



Family Wellness and Childhood Obesity Action Team
Meeting Minutes: February 4, 2019

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: Tiffany Gibson-AHUV, Tarney Sheldon-NCO, Megan Cavalli-First 5, Cici Winiger-AHUV, Julie Fetherston-Healthy Mendocino, Erica Baumker AHUV Pediatrics, Julie McGovern-ARRC, Neil Davis, Eric Reinelt (both Walk and Bike Mendocino), Car Mun Kok – UCCE, Tina Tyler O’Shea-HHSA

Review of Agenda and Minutes:

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

Announcements: March 15 from 4-6 pm Caring Kitchen is having their open house to see their new facility at Mendocino College. Come celebrate their new digs! It’s the first right (near the ag building).

Agenda Item: Morning Mile

Tina tells story of Morning Mile at Blosser Elementary School in Willits. Started because lack of infrastructure (sidewalks, bike lanes) and school policy that prohibits students from biking to school. (Their bike will get taken away if they ride to school!). So [Morning mile](#) was started. Kids arrive at 7:15 before school and do laps. It has been very successful with over $\frac{3}{4}$ of the school participating. There has also been staff, parents, grandparents and siblings who have joined in. It happens every day and Tina and a PE teacher from Blosser are there to supervise and track progress. For every 5 miles students earn a milestone shoe charm.

At our last meeting Erica Baumker agreed to talk with Deb Kubin at an existing meeting she was having about the possibility of bringing morning mile to UUSD. Erica reported that Deb had not heard of the Morning Mile and was excited by the idea. She sent out the information to her principals and Dara Brown from Frank Zeek was interested in bringing morning mile to Frank Zeek. Erica is having a meeting on Friday, February 8 with Ms. Brown and a PE teacher from Frank Zeek.

There was some discussion and excitement about the idea of extending morning mile throughout the district, where appropriate. To be sustainable, the best scenario is that school personnel is

involved so that if a volunteer 'ages out' with their child then the program continues. Tarney mentioned that worksites do a similar program called Monday Mile for adults.

Eric and Neil, from Walk and Bike Mendocino, gave an update on their efforts to start walking school buses at the schools and how instituting the Morning Mile could be done in a way that enhances that effort instead of competing with that effort. [Walking School Bus](#) came out of the safe routes to school initiative. The idea behind the effort is to increase physical activity and normalize walking and biking to school. In addition, it is intended to get people out of their cars in the long run to reduce environmental and health impacts of cars and reduce safety traffic hazards at school drop off and pick up times.

Currently, Walk and Bike Mendocino has organized walking school bus on Wednesday mornings at Frank Zeek, Yokayo, and Grace Hudson Elementary. The efforts are going strong at Yokayo and Grace Hudson. Participation at Frank Zeek dropped off during the winter rainy weather. Walk and Bike is planning a March to school month in March. Someone thought screen free week was that month too (although screenfree.org says this year's week is April 29-may5). They will have events, activities and promotional prizes to raise awareness and drum up support and participation for walking school bus. Tarney suggests having one day as parent day to muster parental participation and have prizes.

Discussion followed with ideas for having morning mile and walking school bus as complimentary activities with an emphasis on having WSB at schools with good infrastructure and walkability (like Frank Zeek) and Morning Mile at schools that don't (Blosser) recognizing that they can both happen at a school site and build participation and awareness for both programs (Dana Grey in Fort Bragg). Walk and Bike is working to find an active transportation champion at every school. The message that the team all agreed would support that goal was that kids show up on time and ready to learn when they have some physical activity before school in a structured way.

Erica and Erik will both be at the meeting with Dara Brown and staff to talk about both walking School Bus and the Morning Mile and see what strategy they can come up with for supporting both ideas and increased physical activity and family/staff participation as well.

ACTION ITEM: following the meeting, they will put together a one-page sheet on strategy with bullet points. They will give to Julie F who will ask members to self-select for a subcommittee to finish this strategy sheet. Goal to have it available for March to School March events, and to help communicate to parents and staff why these efforts are important.

Agenda item: updates

Erica told the group that she has been working with Chris Sweet, principle of South Valley High (Big Picture Ukiah) on several areas including health education through the young parent program, nutrition education and creating an internship in the Pediatric department for an SVH student. Megan mentioned that Frist 5 is also collaborating with the young parent program and bringing in CRM and Triple P.

Erica has also met with Jake Burgess and Tami Barotolome about the revitalization of Vinewood park – they are looking at increasing accessibility, put in a toddler playground and some beautification. No roll for the Team was identified at this point.

Food Policy Council update. Cal Fresh was able to continue benefits during the federal shutdown. The sweetened beverage tax currently has two versions on the table. Neither are what we want. Local policies can't be passed until after 2029 because of a deal between the beverage industry and labor, so statewide tax is our only bet for now. Discussion at the FPC meeting decided that Jim Wood needs to be an outspoken supporter, not just supporting from the sidelines. That perhaps he could propose and advocate for a version that is closer to what we want. At some point there was a letter to Jim Wood that we could revise to ask him to be a stronger advocate and outline what we would like to see. The group decided to revise the letter and send. The group also decided it was value to continue to give updates from the Food Policy Council meetings.

ACTION ITEM: Tarney will find the original draft, Julie will send to group as an Agenda Item for our next meeting.

Note: the NCO HR department is looking into a better conference phone system. They hope to have it resolved by the end of fiscal year. They gave staff some tips for improving the sound quality in the meantime.