

HEALTH LEADERSHIP NETWORK
JUNE 17, 2010 MEETING

In attendance: Lori Conroy, Lakeside Health Center; Lorna Sides, WIC; Tom Jordan, Lake First 5; Debra Harris, Network for a Healthy California; Lou Denny, Lake County Community Action Agency; Laurel Chambers, Network for a Healthy California; Tammy Alakszay, LCOE/Americorps; Shelly Mascari, Early Childhood Council; Susan Jen and Jackie Armstrong, Health Leadership Network.

CA ENDOWMENT GRANT REPORT. Susan reported that the following HLN activities are summarized in the current CA Endowment report:

- Increasing access to fresh foods by facilitating Farm-to-School programs in three school districts, promoting local Farmers' Markets, and working toward development of an online food ordering system by the Farm Bureau.
- Collecting and organizing data about CATCH and other physical activities in schools by the number of students and number of minutes per day to demonstrate how CATCH can help districts reach the State Dept of Ed requirements for PE in elementary schools, in light of the fact that we do not currently have a formal PE program in our elementary schools.

HLN is coordinating a CATCH training to be held August 12, 2010. The training is designed to coordinate the program components involving classroom activities, food service, administrative support and family participation. Susan added that the fully enrolled preschool training tentatively scheduled for August 13 had to be cancelled due to serious staff reductions. She explained that the regular school program requires more coordination among components than CATCH in preschool and after school programs, because key concepts are spread across classroom curriculum, food service, parent outreach and administration to work in tandem as they mutually reinforce key concepts. The key components of preschool and after school curriculum can be provided by a single individual.

Regarding limited teacher availability for training, Deb suggested coordinating training resources with Mendocino County and Shelly suggested piggybacking on in-service days though, Susan noted, no two districts have the same in-service days. Susan explained that an August training would be optimal as it avoids teachers needing to find subs (which are in short supply) and is the most efficient use of grant funds. Shelly added that she would be very interested in offering CATCH training as an option to the 65 early childhood educators who will be participating in Steps to Leadership but enrollment will not be complete until the end of August. Laurel said that she could also make herself available to Train the Trainer as part of her PowerPlay program responsibilities. Deb added that mandatory Americorps trainings could be opened to others but Tammy said that the local orientation would not be held until September.

- Returning to the subject of the CA Endowment report, Susan explained that a Health Policy Cabinet had been established and meeting in keeping with a grant objective to advocate for policies and systems to improve community health. The Cabinet was currently considering a vending machine policy that would extend school content standards to county properties. The machines represent an excellent public education opportunity to promote good nutrition and offer 100%, 75% or 50% of healthy snack choices.

Lori said that Lakeside Clinic ordered and installed a refrigerated vending machine as part of a plan to offer only healthy choices to clinic employees but the closest vendor was too far away to replenish the machine more than weekly and spoilage was such a problem that they ended up abandoning that part of the plan. She also said the employees were very upset about not being able to choose for themselves so the Clinic now has a non-refrigerated machine with healthy and not-so-healthy choices. She added that the baked goods always sell first.

Susan reported that she would also be meeting with restaurants to promote using the leaf in the Eat Fresh, Buy Lake County Grown slogan to identify healthy/locally grown menu choices. Shelly suggested designing a rack card to explain the leaf and program benefits to customers.

- The most difficult CA Endowment grant objective to achieve, Susan continued, is increasing access to recreation by implementing a YMCA-Without-Walls type program at school sites. Jackie explained that HLN had originally anticipated working with the County Parks Department to offer karate, gymnastics, aerobic and yoga instruction in high school gyms but discovered that intramural sports dominate gym use for all but about two weeks of each school year and that the Parks Department has been forced to lay off employees due to the state budget crisis. She added that she had identified a couple of people listed on the Recreation Survey who seemed interested in volunteering to offer tumbling and hiking activities for Cobb Elementary School students but the principal would not be available to discuss those possibilities until the middle of August. Susan added that she was also working with Sutter Lakeside Hospital Wellness Center to extend fitness instruction to school sites for Community Benefit Credit.
- Susan concluded the discussion regarding the current status of CA Endowment objectives by highlighting partner wellness activities at the Lake Family Resource Center, WIC, and Lake County Health Services. In response to her request for suggestions about ways to formally promote these activities, Shelly suggested establishing a STARS award category and nominating several partners. Laurel added that a Healthy Generation grant might be explored to provide a monetary reward to the winner. A Healthy Business news column was also suggested as was developing slides that would be shown at Lakeport Cinema.

Susan reported that Tribal Health hosted two workshops with Dr. Filetti on Tuesday, June 15. The afternoon workshop was designed to introduce information about the adverse affects of violence and resulting coping mechanisms (smoking, alcohol, drugs) to new agency representatives. The morning

workshop was devoted to brainstorming next steps with healthcare providers who have been using his 10-question ACE survey.

The meeting was adjourned at 2 p.m.