



CHILDHOOD OBESITY PREVENTION TASK FORCE

EAT SMART GET MOVING



CHILDHOOD OBESITY PREVENTION TASKFORCE (COPTF) MEETING MINUTES January 21, 2015, 5:30 P.M. – 7:00 P.M. SAN PABLO COMMUNITY CENTER

PRESENT

Lucy Alfaro (Co-Chair) - Parent, West County Regional Group, First Five
Saidy Brizuela- Treasurer, San Pablo Youth Commission
Greg Dwyer - Community Services Manager, City of San Pablo
Astrid Flores- Chair, San Pablo Youth Commission
Jose Luis Larios- Whole Foods
Paul Morris- Mayor, City of San Pablo
Elizabeth Pabon- Resident, San Pablo
Tony Ramirez (Chair) - Teacher, Dover Elementary School
Gaby Rivas- Community Liaison, First Five Contra Costa
Bertha Romo– Youth Services Program Coordinator, City of San Pablo
Gino Salcedo- Planning Intern, City of San Pablo
Jan Schilling- Executive Director, Weigh of Life
Emily Warming- Program Manager, Healthy and Active Before Five
Adriana Vazquez- Parent, West County Regional Group

WELCOME AND INTRODUCTIONS

Meeting was called to order at 5:36 p.m. by Mrs. Lucy Alfaro. She welcomed everyone and members individually introduced themselves.

PUBLIC COMMENT

No public comment.

APPROVAL OF THE MINUTES

Consensus to accept 12/10/13 minutes as read.

PRESENTATION ON SAN PABLO 2014 YEAR-END SURVEY

Dr. Gary Manross presented the results of the Year-end survey. It was noted that the public safety issue on the closure of Doctor's Medical Hospital was addressed. At the same time, however, the momentum on childhood obesity as an important issue declined. Several hypotheses were shared: a) with the public safety crisis the focus shifted away from childhood obesity, b) between 2011 and 2014 there was little publicity on childhood obesity and the COPTF's efforts. Dr. Manross recommended that the Task Force continue to move forward in offering health and physical activity programs. As programs are marketed and implemented, the COPTF will communicate, through action, that the issue is still important and obesity prevention will begin to regain momentum.

SUBCOMMITTEE RECOMMENDATIONS AND DISCUSSION ON \$50,000 FUNDING ALLOCATION

Mr. Tony Ramirez, Mr. Greg Dwyer, and Miss Bertha Romo presented a Power Point on the subcommittee's recommendations for funding. Since the last COPTF meeting, the subcommittee met to continue to develop the categories and criteria for funding. Below is a summary of each item:

1. Improving park maintenance: Mr. Dwyer confirmed that the City Manager approved a 10% allocation to park improvements. The \$5,000 allocation will provide improvements not covered under the capital improvements budget and not covered by regular maintenance provided by Public Works.

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2. Swimming classes: \$10,000 allocation to provide classes in partnership with Contra Costa College for children 6 years and up since First Five currently offers reduced cost classes for ages 0-5 years old. Classes may include diving, water polo, and other water sports and activities. Swimming activities are also offered through Recreation summer programs and an option is to subsidize summer program costs.
 3. Programming in the park: \$17,500 allocation to provide *programming* at the park, not just Zumba. The subcommittee recommended expanding the category to include other physical activity programs, especially those which the City already has instructors for: Karate, Capoeira, Line Dance, Zumba, and Hip Hop. The City can begin offering these programs through existing contracts and also enter into new contracts.
 4. Cooking/ nutrition classes: \$5,000 allocation to provide nutrition classes for children, youth and families. Two different proposals were presented and the subcommittee will discuss next steps at the following meeting.
 5. Running Program: \$7,500 allocation for a *running* program. The category was revised to reflect “running” instead of “track”. Track is being offered at some schools and may not appeal to youth as much as a running group that trains youth to participate in a 5K race or marathon. Participant’s entry fee for a local race can be paid through this program.

The subcommittee will meet again before the next COPTF meeting and present additional information and recommendations to continue moving forward. Members commented on the importance of maintaining the integrity of the COPTF by developing a process that is open and transparent. The topic will be discussed in further detail at the subcommittee meeting.

UPCOMING AGENDA ITEMS

The next COPTF meeting will be held in February. Members discussed items for future meetings:

- Safe Routes to School
- City of San Pablo Park Assessment Workshop on 1/31/15 from 9-1pm at Davis Park.
- Roles and responsibilities of COPTF members
- Membership renewal

MEETING ADJOURNED

Meeting was adjourned at 7:06pm.