

Healthy Sacramento Coalition
Policy Workgroup
December 12, 2012
Meeting Summary

Attendees Present: Kimberly Bankston-Lee, Kelly Bennett-Wofford, Kendra Bridges, Sharon Chandler, Richard Dana, Myline Divina, Mary Helen Doherty, Teri Duarte, Monica Hernandez, Jerry Jeffe, Dian Kiser, Carolyn Martin, Juanita Ontiveros, Tina Roberts, Judy Robinson, Eileen Speaker, Norma Springsteen, Christine Tien, Glennah Trochet, Stephanie Yang, Kristine Wallach, Dana Fields-Johnson, Caitlin Henderson, Robert Lee Grant, Debbie Oto-Kent, David Douglas, Roy Behr, Fatima Malik, Robert Phillips

1. Review and Approve the meeting minutes from November 14, 2012

The minutes of the November 14, 2012, meeting were unanimously approved without changes.

2. Finalize Tobacco-Free Living Policy Recommendations

Robert Phillips announced that the Healthy Sacramento Coalition accepted the three recommendations regarding Tobacco-Free Living, however, the third policy, culturally and age-sensitive tobacco cessation and prevention services to change social norms in the 15 zip codes of interest to the coalition, will need to be revisited with more specific recommendations attached.

It was agreed that the next meeting scheduled for January 9, 2013, will focus on finishing work from today's meeting as well as on focusing on refining and narrowing down the recommendations for social norm change in the 15 target zip codes. The group agreed that it will be a ruling principle that all services and policies recommended and implemented by the coalition will be culturally sensitive, so it will be unnecessary to say this each time.

3. Background Information on policy work regarding Healthy Eating and Active Living

Teri Duarte gave background information on complete streets and how this can improve physical activity including biking and walking.

Debbie Otto-Kent reviewed the Institute of Medicine recommendations regarding obesity including five solutions for changing our communities:

- a. Integrate Physical Activity Every Day in Every Way
- b. Market What Matters for a Healthy Life
- c. Activate Employers and Healthcare Professionals
- d. Strengthen Schools as the Heart of Health
- e. Make Healthy Foods Available Everywhere

She pointed out that although 95814 has the most farmers' markets, it also has the highest obesity rate of the 15 zip codes of interest.

4. Policy Recommendations

Debbie Otto-Kent and Dana Fields-Johnson recommended strategies related to:

1. Decreasing consumption of sugar-sweetened beverages, and
2. Increasing access to healthy food

Teri Duarte recommended:

1. Ensuring that when streets are resurfaced, bike lanes and crosswalks are included in the repainting.
2. Finding or allocating resources so that all road work includes all the elements of complete streets (sidewalks, bike lanes, pedestrian islands, crosswalks, etc.) This could be done building on the Safe Routes to School program.

Judy Robinson recommended working with the medical community to implement:

1. Park Prescriptions

5. Discussion and Selection of Policies to Recommend to the Healthy

Sacramento Coalition. The group had a robust discussion with the following themes:

1. There was a desire to work with schools and use them as a focus for change.
2. There was great interest in encouraging home, school and community gardens, including in multi-unit housing, with relaxation of regulations and fees to allow for farm stands. It was pointed out that Sacramento is the "Farm to Fork" capital of the nation and that we need to build on our agricultural roots.
3. A lot is already being done at the state level around decreasing consumption of sugar-sweetened beverages and we should concentrate more on access to healthy food and changing social norms around this.
4. The healthy food needs to be available where people are already present, such as corner stores, fast food, etc. Pricing and placing of food is important. An educational campaign regarding the preparation, storage and consumption of healthy foods needs to accompany policy changes.
5. The faith community needs to be included in our solutions.

The consensus was that we should recommend to the Healthy Sacramento Coalition that they adopt the policies regarding complete streets, including the better painting of bike lanes and crosswalks when resurfacing streets, as well as the allocation of resources for complete streets when new roadwork is done. The discussion on access to healthy food will be continued to the January 9, 2013, meeting when specific policies will be chosen for recommendation.

Further discussion on Park Prescriptions was also postponed to January 9, 2013.

6. Meeting Evaluation

Kelly Bennett-Wofford led the group in an evaluation of the meeting. The group appreciated Glennah Trochet and Fatima Malik's efforts. They felt that the presentations and handouts were great and timely. There was good sharing and tap water was available. They felt that the topic was too big for the time allotted for discussion, so there was not sufficient time for the discussion and wanted more specific examples of policies that worked. Some also felt that there were too many options offered.

7. Next meeting of the Policy Workgroup:

January 9, 2013, 2:30 p.m. to 4:30 p.m.

Meeting Location: Sierra Health Foundation

Agenda items: Finish discussion of access to healthy food and park prescription with a decision on policy recommendations.

Specify strategies for social norm change to increase tobacco-free living in the 15 target zip codes.

The presenters for both the Tobacco-Free Living and the Healthy Eating and Active Living Strategic Focus Areas agreed to be present and offer their expertise to the group.