

Sacramento County Nutrition Action Plan Meeting Minutes

February 28, 2013

Community Resource Project's Training Room
250 Harris Avenue Sacramento, CA 95838

Participants

Alexis Koren	Sacramento Unified School District – Youth Development
Alyssa Kehriotis	HealthCorps
Amelia Schendel	Sacramento County WIC Program
Anne Gaffney	Elk Grove Unified School District
Audrey Abdilla	Sacramento County Public Health
Dan Shin	Sacramento Steps Forward
Dana Fields-Johnson	Health Education Council
Dian Kiser	Health & Social Policy Institute
Edith Martinez	River City Food Bank
Elaine Eilers	Sutter Teen Programs
Elaine Fok	Community Member
Glennielyn Pacheco	Sacramento Unified School District – YES
Jill Vande	Sacramento County Public Health
Jill Van Dyke	Twin Rivers Unified School District Nutrition Services Department
Joan Graham	Community Resource Project, Inc.
Kaitlyn Macgregor	HealthCorps
Karen Strach	Sacramento County Public Health
Kayla Kern	Wind Youth Center
Linda Mattson	Catholic Charities of California
Lisa Larson	Dairy Counsel of California
Lisa Vorce	Twin Rivers Unified School Nutrition
Margie Erwin	CARES
Martha Geraty	Health Net
Mary Helen Doherty	Alchemist Community Development Corporation
Mary Meagher	California Emergency Foodlink
Monique Dangerfield	Wind Youth Center
Nancy Herota	Sacramento County Office of Education
Olinda Hirsch	UC Cooperative Extension – Sacramento
Pam Prater	City of Sacramento's START Program
Rhonda Noller	Sacramento County Department of Human Assistance
Rhonda Patterson	City of Sacramento START Program
Shavinder Sanga	Wind Youth Services
Tasha Murdock	Loaves and Fishes
Theresa Boschert	Health & Social Policy Institute
Vanessa Kenyon	UC Cooperative Extension – Sacramento
Yvonne Rodriguez	Sacramento County Public Health

I. Organization spotlight presentation

In order to promote resource sharing, all CNAP meetings will have time set aside for a local organization or group to provide a short overview of the services they provide. At February's meeting, Martha Geraty shared information about Health Net's Fit Families for Life program. The Fit Families for Life program is a free four-week series of classes for parents that cover nutrition and physical activity education. The staff who conduct these classes speak English, Spanish, and Russian. For more information about the program please contact Martha Geraty at martha.x.geraty@healthnet.com.

If you are interested in presenting at a future CNAP meeting please contact Karen Strach at strachk@saccounty.net or 916-875-4258.

II. CNAP overview and timeline

Karen Strach provided participants with an overview of CNAP.

- County Nutrition Action Plans (CNAPs) are being developed in counties throughout California.
- Sacramento's CNAP will be a written plan for coordinating nutrition programs and resources within the County of Sacramento.
- Sacramento's CNAP is not a plan to implement Sacramento County's SNAP-Ed program. Instead CNAP is a guide for collaboration among agencies working on nutrition issues within the County of Sacramento.
- The purpose of developing a CNAP is to: 1) increase communication and collaboration among nutrition-related programs and organizations throughout Sacramento County; 2) coordinate nutrition messages; and 3) increase local participation in Food and Nutrition Service (FNS) programs like CalFresh, National School Lunch Program, and WIC.
- Sacramento's CNAP will be developed in a collaborative process. Discussion and planning will take place through small group activities at monthly CNAP meetings.
- CNAP activities are not intended to increase anyone's workload, therefore the plan will be based upon commonalities among what participating agencies are currently doing.

III. Sample CNAP group activity

Karen Strach provided participants with an overview of the anatomy of CNAP.

- The structure of a CNAP is similar to a scope of work.
- CNAP plans cover a one-to-three year timeframe.
- CNAPs usually have one broad goal.
- There are usually two-to-four objectives within the CNAP.
- Each objective usually contains multiple activities.

Following the CNAP overview, participants discussed the goals and objectives of CNAPs from the following counties: Alameda, Contra Costa, Humboldt, and Yolo. During this discussion, participants identified several things that they would like to see included in Sacramento's CNAP.

