

HEALTH LEADERSHIP NETWORK  
HEALTH POLICY CABINET

THURSDAY, DECEMBER 10, 2009  
FAMILY RESOURCE CENTER, KELSEYVILLE

In attendance: Denise Rushing, Lake County Board of Supervisors, Gloria Flaherty, Lake Family Resource Center; Jennifer Fitts, Lake Department of Social Services; Rob Ottone, Lake County Tribal Health; Jim Brown, Lake County Department of Health; Tammi Silva, Sutter Lakeside Hospital; Debra Sommerfield, Lake County Administration; Stan Janiak, NCO Head Start; Nice Alternam, Facilitator; Susan Jen and Jackie Armstrong, Health Leadership Network.

Following introductions, Nice recapped the purpose and mission of the Health Policy Cabinet as monitoring ENACT priorities and establishing institutional wellness policies that include access to healthy food and physical activity. She said that it was important for the people who can influence organizational policies to be involved in evaluating population health issues and instituting changes that will move wellness programs forward. Susan added that the ENACT Assessment Tool was originally completed by MOU members in the spring of 2008 and then updated about this time last year.

Nice lead an asset mapping exercise that produced the following list of local resources and liabilities:

ASSETS

Community Groups/Programs

- Area Agency on Aging
- Farmers Alliance
- Sutter Lakeside Wellness
- Konocti Trails
- Food Policy Council
- First 5
- Master Gardeners
- Various Youth Groups (Scouts, etc.)

Community Facilities

- Senior Centers
- Head Start kitchens
- Granges
- Mobile Health Unit

Community Gardens

Nutrition Programs

- Hospitals
- Tribal Health
- Schools

## Recreation

- Organized sports leagues
- School sports programs
- Public Parks
- Sierra Club hikes
- Clear Lake
- 1/3 of county is public land

## Educational Resources

- Yuba College Culinary Program
- Canning Classes

## Policies

- BOS: Buy Local Produce
- Safe Routes to Schools
- School Wellness Policies
- School Nutrition Policies
- Farm to School

## Data and Documents

- Food Assessment
- Recreation Survey
- Costs of health intervention
- Increases in number of
  - Farmers Markets
  - Farmers participating in Farmers Markets
  - Small farms
  - Grocery stores selling local produce

## General

- Good weather (320 sunny days/year)
- Good communication among groups
- Collaborative attitudes
- Dedicated nonprofit community

## LIABILITIES

### Geography/Access

- Food distribution
- Shorter growing season/crop limitations
- Transportation to health care and wellness resources
- Perceptions about health of Clear Lake

### Economic

- Food costs
- Perception that nutritious food costs more
- Fragmented food purchasing by school districts

- Need to develop more community supported agriculture

Demographic

- Working class retirement community
- Elevated incidence of cancer
- Lack of fresh foods cooking skills among target population

Small businesses: More difficult to implement wellness programs

Shortage of fitness centers

Local media limitations

- Need alternate ways to promote buying local and eating fresh foods
- Local media doesn't reach target population

Limited access to higher education

Brainstorming potential mitigations for some of the liabilities produced the following list of action items:

1. LACK OF FRESH FOOD COOKING SKILLS AMONG TARGET POPULATION

Stan will explore the possibility of using Head Start cooks and kitchens to host cooking classes at some monthly parent meetings that would be open to the public.

2. FRAGMENTED FOOD PURCHASING BY SCHOOL DISTRICTS

Dave will promote the idea of coordinating school menus to increase purchasing power for local produce.

3. NEED ALTERNATE WAYS TO PROMOTE BUYING LOCAL AND EATING FRESH FOODS

HLN will contact Carle High School, Pegasus Productions, Marta Fuller's husband and Bill Groody to explore possibility of filming Head Start Cooking classes and a series featuring Kelly Cox (and possibly BOS) learning how to cook locally grown foods with different chefs. Videotaped demonstrations could be broadcast on Channel 8 as well as in waiting rooms at hospitals, clinics, DSS, etc.

4. LOCAL MEDIA DOESN'T REACH TARGET POPULATION

A work group could be established to develop a communications plan to disseminate information via grocery stores, community bulletin boards, school sites, DSS mailings.

5. POLICY EXPANSION

Members of the Health Policy Cabinet will review existing wellness policies within their own organizations and consider way to improve and/or expand them.

The next meeting will be at 9:30 a.m. on Friday, February 5, 2010 at the Lake Family Resource Center.

The meeting was adjourned at 4:10 p.m.