

CHILDHOOD OBESITY PREVENTION TASK FORCE

EAT SMART GET MOVING



CHILDHOOD OBESITY PREVENTION TASKFORCE (COPTF) MEETING MINUTES April 27, 2016, 5:30 P.M. – 7:00 P.M. SAN PABLO COMMUNITY CENTER

PRESENT

- ✓ **Lucy Alfaro (Co-Chair) - Parent, West County Regional Group, First Five**
- ✓ **Flor Castro – Parent, West County Regional Group, First Five**
- ✓ Genoveva Calloway- Councilmember, San Pablo
- Mariela Cuellar - Parent, West County Regional Group, First Five**
- ✓ 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**
- ✓ Astrid Flores- Administration Intern, City of San Pablo
- ✓ **Soledad Garcia - Parent, West County Regional Group, First Five**
- ✓ **Rhea Laughlin – Community Engagement Program Officer, First Five Contra Costa**
- ✓ **Leydi Maldonado – Parent, West County Regional Group, First Five**
- ✓ **Tashaka Merriweather – Coordinator, West Contra Costa Unified School District**
- Elizabeth Pabon- San Pablo Resident**
- Lynn Pernala – Executive Director, Weigh of Life**
- Eric Peterson – Area Director, Contra Costa Care Council**
- ✓ **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**
- ✓ **Monique Sims – Program Manager, Contra Costa Health Services, WIC Programs**
- Adriana Vasquez – Parent, West County Regional Group, First Five**
- ✓ **Emily Warming – Director, Healthy and Active Before 5**
- ✓ **Gwendolyn White – Health Educator, Contra Costa Health Services**

Total Membership: 20
Quorum: 11
Members Present: 15

WELCOME AND INTRODUCTIONS

Meeting was called to order at 5:40 p.m.
There was two announcements.

PUBLIC COMMENT

No public comment.

APPROVAL OF THE MINUTES

2/24/16 minutes were approved. Motion by G.Calloway, Second by L. Alfaro.

PRESENTATION & DISCUSSION ON COUNTY HEALTHY STATISTICS

Abigail Kroch the director of the Contra Costa Health Services from the Epidemiology Department gave a power point report about measuring obesity in San Pablo. Abigail's focus was around the percentage of obese children and the scale over time. The first slide explained the overall view of obesity in the State. The overview of how much obesity is costing the state, residents are paying 41% more in health related issues, more than any other state, due to obesity. San Pablo has the highest obesity rate in Contra Costa County, the slides explained the specifics of serious side effects to obesity which include cancer, heart disease, strokes and other complications. The data used to form this presentation was pulled from Contra Costa County, WIC, phone surveys and San Pablo research. What role can the schools and the county take on to work together and to use the data of physical education exams.

PROPOSED PRESENTATION TO CITY COUNCIL

There was a motion to switch the item with Presentation & Discussion on county health statistics, motion passed. COPTF will be presenting on May 2 to city council about the allocation of 50,000 dollars. The presentation was condensed to 15 minutes, Tony was going to begin off by giving an overview of the action plan. The presentation gave an overview of the 10 dollar classes that were offered through recreation. The classes were both physical and educational around health. Survey results and quotes are presented, many residents share their experience and how excellent they were. To wrap up the presentation Greg introduced new parks spaces that would be a great fit for neighborhoods with less access to park space. The group decided to make a plan that seeks long term and short term goals for the potential park spaces. One of the members introduced the idea of the possibility to create various programming and park space for children that have disabilities.

SUBCOMMITTEE REPORTS & MEMBERSHIP

Active Living- The update given was based on the meeting held on April 6th, 2016. The topics discussed were:

- Creating more green space in San Pablo.
- Reviewing the efforts within the City of San Pablo and making improvements and how new parks could be created.
- 5 sites could be potential park locations.
- Adding new members to the list

Next meeting is on May 25th, 2016

Funding and Sustainability- The update provided based on the last meeting, held on April 14th, 2016.

- Overall purpose and exploring the funding sources that the other committees are looking at.
- Including grants, resources and other.
- Continue to educate through Sugar Bites, First Five and existing beverage campaigns.
- Had a dialogue and see where all the members are standing
- Trying to look into why Kaiser has not funded San Pablo.

Motion was made to generously request \$100,000 to City Council to help serve programs in San Pablo, motion past.

Next meeting is on May 19th, 2016

Health Eating- No report.

Next Meeting will be held May 12, 2016

ANNOUNCEMENTS/ UPCOMING AGENDA ITEMS

- a. Presentation on potential funding sources

MEETING ADJOURNED

Meeting was adjourned at 7:08pm. The next meeting will be held on June 22th, 2016.