

# Colusa County “Wellness Coalition” Meeting Minutes

January 18<sup>th</sup>, 2018  
Morse Conference Room  
Colusa, CA

**Members in Attendance:** **AG**- AAA Snap-ED ; **MB**- SNAP-Ed Early Childhood; **CS** - Nutrition Family & Consumer Sciences & UC Co-Op; **ER** – Health Specialist Children’s Services ; **BD** – Public Health; **GH** – First 5 & Family Action Centers; **JR** – Prevention Services Coordinator; **SK** – Public Health; **AO**- Oral Health; **HA** – Oral Health; **SM** – UC Co-Op with CalFresh Nutrition Ed; **JD** – Colusa Farmers Market; **DG** – CCOE Children Services; **AP**- Public Health; **EA** – MCAH & SNAP-Ed; **KO**- Family Action Centers

## 1. Welcome

## 2. Review – Mission & Vision Statement

- a. Reviewed what a mission is and how it is different from a vision
- b. Reviewed self-interest activity
  - i. 1<sup>st</sup> most popular – Networking/information
  - ii. 2<sup>nd</sup>- Job Requirement
  - iii. 3<sup>rd</sup> – Community Change

## 3. Core Values & Subcommittees

### a. Physical Activity Subcommittee Question

- i. SNAP-Ed and UC Co-Op do some physical activity in their programs
  1. It was suggested that physical activity can be combined with nutrition subcommittee

### b. Subcommittee Focuses:

- i. Smoke-Free Colusa County – Tobacco Education requirement
- ii. Health & Nutrition – CCOE/Children Services requirement
  1. Physical activity included in this subcommittee
- iii. Oral Health – Oral Health Program requirement

## 4. Coalition Branding

### a. Mission & Vision Statement

- i. Mission: Colusa County \_\_\_\_\_ Coalition aims to create an environment for Colusa County residents that prioritizes health.
- ii. Vision : Contact **GH** to get Colusa Grown vision, make appropriate changes with Branding Team and send out to group for approval

### b. Name

- i. Ideas: Colusa County Wellness Coalition, Healthy Colusa County
- ii. Branding Team will meet and decide on a final name

### c. Logo

- i. Branding Team will work on collaborating with tobacco education graphic designers to create a logo based on the name and core values

**d. Branding Team**

- i. Team Members
  - 1. Amanda
  - 2. Santana
  - 3. Dolores
  - 4. Jen/Amy

**5. Partner Sharing**

- a. **JM SNAP-Ed Colusa County:** Harvest of the Month Delivery today (dried apples). Moving forward with retail program, have two stores currently (El Toro Loco in Williams, Las Reinas in Colusa). Starting work with retail stores to improve their CX3 stores. Eat Right classes are continuing.
  - i. **Opportunity for collaboration:** Instructor & proctor for Serve Safe. Will bring to Colusa County. Can do a full day training and proctor an exam. Certificate lasts for 5 years. With the book and training and exam, around \$130 a person.
    - 1. Public Health has at least 3 people. If others interested contact Jen.
- b. **AG Area Agencies on Aging SNAP-Ed –** Working with congregate meal sites to provide them with guidelines/material. Looking to expand the number of congregate meal sites and include senior housing sites.
- c. **MB SNAP-Ed/California Endowment–** Implemented assessments with CCOE sites – looked at nutrition and physical activity practices and used data to suggest improvements and areas of strength. Conducted physical education workshops. Through the California Endowment funding, organizing ENACT day at the Capitol in April.
  - i. **Opportunities for collaboration:**
    - 1. Looking for health-focused opportunities for Chico State Students to help the local community, if know of any local opportunities let Michelle know.
    - 2. Planning to conduct high-school aged youth outreach this summer in August, more to come.
- d. **CS UC Co-Op –** Two current nutrition education programs in the county with 2 educators that cover Colusa as well as 4 other counties. Conduct series based nutrition education lessons with adults and low-resource families (also in Spanish). Bilingual health educator position open on their website.
  - i. **Opportunity for community education:**
    - 1. If there is a need for Spanish speaking lessons or lessons in general (Eat Smart be Active Nutrition Physical Activity & Cooking; 9 lessons), contact Chelsey.
  - ii. **Job Opportunity:**
    - 1. **Community Education Specialists position that is currently open with UC Cooperative Extension.**

<https://jobs.ucop.edu/applicants/jsp/shared/frameset/Frameset.jsp?time=1516465367203>

