



## **SOUTH BAY FAITH ADVISORY COUNCIL MEETING**

### **November 4, 2009**

#### **Attendees**

Mariaelena Aguilar, Elva Arredondo, Amy Barras, Carla Blackmar, Stephanie Escobar, Jolene Espinosa, Sarah Fredrickson, Aramita Garcia, Jose LaMont Jones, Deacon Marcarito B. Lozoya, Sister Mary Paz Mejia, Gabriela Meza, Kristin Muller, Lucy Olivas, Elizabeth Pastrana, Norma Quintero, Irma Rodriguez, Lorenzo Rodriguez, Florina Romeero, Erica Salcuni, Kay Stuckhardt, Father Pat Thompson, Marcela Vargas, Dr. Nick Yphantides

#### **Guests**

*Kay Stuckhardt*, MPH, San Diego County Childhood Obesity Initiative

*Pastor Lorenzo Rodriguez*, Fruto De la Vid

*Elva Arredondo*, PhD, SDSU Research Foundation

*Nick Yphantides*, MD, MPH, San Diego County Childhood Obesity Initiative and Author

#### **Welcome and Introductions**

(Kay Stuckhardt, MPH, Pastor Lorenzo Rodriguez)

- Kay welcomed the group to the meeting and Pastor Lorenzo Rodriguez opened with prayer.

#### **Overview of *Cambios Con Fe***

(Elva Arredondo, PhD)

The *Cambios Con Fe* project's goal is to improve the health of the congregation and surrounding community by creating a healthier environment inside the church and in the surrounding neighborhood and to provide more opportunities for healthy eating and physical activity. Oftentimes, the most long lasting change is one that is made to the physical environment like improving a park. Churches play an important role in the spiritual and physical health of their congregation. Churches can make a difference by empowering people of faith to be passionate and effective leaders for creating healthier communities.

#### **Faith and Health- the Connection**

(Nick Yphantides, MD, MPH)

- Dr. Nick Yphantides motivated and engaged the group with his discussion about the relationship between faith and health. He talked about stewardship of the mind, body and spirit and how faith plays an integral role in shaping individuals beliefs, character and lifestyle. He gave a brief overview of the epidemic and the impact it has on children in Chula Vista. He also discussed the importance of faith communities working together towards a common goal and how the San Diego County Childhood Obesity Initiative is involved.

#### **San Diego County Childhood Obesity Initiative and Faith Advisory Council**

(Kay Stuckhardt, MPH)

- Kay Stuckhardt briefly talked about the San Diego County Childhood Obesity Initiative and the importance of Faith Advisory Councils. She explained the different domains of COI and the goal of the South Bay Faith Advisory Council. Faith Advisory Councils bring together faith leaders to

create solutions to childhood obesity and are able to network and discover partnership opportunities.

### **How Faith Communities Can Get Involved**

- Attendees broke into two small groups and discussed what their churches can do to address childhood obesity and one change in their community environment they would like to see.
- Norma Quintero from St. Rose of Lima Parish said she would like to see more nutrition education at her church. They have started to make small changes. Norma has had children at the church play games to “rebuild the food pyramid.” Children learn about the food pyramid and portion sizes. She has them set small goals for themselves throughout the week. Children receive tickets for playing the game and are able to exchange the tickets for a healthier snack alternative, such as water.
- Gabriela Meza from Our Lady of Guadalupe Parish said she would also like to see more nutrition education for the youth at her church.
- Changes the whole group said they would like to see in their community include; removal of graffiti, more lighting on streets, less trash, alternative resources and shelters for homeless.
- Jolene Espinosa and Jose Jones from Chula Vista Presbyterian Church said they would like to see their bus stop located on L Street and Hilltop cleaned up. They would like to see the bus stop bench replaced and more shade provided.
- Sister Mary Paz expressed her concern about the park located at Most Precious Blood Church. Many families feel unsafe and do not allow their children to play at the park. The park does not have a fence and she would like to see alternative shelters for homeless.

### **Close and Evaluation**

- Kay Stuckhardt and Elva Arredondo thanked the group for attending the meeting.
- Kay asked the group to complete a short evaluation about the Faith Advisory Council meeting.

Next meeting to be held in February 2010, location and date TBD