



Family Wellness and Childhood Obesity Action Team
Meeting Minutes: May 6, 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, Tina Tyler O'Shea-HHSA, Julie McGovern – ARC, Megan Cavalli- First 5

Review of Agenda and Minutes:

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

Introductions and Announcements:

Hospital is celebrating national nurses week. Nurses are 70% of the hospital employees!

7th is National Teacher Appreciation Day

8th is Bike to School Day

QPR is being offered May 28th for free. Public Health is offering a Train the Trainer and can take up to 35 trainers. Help us spread this valuable program. The training will be held June 25th from 8-5 at Adventist Health Wellness Center, 404 East Perkins St. Ukiah

ACTION ITEM for next meeting: 1) assess our organizations using the [CDC Worksite Health ScoreCard](#) 2) choose one measure/change and create an implementation plan

Update: School Movement Committee

Frank Zeek started their morning movement month today! Students miles will be tracked, and prizes will be given at the end of the month. Tarney suggested that the positive club should present their results at the MCOE board meeting (or USSD) during the public comment portion.

Julie F. will follow up with Erica and Cici regarding possible prizes.

Bechtel Grove School will be adding morning mile. Great job Cici and Tina!

Update: Sugar Sweetened Beverage Tax Sub Committee

AB 138 has been withdrawn from the committee, and it is unclear whether it is dead or just dormant. The letter is on hold until the subcommittee can reach out to Ruth Valenzuela with Ass. Wood's office.

Update and Discussion: Wellness Policy

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.

Tarney went through the scorecard for NCO, she found it very helpful and has identified a wish list of several changes. She will be working with NCO staff to pick on to work to implement.

Other members had looked at scorecard but hadn't come up with their plan yet. Tiffany reminded everyone that incremental small changes are just as important as something big. E.g. School District and Hospital have changed their vending machines to offer healthier choices (school district was a mandate). The hospital has also labeled options to give buyers more information on which choices are healthier. Another example: CDC has a great program for healthy snack days or Rethink your Drink events. You sign up they send you all the materials. The quality is very good, and it is always a hit with participants. Share and Share alike pick a small step they share with a friend agency. This led to a discussion about workplace policies currently in place that support health.

Discussion- health incentives: AHUV offers a wide range of incentives to support healthy behaviors. They offer a corporate discount to any healthy club and provide \$240/yr. to defray cost. They provide health tracker (Fitbit) and give \$35 towards a new one every two years, they offer biometric analysis annually so you can track your progress. Project Sanctuary pays for one and a half hours a week for self-care. Employees can use it in any way that supports them (one woman does her dishes because then she comes home to a clean kitchen which makes her happy and less stressed).

Discussion – bringing people to the table: the team talked about how to bring more people to the group. We recognize that there are some key sectors missing from the table. Some suggestions were: have whole team meetings quarterly (subcommittees meet more often as necessary), have core group each invite a few people we identify, set an outline calendar for the whole year that lets people know what is coming up ahead of time so they can plan accordingly. Staff will incorporate these ideas into the current restructuring of Healthy Mendocino Program.

Discussion- other possible work: Julie McGovern brought up the snack culture of club sports. The group talked about the frustration of the unhealthy snacks and sugary drinks that are considered the norm. There was a discussion about ways we might engage with the soccer league, baseball, basketball etc. to inform, educate and see if we could get some by in for a policy on healthier snacks that fuel the body during sports.

Update: John McCowan reached out to Julie F and wanted to improve the choices at the vending machine at the county building and perhaps update the county's health and wellness policy. Tina enthusiastically agreed to meet with him to discuss this and give ideas and best practices. Julie will set up meeting.