



San Diego County Childhood Obesity Initiative Faith Advisory Council 2.23.09 Meeting Minutes

*****Action items** are listed in red.

I. Attendees:

- Bonnie Sanchez- Westminster Presbyterian Church
- Dr. Gloria Sotelo- Network for a Healthy California
- Elder Morris Woods- Friendly Church of God in Christ
- Donna Pitt- Gateway Community Church
- Nancy Enlow- Gateway Community Church
- Melvin Thomas- Ranchland
- Kay Stuckhardt- Gateway Community Church
- Kim Hinrichs- First United Methodist Church of Escondido
- Betty Rosen- Poinsettia Mobile Home Park
- Lily Fife- The Church of Jesus Christ of Latter Day Saints
- JuliAnna Arnett- San Diego County Childhood Obesity Initiative

II. Updates

Several of the attendees reported on activities their faith communities are doing to promote nutrition and physical activity in the faith community.

- **Westminster Presbyterian Church-** Bonnie reported that the church offers healthy snacks and place the recipe card next to the snack or food option. They also try to offer a healthy option in addition to cake and donuts at church. Healthy recipes are also included in their newsletter.
- **First United Methodist Church of Escondido-** Kim oversees their children's ministry and continues to incorporate healthy living and activities into the ministry. The church continues to work on healthy food alternatives.
- **Ranchland-** Melvin stated that the congregation at the church is concerned and dedicated to the health of the children at the church. Tri-City Hospital is hosting an African-American celebration event with Hope Smith as the speaker. **Melvin will send JuliAnna the flyer to send to the group.**
- **Gateway Community Church-** Nancy reported that the church's snack stand Café Gateway is now offering fresh fruit smoothies, fiber one bars, breakfast burritos, and gogurts. These items are selling well, particularly



the smoothies in the warmer months. Gateway's women's ministry is hosting a cooking party focused on healthy recipes and "Living Well" ladies night out. The icebreaker will be a recipe scramble where the women will have to connect with the people that have the associated recipe or ingredients to their respective recipe or ingredient. **Kim suggested including the book *Eat this, Not that.* in the ministries raffle-basket give-away at the event.**

- **The Church of Jesus Christ of Latter Day Saints-** Lily has given the literature from the Faith Advisory Council to her church leaders. The church plans to start a wellness program that focuses on both nutrition and physical activity.

III. Presentation: Network for a Healthy CA Fruits, Vegetables, and Physical Activity Toolbox for Community Educators (Dr. Gloria Sotelo)

Dr. Gloria Sotelo presented on the toolbox which is targeted towards African American and Latino food stamp eligible populations, ages 18- 54. The toolbox includes 14 lessons on nutrition and physical activity and one on community empowerment. The toolbox includes resources like nutrition and physical activity playing cards, a poster, fresh produce buying guide, and wellness booklets. At trainings and community events, the Network often provides participants goody bags. These bags can be targeted specifically towards African American or Latino populations and include cookbooks and fresh fruit and vegetable information cards. **Gloria will give JuliAnna copies of the Latino, African American, general, and Children's PowerPlay! Cookbook.** In order to be eligible for a toolbox train-the-trainer session, which takes 1 hour for a single person and 2 ½ hours for group training, organizations must reside in or serve neighborhoods with 50% or more of population low-income, African American, or Latino. Contact Dr. Gloria Sotelo or JuliAnna Arnett if interested in hosting a train-the-trainer session or a hard copy of the toolbox. The toolbox is available online at: <http://www.network-toolbox.net/en/index.asp>. **Gloria will provide JuliAnna with a one pager on the toolkit to disseminate to the group and an electronic copy of the toolkit to send out to the council.**

IV. Review of Wellness Policy Resources and Discussion

JuliAnna passed out copies of the wellness policy, tip sheet and PowerPoint revised for Christian faith communities. **JuliAnna will work with others at the table to make these resources specific to their faith community, where applicable.**

ICANSANDIEGO, a diabetes and obesity prevention campaign uniting the many agencies throughout the county working on diabetes and obesity to share resources through a streamlined approach, will be launching a faith toolkit the second week of March. **As soon as**



the toolkit is available, **JuliAnna** will promote this to the Faith Advisory Council. The toolkit is slotted to include:

- Campaign overview
- faith-based wellness policy template
- wellness policy implementation tip sheet
- faith-based wellness policy power point presentation
- healthy breakfast alternatives sheet
- how to order farm fresh produce for faith communities
- local resource sheet
- faith-based wellness toolkit
- misc.

The resources will be available online and by print.

The program will allow faith communities to sign-up as a community to access the toolkit including resources and discounts at local businesses (e.g. YMCA, healthy caterers). A coordinator will be assigned within each faith community to help deliver the program. Individual participants will receive weekly email communications with healthy recipes, physical activity ideas, links to resources, and healthy living tips. Individuals are also able to set and track individual wellness goals.

V. Miscellaneous

JuliAnna will post the wellness policy templates on both the COI web site and on www.icansandiego.org.

It was decided that the council could help support wellness activities in their own faith community and others involved in the council by sharing resources. **JuliAnna** requested that everyone send her any write-ups they have on the programs or activities they have implemented in their faith community related to wellness, such as the recipe scramble.

VI. Next Meeting

JuliAnna will work with the group to coordinate the next meeting time for late March in conjunction with the release of the ICANSANDIEGO toolkit. The council suggested the third or fourth Tuesday of March.