and see if they can implement one small change based on the environment of the organization. As an example, Tiffany said that last week she and a colleague placed red, yellow and green stickers next to all the beverages in the vending machines at the hospital. A health promotion and information strategy that took about ten minutes and no policy change per say.

Tiffany said that CDC has released their updated [Worksite Health ScoreCard](#). The Worksite Health ScoreCard has 154 questions that assess how evidence-based health promotion strategies are implemented at a worksite. The ScoreCard can be used to assess the wellness strategies and practices of a workplace and helps employers identify what they are doing well and where the gaps may be. The ScoreCard also identifies evidence-based practices that can be implemented to improve your organizations score.

The group agreed that this was a good tool to use for our self-assessments. We re-wrote the objective to reflect our discussion.

Objective 3: By September 30, 2019, Healthy Mendocino Family Wellness and Childhood Obesity Action Team collaborators will 1) assess our organizations using the [CDC Worksite Health ScoreCard](#) 2) choose one measure/change and create an implementation plan and 3) celebrate the changes in PR material and 4) advocate that other organizations follow suit.

**ACTION ITEM:** Tiffany and Julie will write and send a background paragraph for team members who haven't been at the meetings to understand this call to action

**ACTION ITEM:** All team members will take [CDC Worksite Health ScoreCard](#) for their organization and report back at next meeting.

Meeting was adjourned.

Why should my organization use the [CDC Worksite Health ScoreCard](#) (from CDC Website):

*The United States is facing an unparalleled health epidemic, driven largely by chronic diseases that are threatening American businesses' competitiveness because of lost productivity and unsustainable health care costs. The medical care costs of people with chronic diseases accounted for more than 90% of the nation's \$3.3 trillion in medical care costs in 2009.<sup>13,14</sup> For example,*

- *Cardiovascular disease costs the United States more than \$329 billion each year, more than any other health condition. This includes \$199 billion in direct medical costs and \$130 billion in indirect costs including productivity loss from premature mortality.<sup>15</sup>*
- *In 2008 dollars, the medical costs of obesity were estimated at \$147 billion.<sup>16</sup>*
- *In 2017, the economic costs related to diabetes were estimated at \$327 billion. This figure includes \$237 billion in direct medical expenses and \$90 billion in indirect costs from disability, presenteeism, work loss, and premature mortality.<sup>17</sup>*
- *The total economic cost of smoking is more than \$300 billion a year. This figure includes nearly \$170 billion a year in direct medical costs and more than \$156 billion a year in lost productivity.<sup>18,19</sup>*

*Although chronic diseases are among the most common and costly of all health problems, adopting healthy lifestyles can help prevent them. A wellness program that seeks to keep employees healthy is a key long-term strategy that employers can use to manage their workforce. To curb rising health care costs, many employers are turning to workplace health programs to make changes in the worksite environment, help employees adopt healthier lifestyles and, in the process, lower employees' risk of developing costly chronic diseases.*

*The approach that has proven most effective is to implement an **evidence-based, comprehensive health promotion program** that includes individual risk reduction programs that are coupled with environmental supports for healthy behaviors and coordinated and integrated with other wellness activities.<sup>20-22</sup> However, only 11.8% of US employers offer a comprehensive worksite health promotion program, according to a 2017 national survey.<sup>23</sup>*