

HEALTH LEADERSHIP NETWORK  
2/18/10 MEETING NOTES  
Clearlake Family Health Center

In attendance: Dr. Valdivia, Clearlake Family Health Center; Lou Denny, Lake County Community Action Agency; Tom Jordan, First 5; Jennifer McClendon, Network for a Health California; Tammy Alakszay, Lake County Office of Education/Americorps; Cathy Ferron, Ferron & Associates; Susan Jen and Jackie Armstrong, Health Leadership Network.

I. CATCH Update

Tammy reported that she forwarded a draft report to Jackie that includes some information about the number of days and minutes that teachers are engaging various age groups in CATCH program activities. Data entered for far includes Cobb Elementary School and the Lower Lake Elementary After-School programs. It was suggested that Tammy create a page for each school site to facilitate data analysis and that the number of students in each classroom should be included. Cathy Ferron will be provided with a copy of the report when more of the fields have been populated.

Tammy also reported that a second grade teacher at Upper Lake Elementary School would be attending the Life Lab training sponsored by the California Department of Education in Woodland. She added that she forwarded a "Game On!" link to Jackie for the HLN website. The game is an online wellness tool to help students make better food choices and move more.

II. Community Recreation Update

Jackie reported that she had not yet met with the County's Park Division to find out if they would be able to sponsor a YMCA-without-walls recreation program at 3-4 schools. Susan said that HLN had identified three schools and three interested martial arts, yoga and general fitness instructors. Tammy suggested utilizing Americorps recently launched volunteer database. In response to Lou's question about participation of a gymnastics instructor, Jackie said that none had returned her calls. Lou offered to contact LouAnn Hayes on behalf of HLN upon request. Dr. Valdivia also provided the name and phone number of a jazzercise instructor.

III. Population Health Policy Cabinet Update

Susan reported that the Health Policy Cabinet agreed to update the ENACT Summary in order to evaluate the status of different organizations in achieving their various priorities. She explained that the California Endowment had identified ENACT as an effective cross-agency strategic planning document developed by the Prevention Institute to identify and prioritize wellness policies and activities in a variety of environments. All of the HLN's partners to that grant's MOU conducted a self-assessment using ENACT in the spring of 2008 and then participated in a status review six months later. Jackie revised and distributed the summary to provide space for the organizations to report any changes in status and comments. In response to a question about how each organization evaluated their status in each priority, Susan explained that ENACT utilized

a scale of 1-5, with 1 representing no elements in place and 5 indicating that a particular priority had been fully implemented.

Susan added that the Health Policy Cabinet identified a list of agencies and organizations that it would be working with to achieve common objectives and share wellness policies.

#### IV. Data Workgroup

In its efforts to make local population health data accessible, Susan reported that the Data Workgroup recently met to discuss sources of information currently available. She introduced Cathy with whom HLN has contracted to capture and evaluate existing statistics toward development of a repository of local data elements.

Cathy distributed an outline of available public data organized, for comparison purposes, into three categories: academic, fitness and behavior. She explained that her expectation was that changes in this data would reflect varying degrees of participation in activity and nutrition programs.

Related discussion included the following comments:

- Susan suggested comparing health and behavior indicators between schools that have implemented CATCH programs and schools that have not.
- Physical education teacher Chris Emberson is conducting fitness programs at all Konocti Unified School District elementary schools.
- Jennifer said that PowerPlay will be incorporated into the two food tastings scheduled by the Konocti Unified Food Services Director. PowerPlay results are regularly collected by Deb Harris, Network for a Healthy California. The data could be provided and even revised to accommodate HLN's collection criteria.
- Dr. Valdivia suggested gathering referrals to a nutritionist as well as weight, height and BMI data routinely collected for school enrollment.
- Jennifer suggested that dental records might provide comparison data. Cathy thought Marta Fuller might be able to provide dental data.
- Jennifer also suggested considering use of a survey of dietary recall, etc. available from the Network for a Healthy California. Susan noted that the CATCH program utilizes a similar survey tool.
- Tom suggested hiring the same data entry person who extracted immunization records from clinic files to gather additional study data that could be correlated with zip codes. He also thought that the BMI data collected by Jeff might be made available.
- In response to Dr. Valdivia's suggestion to train every student to track their own BMI, Tammy said that could be accomplished by Wii Fit, a popular interactive workout, if the schools could afford the \$300 systems.
- There was a question as to whether or not the National Fitness Test is conducted countywide.

V. CDFA Grant Report

Susan announced that HLN would be distributing a Request for Proposals (RFP) for an online local food ordering system. She explained that the system would be developed for use by commercial buyers first and then expanded to serve individual consumers. She added that the online system would need to be self-sustaining at the end of the 3-year grant term. She briefly described antitrust, usership and other concerns encountered in discussions with growers about such a system.

She went on to announce that the program for a Local Foods Forum would be finalized by the weekend and encouraged everyone present to attend the event at the Little Theater in the Lake County Fairgrounds on Monday, March 15, 2010.

The meeting was adjourned at 2 p.m.