

**Childhood Obesity and Family Wellness  
Community Health Improvement Plan Action Team  
October 2, 2017  
1– 2:30PM**

**Meeting Minutes**

- **In Attendance:** Thais Mazur, Car Mun Kok, Tarney Sheldon, Megan Cavalli, Cameron Underwood, Pamela Chiriboga, Tiffany Gibson, Heather Criss, Jessica Martinez
  
- **Announcements**
  - ✓ Rail Trail Promenade- Friday, 10/6/2017 5PM-7PM Free event on the Rail Trail. Vendors, music, garden tours, smoothie bike, Rail Trail info, etc.
  - ✓ AMEN Free Clinic- Adventist Church Sponsored Free Medical/Dental/Vision Clinic at the Ukiah Fairgrounds October 18,19,20. Volunteers needed for multiple jobs. Volunteer and/or share the information.
  - ✓ Walktober Challenge- post photos of walking in Mendocino County with #walktober\_mendo and/or tag @healthymendocino. Healthy Mendocino Walktober Facebook event page
  - ✓ October is food month. Food for All Mendocino School Lunch Day is an opportunity to meet your local school nutrition services director and tour the school kitchen. To RSVP visit healthymendocino.org. 10/10 Ukiah High School, 10/18 Willits High School, 10/19 Ft.Bragg Middle School.
  - ✓ Food for All Mendocino Cal Fresh Challenge- Challenge yourself to live on the daily Cal Fresh allotment of \$5/day. Register for the challenge at healthymendocino.org. You will receive a booklet to log challenge information. Return your booklet by 10/31 to be entered in a drawing to win an Instant Pot.
  - ✓ October 24, 2017 is International Food Day. Visit foodday.org for more information.
  - ✓ Check out teens4biz.org and teens4health.org. Sonoma County teen Elias Rosenthal created peer education websites focused on nutrition and wellness for teenagers.
  
- **Follow-up on monthly theme ideas**  
(May, Nov, and Dec hashtags were not decided at the 9/5/17 meeting)

January: #reNewYou

February:#FollowYourHeart

March: #MindfulMunching  
April: #SpringIntoAction  
May: #ScreenFree #GetOutside  
June: #RaceIntoSummer  
July: #BeatTheHeat  
August: #LiveLikeALocal or #UniqueUkiah  
September: #Relaxtember  
October: #WAlktober  
November: #ShakeALeg  
December: #ShineBright

-Hashtag individual programs after monthly hashtag  
- Always hashtag #HealthyMendocino  
- Post hashtags on healthymendocino.org CHOW page (Tarney will talk to Patrice)

#GivingTuesday (Tuesday after Thanksgiving)

- **Sub-committee Updates**

Review Goals and Objectives

- Three year County-wide goals (2020 end date)
- Individual regional activities

1. By December 31, 2020, increase the number of 7<sup>th</sup> grade students who are physically fit from 59.7% to 63% county wide. (Aerobic Capacity)

2. By December 31, 2020, increase the number of 5<sup>th</sup> grade students who are in the Healthy Fitness Zone for weight from 52.3% to 56%. (Body Composition)

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

- Activities for goals #1 and #2 should include a nutrition education component.

Ideas for goal #3:

- Local business workplace wellness competition ( Bronze, Silver, Gold award system)

- Post healthy vending machine list on [healthymendocino.org](http://healthymendocino.org) CHOW page

**Home work for goal #3: Survey your worksite (Food Beam survey, meetings, vending machines, public areas) and bring the results to the next CHOW meeting.**

- **Future Events:**

- Healthy Mendocino Project Summit**

- October 25, 2017

- 9:30 AM to 12:30 PM

- Willits Community Center

- 111 East Commercial Street

- Willits, CA 95490

**Next Meeting:** Monday, November 6, 2017, 1-2:30PM