

# CHILDHOOD OBESITY PREVENTION TASK FORCE

## EAT SMART GET MOVING



### CHILDHOOD OBESITY PREVENTION TASKFORCE (COPTF) MEETING MINUTES JULY 29, 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

Gwen Buchanan – San Pablo Resident

Flor Castro – Parent, West County Regional Group, First Five

Patrice Chamberlain- Director, CA Summer Meal Coalition

Jennifer Chong – Recreation Coordinator, City of San Pablo

Greg Dwyer - Community Services Manager, City of San Pablo

Tomasa Espinoza - Parent, West County Regional Group, First Five

Petronila Fernandes - Parent, West County Regional Group, First Five

Soledad Garcia - Parent, West County Regional Group, First Five

Rhea Laughlin- Community Engagement Program Officer, First Five Contra Costa

Melody Ocampo- Recreation Supervisor, City of San Pablo

Elizabeth Pabon- San Pablo Resident

Tony Ramirez (Chair) - Teacher, Dover Elementary School

Coire Reilly – Community Wellness & Prevention Program Manager, Contra Costa Health Services

Gabi Rivas-Community Liaison, First Five Contra Costa

Bertha Romo– Youth Services Program Coordinator, City of San Pablo

Jan Schilling- Former Executive Director, Weigh of Life

Rod Simpson- Assistant Planner, City of San Pablo

Sophia Talbot – Nutritionist, Community Services Bureau

Adriana Vazquez- Parent, West County Regional Group

Karel Villalobos - Parent, West County Regional Group

Pernala Lyan – Executive Director, Weigh of Life

Andrea Mendez – Recreation Coordinator, City of San Pablo

#### WELCOME AND INTRODUCTIONS

Meeting was called to order at 5:45 p.m. Individuals introduced themselves. A modification to the agenda was proposed and passed. Item 3 was moved before Item 2.

#### PUBLIC COMMENT

No public comment.

#### APPROVAL OF THE MINUTES

Consensus to approve 4/22/15 minutes.

#### SAFE ROUTES TO SCHOOL PRESENTATION

Coire Reilly presented on Contra Costa Safe Routes to School program implementation in San Pablo. He prepared a PowerPoint that reported on the activities at each school. The various activities included walking school buses, campus contests, assemblies, bike rodeos, classroom presentations and walk and roll events. Members received a packet of activity information and engaged in Q & A.

## REPORT ON COPTF PROGRAM OUTCOMES

Melody Ocampo, Jennifer Chong and Andrea Mendez presented the following update to the Task Force:

a) Funding Distribution and Balance: The funding distribution that the COPTF approved was the following: Programming in the Park- \$17,500, Swimming Classes- \$10,000, Marketing- \$5,000, Park Improvements- \$5,000, Running Program- \$7,500 and Cooking/Nutrition Classes- \$5,000. 97% of the funds were spent.

b) Programs and Enrollment: The programs that were offered were Running Program at Davis Park, Family Cooking Classes, Swimming Classes, Diving, Water Polo, Gardening for Kids, Fitness Unlimited, Basketball, Soccer, Track and Field, Zumba Kids, Zumba Kids Junior, and Zumba Teens. The ages served ranged from 3-18 years old and parents. The duplicated number served was 1,567. COPTF members requested an unduplicated number to be presented at the next meeting.

c) Evaluation Results: 78 participants submitted surveys. The evaluation results were positive, most participants responded strongly agree and agree to the following questions:

- The instructor made participants feel welcomed.
- The instructor was prepared.
- I was satisfied with this program.
- I would recommend this program with others.
- This class has increased my child's/family's interest in healthy activities.

COPTF members reflected on the number of surveys collected and recommended that the survey results be synthesized to facilitate sharing with others.

## NEXT STEPS FOR THE TASK FORCE

Members discussed potential next steps for the Task Force. The following ideas were shared:

- Develop working groups on topics such as:
  - Funding (revisit Sugar Sweetened Beverage Tax)
  - Policy (revisit San Pablo's Health Element)
  - Environment (San Pablo Parks)
  - Programming
  - Reporting on the 50K Program
- Work with WCCUSD's Health and Wellness Committee
- Provide school-based programming
- Promote the Farmer's Market
- Revisit the Community Action Plan to inform next steps

The discussion will be continued during the next COPTF meeting.

## ANNOUNCEMENTS/ UPCOMING AGENDA ITEMS

Members discussed items for future meetings:

- West County Regional Group Presentation
- Presentation from Berkeley on Soda tax
- Presentation from Dr. Manross
- Roles and responsibilities of COPTF members
- Membership renewal

## MEETING ADJOURNED

Meeting was adjourned at 7:11pm. The next meeting will be held in September.