- e. **ER** Children Services – Conducting education on safe practices to protect against influenza. Doing a puppet show for the pre-school kids; focused on nutrition education with the children. Created a flyer to encourage the children and adults to get a flu shot. Starting physical activity with children in April.
  - i. **Opportunity for community education:**
    - 1. If anyone is interested in a health education puppet show for children, contact Erma.
- f. **EA** MCAH- Community Baby Shower coming up in April or May – date TBA.
- g. **BD** Oral Health/Public Health – Funding approved for Oral Health by the Board of Supervisors. Oral Health is a 5 year funded program. Scope of Work: 1<sup>st</sup> year all about planning/assessment.
  - i. **GH** First 5 & Family Action Centers – Received Prop 10 tax dollars and other funding to invest back into the community. Serving 3,500 local children annually. Signed an agreement to become a “Help Me Grow” – provides access to families in the community for early intervention stages. Launching a pilot program soon; staff is getting certified to become an ASQ trainer. Also provides access for early childhood educators in the county to receive training to increase school outcomes & readiness.
- h. **Opportunities for community outreach:**
  - i. First 5 is a CalFresh Outreach & Enrollment Center for families– trying to increase numbers.
  - i. **KO** Family Action Centers (Williams & Arbuckle) – Helps with CalFresh assistance applications; provides location for Eat Right classes; growing start play groups; see what the parents’ needs are and help them with healthy access for the children; family farmers market on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday for local families; USDA food distribution.
  - j. **JR** TUPE/Prevention Services- New prevention services coordinator; doing SWAT in Maxwell & Grimes and Tobacco Use Prevention & Education.
  - k. **AP** Tobacco Education – Upcoming surveys for the schools on tobacco, marijuana, and e-cigarettes; key informant interviews with decision makers on flavored tobacco products; public opinion poll for apartment complex residents (gift card incentive).
  - l. **SK** Tobacco Ed Community Engagement – North State Youth Advocacy Summit February 24<sup>th</sup> for high school aged youth interested in learning about advocacy
    - i. MB identified this summit a possible collaboration opportunity in the future for SNAP-Ed & Tobacco Education
- m. **AO** Oral Health- New program but will focus on: educating about Oral Health; about dental disease prevention; linking community to treatment if needed; and overall trying to improve the oral health within this community.

- n. **HA Oral Health** – Will be starting soon in the Oral Health Program; currently helps conducts car seat classes, senior nutrition, and Snap-Ed.
- o. **SM UC Co-Op** – Nutrition Education at Arbuckle Elementary, Williams Upper & Lower, and Grand Island. A lot of the teachers there are enrolled in “no-prep” nutrition education packets; provide monthly tastings to help the lessons.
  - i. **Opportunity for collaboration:** Looking to share CalFresh resources.
  - ii. Job Opportunity: Bilingual Nutrition Educator needed for this county. Have extended deadline twice because of limited number of applicants.
- p. **JD Farmers Market**- Farmers market is now EBT certified and will be applying for the market match program at the farmers market. Hoping to accept WIC checks at the farmers market.
  - i. **Opportunities for collaboration:**
    1. Any programs welcome to come to the farmers market and raise public awareness. June-September every Thursday from 4-7 p.m.
    2. Looking to provide healthy snacks throughout summer for children around 2:00 p.m. – if anyone has any resources to help with this please contact Jennifer.
- q. **DG CCOE/Children Services**-- Implementing new meal patterns that have changed for the first time since the 1960’s. Training all 50 of the daycare home provider and encountering some resistance with limitations on new patterns. Have a full year to implement this program. Also encountering challenges with getting dental services that accept MediCal
  - i. **Opportunity for collaboration:** Excited to collaborate with Oral Health and get services to children.

## 6. Closing & Next Steps

- a. When subcommittees are formed, hold general with an opportunity to break into subcommittees, work on objectives, and provide end-of-meeting updates/partner sharing
- b. Meetings will now be held over lunch; Oral Health will provide lunch 😊
- c. Send out future meeting invitations through Outlook
- d. Chair = Ginger (Informed us that First 5 is ONLY Prop 10 funded so she can remain as chair)
- e. Co-Chair = Jen Murphy
- f. **Branding team meeting**
  - i. February Meeting
    1. February 8<sup>th</sup>, 10:00 a.m.
      - Place TBD – See if CCOE Conference Room available through DG
    2. Objectives: Ideas
- g. **Next meeting:**
  - i. Thursday March 15th 12:00 – 2:00

**Action Items: Research your program requirements for this group and at the next meeting let us know how we can help better meet your needs as a county-wide health/wellness coalition**