

# Sacramento County Nutrition Action Plan (CNAP) Collaborative Meeting Minutes

July 25, 2013

Sacramento County Building – Conference Room 1  
9616 Micron Avenue, Suite 900, Sacramento CA 95827

## Participants

Bernardette Behar	Court Appointed Special Advocate Program, Inc.
Cynthia Achermann	Community Resource Project, Inc.
Erika Ledbetter	Sacramento Food Bank and Family Services
Erica Lee	Health Education Council
Jake Pry	Sacramento County Public Health
Karen Strach	Sacramento County Public Health
Monica Martin	Sacramento County Public Health
Neela Satyanarayan	Sacramento County Public Health
Pedro Reyes	Sacramento Native American Health Center
Rhonda Patterson	City of Sacramento START Program
Trish Kearny	Sacramento County WIC/Public Health

## I. Welcome and introductions

Karen Strach provided participants with a recap of the last meeting and reviewed the timeline for the development of the group's collaboration plan.

## II. Organization spotlight presentation

In April 2013, the Sacramento Native American Health Center, Inc. was awarded a REACH (Racial and Ethnic Approaches to Community Health) grant from the Centers for Disease Control and Prevention and the Centers for American Indian and Alaska Native Health within the Colorado School of Public Health. The goal of the REACH program is to decrease diabetes and cardiovascular disease among urban American Indian and Alaska Native people living in the Greater Sacramento area. The program will implement policy, systems, and environmental change strategies to improve nutrition, increase physical activity, and reduce obesity.

For more information about the Sacramento Native American Health Center's REACH grant, please contact Pedro Reyes, REACH assistant, 916-341-0576 ext.2213 or Cathy Carmichael, REACH Coordinator, 916-341-0576 ext.2227.

## III. Communication plan update

Karen Strach provided participants with an update on the status of the group's four communication plan activities.

### a. Once the CNAP plan is developed, hold quarterly in-person meetings

- Karen shared results from Sacramento CNAP Collaborative's communication and collaboration feedback survey related to future in-person meetings. Those results included:

#### i. Proposed meeting dates

- The majority of respondents (52.0%) preferred to have quarterly meetings during the following months – January, April, July, and October.

#### ii. Meeting location

- The majority of respondents (52.0%) preferred to have meetings in a consistent location. Only a small percentage of participants (8.0%) indicated that they would prefer rotating locations.

#### iii. Meeting topics to be addressed

- The four most popular meeting topics that participants would like to see addressed were:

- a. Engaging partners from other sectors – 84.0% of participants were interested in this topic.
  - b. Nutrition/physical activity successes and challenges in school/after school settings – 72.0% of participants were interested in this topic.
  - c. Successes and challenges around food access issues – 68.0% of participants were interested in this topic.
  - d. Nutrition/physical activity successes and challenges with children 0-5 – 60.0% of participants were interested in this topic.
- b. Create and maintain a CNAP web presence
- Sacramento CNAP Collaborative has launched its website - <http://sacramentocnap.weebly.com>.
  - The new site serves as a resource and online forum for nutrition and physical activity programs within Sacramento County. Check out this website for:
    - i. Information about the Sacramento CNAP Collaborative
    - ii. A calendar of nutrition and physical activity events in Sacramento County
    - iii. An online forum for agencies to share ideas and resources
    - iv. *Coming Soon* - A topic-based directory of nutrition and physical activity programs and resources
- c. Create and maintain a comprehensive directory of nutrition and physical activity programs serving Sacramento County residents.
- Sacramento County’s SNAP-Ed program will develop an assessment to gather information from organizations known to provide nutrition and physical activity services and resources in Sacramento County.
  - Information from this assessment will be used to develop a topic-based directory of nutrition and physical activity programs. This directory will be housed on the Sacramento CNAP Collaborative’s website.
- d. Create and maintain a shared calendar of events
- The Sacramento CNAP Collaborative’s new website contains a calendar of nutrition and physical activity events within Sacramento County <http://sacramentocnap.weebly.com>.
  - To add upcoming classes, meetings, or events to the calendar please contact Karen Strach at [strachk@saccounty.net](mailto:strachk@saccounty.net).

#### IV. Collaboration plan discussion

Participants confirmed the top five collaboration priorities that were identified from the Sacramento CNAP communication and collaboration feedback survey. Further prioritization and planning for collaboration activities will occur when the group discusses how to increase participation in local food and nutrition services among programs serving Sacramento County residents. This discussion will take place at the Collaborative’s September meeting.

