Healthy Eating Active Living Work Group  
November 20, 2013  
Meeting Summary

Attendees:
Mary Helen Doherty (Alchemist CDC), Monica Hernandez (Sacramento Area Council of Governments), Dana Fields-Johnson (Health Education Council), Susie Alcala (La Familia Counseling Center), Suzie Vang (La Familia Counseling Center, Maichew Chao (Lao Family Development Corp.), Amanda Piechowski (Dana Fields-Johnson (Health Education Council), Samantha Hodges (Sacramento Housing Alliance), Cindy Blain (Sacramento Tree Foundation), Gina Warren (Sacramento Chapter of Links), Connie Chan Robison (Center for Collaborative Planning), Michael Minnick (WEAVE), Brian Ridgway (Mt. Calvary MBC/EPPE Corp.), Helen Wu (UC Davis Health System-Institute for Population Health), Yvonne Rodriguez (Sacramento County DHHS-Public Health), Cathy Rasmussen (Healthy Business Designs/No. CA Worksite Wellness Coalition), Peggy Fava (Bridge Network), Katy Robb (Mutual Assistance Network), Pam Whipple (Sacramento City Unified School District), Robert Lee Grant (Nourishing the Kids Media), Cynthia Smith (Radio Disney), Terry Press-Dawson (Harmon Johnson Healthy Start-Twin Rivers Unified School District), Roman Romaso (Slavic Assistance Center), Noe Paramo (CRLAF)

I. Welcome/ Introductions
Mary Helen Doherty welcomed everyone to the Healthy Eating Active Living (HEAL) Work Group. She introduced herself and Monica Hernandez as the chair and co-chair. Dana Fields-Johnson will also be a part of the facilitation team. Introductions were made and the four criteria for prioritizing pilot projects were displayed and reviewed as described below. Members requested additional clarification as to the process that will be used to fund project activities. It was agreed that we would discuss this at the December Steering Committee and report back at our January workgroup meeting.

Criteria for Prioritizing Pilot Project Activities
1. Can significant progress be made in 12 months?
2. Can a proven or evidence based strategy be used that builds on activities we know have had some success?
3. Can it leverage existing efforts or add momentum to existing programs?
4. Can other members of the coalition see themselves connected with this work?

II. Work Group Member Interests—Monica Hernandez, Co-Chair

Workgroup participants were asked to share their motivation for being a part of the HEAL work group. In the interest of time, not all attendees were able to share their information. Those who were not able to share will do so at the January meeting. In the interim, work group participants will be asked to provide a written paragraph profiling them and their work. This information will be compiled and

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III. Review of Suggested Healthy Eating Active Living Work Group Pilot Project Handout—Mary Helen Doherty and Monica Hernandez

Members received an overview of the Healthy Eating Active Living Pilot projects. The handout was prepared and shared by Prevention Institute at a previous meeting (October 23, 2013). The handout was used in a workgroup activity to shape pilot activities to reflect best practices and health equity considerations. HEAL pilot projects are:

1) Increase availability and affordability of healthy beverages in public and private institutional settings, workplaces and government facilities; and
2) Increase opportunities for physical activity through joint use agreements between municipalities, school districts and community-based organizations.

IV. Group Activity

Members participated in an initial dialogue and information sharing related to existing projects, resources and assets already available to help prioritize activities that will support the goals of the two identified pilot projects. The following are the results of the information shared.

**Healthy Beverage Pilot Project**
- This should be connected to School District Wellness Policies. Need to understand their policies and their implementations challenges. There are awareness issues with school wellness policies. What are the current vending policies in schools?
- Inventory School Districts in 15 Zip Codes
- Connect to the Rethink Your Drink Campaign and its Partners.
- Build on the Work and Assessments Being Done through Sacramento County (CX3)
- Community and Faith-Based Outreach and Education (Slider)
- Soda Sucks Campaign—CA Endowment/Building Healthy Communities
- CA Center for Public Health Advocacy Resources/HEAL Cities Campaign
- Work in the Retail Environment/SNAP/Alchemist CDC
- National School Lunch Program
- Summer Lunch Program Guidelines
- First 5 Sacramento
- Council Member Kevin McCarty—Support for a Soda Tax
- Northern CA Worksite Wellness Coalition

**Joint Use Agreement Pilot Project**
- Mutual Assistance Network—Has Leases Agreement with City of Sacramento
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- Twin Rivers Unified School District has Joint Use Agreements in place.
- Sacramento City Unified School District—7-11 Initiative (Closed School Repurposing)
- Bridget—Joint Use Agreements
- Compile Models/Sample Joint Use Agreements for Review and Consideration
- Explore St. Paul’s Missionary Baptist Church and other Faith-Based Partnerships
- Grant High School GEO Garden (Kitchen)
- HEC—Kaiser HEAL Zone Project has a joint use agreement in place with Elk Grove USD (95823)

Members of the workgroup will complete additional discussion questions for sharing and dialogue at the next workgroup meeting.

V. Results of Meeting Polling—Dana Fields-Johnson

Members of the workgroup were polled via Survey Monkey to determine a regular meeting day and time. 60% of respondents selected the second Wednesday of each month from 9-11 a.m. The workgroup will meet at the Sierra Health Foundation and will work to secure a regular meeting space.

VI. Question and Answer/Wrap-Up—Mary Helen Doherty and Monica Hernandez

Members were given a homework assignment to be completed and turned in prior to the next workgroup meeting. The handout (Small Group Discussion Guide) was distributed in the workgroup breakout session, but will also be sent electronically with a reminder and due date (December 9th). Information submitted will be compiled and shared at the next workgroup meeting.

Next Meeting Date- January 8, 2014 from 9:00 a.m. – 11:00 a.m.
Sierra Health Foundation: Room to Be Determined