

**Childhood Obesity and Family Wellness
Community Health Improvement Plan Action Team
November 6, 2017
1– 2:30PM**

Meeting Minutes

- **In Attendance:** Car Mun Kok, Tarney Sheldon, Megan Cavalli, Cameron Underwood, Pamela Chiriboga, Tiffany Gibson, Heather Criss, Jessica Martinez, Jake Burgess, Eileen Nuñez

- **Announcements**
 - ✓ Webinar- Improving Health through Healthy Eating and Active Living Thursday, November 16, 2017 9AM. Presented by the Federal Office of Disease Prevention and Health Promotion.
 - ✓ Maintain, Don't Gain - Adventist Challenge beings 11/20/2017. Email Tiffany for more details/materials.
 - ✓ Start using the November hashtag #ShakeALeg
 - ✓ AMEN Free clinic postponed due to Fires. Future date TBD.

- **Follow-up: Workplace Wellness Reports**

- **Goals and Objectives Planning/updates:**
 1. By December 31, 2020, increase the number of 7th grade students who are physically fit from 59.7% to 63% county wide. (Aerobic Capacity)
 2. By December 31, 2020, increase the number of 5th grade students who are in the Healthy Fitness Zone for weight from 52.3% to 56%. (Body Composition)
 3. By December 31, 2020, implement one workplace environmental change to promote nutrition and healthy weight in 75% of businesses surveyed.

Idea for incorporating a nutrition education component to activities for goals 1 and 2:

Ukiah youth Basketball League Picture Day/Shoot-a-thon will have about 1100 kids in attendance (January 2018). This is an opportunity for nutrition education.

“Fuel Your Body” Brainstorm:

- Healthy taste tests

- Diabetes education materials
- Cooking demos/ recipes
- Fun giveaways/prizes

Homework for next meeting:

1. Bring a giveaway item that you have or have access to (for children)
2. Bring fun ideas for the Ukiah Youth Basketball picture day nutrition education opportunity
(January 2018)

- **Future Events:**

**Healthy Mendocino Project Summit
Early 2018**

Next Meeting: Monday, December 4, 2017, 1-2:30PM NCO Conference Room