##### Top five CNAP collaboration priorities

- a. **Community education** - Collaborate on developing and delivering classes across programs (e.g., gardening/nutrition classes).
- b. **Resource sharing** - Identify the strengths and needs of agencies and pair up agency needs with local resources.
- c. **Funding opportunities** - Collaborate on future funding opportunities to address gaps in services
- d. **Community outreach** - Bring agencies together to provide education/services at existing program sites (e.g., Sacramento Food Bank’s food distributions).
- e. **Market programs to the community** - Work together to raise awareness of local nutrition and physical activity programs/services among community members.

## V. Messaging brainstorming discussion

Karen Strach shared results from survey questions related to messaging that were included in the online registration of a previous Sacramento CNAP Collaborative meeting. These results showed that the most common resource used by respondents was MyPlate. Results also showed that the three most common topics address in outreach and education efforts were fruits and vegetables, healthy beverages, and physical activity breaks. Below is a complete summary of the results that were shared.

- Nutrition and physical activity resources used by respondents
  - MyPlate (87.5% of respondents)
  - 2010 Dietary Guidelines for Americans (56.3% of respondents)
  - 2008 Physical Activity Guidelines for Americans (43.8% of respondents)
  - Other (12.5% of respondents)
- Nutrition and physical activity topics addressed in outreach and education efforts
  - Fruits and vegetables (82.4% of respondents)
  - Healthy beverages (82.4% of respondents)
  - Physical activity breaks (82.4% of respondents)
  - Local food and nutrition services (76.5% of respondents)
  - Whole grains (70.6% of respondents)
  - Physical activity resources (64.7% of respondents)
  - Nutrients to reduce – e.g., fat, cholesterol, sodium, and sugar (58.8% of respondents)
  - Other (11.8% of respondents)

The group then brainstormed ideas for how the Sacramento CNAP Collaborative could coordinate nutrition and physical activity messages among participating programs. An online survey will be sent out to the group to get additional feedback on our messaging discussion. Below is a summary of the group's discussion results.

- **Restrictions on nutrition/physical activity messages that participating programs are able to use.**
  - No disparaging brands
  - Programs either need or prefer to use research-based curriculum
  - Programs funded by state or national government must use materials that are approved by their funder. These materials tend to focus around messages found in the 2010 Dietary Guidelines for Americans and MyPlate.
  - Programs working in schools need to get district approval of their materials
- **How participants would like to see nutrition and physical activity messages coordinated over the next three years.**
  - Would like to see programs use consistent data related to obesity rates, dietary behaviors, physical activity rates, etc.
  - Would like to see programs use the same baseline facts when educating community members (such as using key messages from MyPlate and the 2008 Physical Activity Guidelines for Americans).
  - Would like to see a unified campaign around a set of common messages
  - Would like to coordinate messaging with a tagline or logo
  - Would like to see consistent wellness policies throughout schools and districts within Sacramento County.
- **The facts/issues participants would like to see programs deliver consistent messaging on.**
  - Would like to see programs use consistent messaging on the following issues:
    - Fruit and vegetable consumption
    - Physical activity messaging
    - Drinking water instead of sugary drinks
  - Other
    - Healthy cultural options - what are traditional foods and how to make them healthier.
    - How to cook meals on a budget

- How to store/prepare/cook foods
- How to interpret calories or grams into something that is relatable
- How to tie in gardening
- Label reading
- How to prepare food ahead of time or how to cook quick meals
- Healthy organization/meeting policies
- What a healthy and affordable plate could look like
- What foods are in season

## VI. Agency announcements

- **August 30, 2013 – Region 3 Healthy Behavior Initiative Forum**
  - This forum provides technical assistance, tools, practice guides, collaborative partner information, and resources to support programs in developing or expanding environmental changes and exemplary practices in healthy eating, physical activity, and food security. For more information contact Rhonda Patterson at [rpatterson@cityofsacramento.org](mailto:rpatterson@cityofsacramento.org) or 916-808-5537.
  - 9:00 am – 1:00pm
  - Sierra Health Foundation – 1321 Garden Highway Sacramento, CA 95833
  - Cost: FREE
  - Registration: [www.readinglions.net/register](http://www.readinglions.net/register)

## VII. Next steps

Monthly CNAP meetings will occur on the fourth Thursday of the month from 2:00pm to 4:00pm.

- Next meeting:
  - Date: August 22, 2013
  - Location: Sacramento County Building, Conference Room 1  
9616 Micron Ave., Suite 900, Sacramento, CA 95827