- **Summary of the CNAPs that were discussed**
 - **Alameda County**
 - Goal: To increase access, utilization, and/or participation of the existing nutrition assistance programs for the food stamp eligible population throughout Alameda County.
 - How many objectives: Two
 - Educate staff from USDA funded programs about the eligibility, participation and program requirements for their respective programs.
 - Draft a streamlined application for the food stamp program, WIC, and school meal programs.
 - **Contra Costa County**
 - Goal: Implement a comprehensive public health nutrition program to promote the 2010 Dietary Guidelines, increase fruit and vegetable consumption and physical activity among low-income Contra Costa population.
 - How many objectives: Three objectives with eight subheadings.
 - Promote participation in all Food and Nutrition Service (FNS) partner programs.
 - Promote FNS programs by enhanced referral and coordination among local FNS program staff.
 - Promote certified farmers markets.
 - Promote school meal programs.

- Promote senior nutrition.
 - Coordinate consistent nutrition education and physical activity messages across all FNS programs and campaigns.
 - Make available access to current, accurate, and useful information to FNS programs, local partners and external stakeholders.
- **Humboldt County**
 - Goal: Increase fruit and vegetable consumption by Humboldt County residents eligible for federal nutrition assistance programs.
 - How many objectives: Two
 - Enhance collaboration and communication among participating agencies.
 - Provide nutrition and physical activity education opportunities and resources for Humboldt residents who are eligible for federal food assistance programs.
- **Yolo County**
 - Goal: Develop and support collaborative efforts and interventions to increase the number of Yolo County residents that: participate in nutrition programs, engage in active living, and follow the current Dietary Guidelines for Americans.
 - How many objectives: Four main objectives with sixteen subheadings.
 - Actions for strong partnership
 - Utilize a variety of communication modes.
 - Identify community needs and gaps in services and explore funding opportunities to support CNAP initiatives.
 - Adopt healthy meeting and food/beverage guidelines.
 - Actions to increase food program participation
 - Assess educational needs of CNAP partner agencies and staff regarding eligibility, participation, and program requirements of Yolo County food assistance programs.
 - Increase participation in all Yolo County Food assistance programs by enhanced referral and coordination among CNAP partners.
 - Increase participation in Yolo County Farmers' Markets, Kids Farmers' Markets and Family Resource Center fruit and vegetable distributions.
 - Actions to encourage Yolo residents to follow Dietary Guidelines.
 - Provide schools with information about model wellness policies, successful implementation examples to encourage updating wellness policies to comply with Healthy Huger Free Kids Act.
 - Provide CNAP partner staff with nutrition education training and support.
 - Coordinate to ensure consistent core nutrition messages are reaching individuals in participating CNAP programs.
 - Support the Yolo Counties Farm-to-school initiative.
 - Provide Rethink Your Drink education to encourage residents to choose alternatives to sweetened beverages.
 - Coordinate food assistance and nutrition education messaging disseminated at grocery stores and food vendors and promote CalFresh and WIC.
 - Actions to encourage active living.
 - Identify physical activity opportunities available for free/low cost in the community, parks, etc.

- Coordinate to ensure consistent core physical activity messages are reaching individuals in participating CNAP programs.
 - School districts are provided information regarding available walk and bike-to-school resources.
- **Summary of what participants would like to see in Sacramento's CNAP**
 - Would like the group to identify agency strengths before developing the CNAP.
 - Would like to look at activities that have worked in the past and reference those in the plan.
 - Would like Sacramento's CNAP to be inclusive.
 - Would like a plan that includes all types of agencies working on nutrition-related issues.
 - Would like a plan that includes the community.
 - Would like a plan that accounts for the cultural/language diversity within Sacramento County.
 - Would like a plan that addresses cultural competency.
 - Would like a plan that includes nutrition education and physical activity.
 - Would like a plan addresses ways to identify and address gaps in services.
 - Would like a plan that covers multiple years.
 - Many indicated they would like the plan to cover a three-year timeframe.
 - Would like a plan that is specific.
 - Would like a plan that has measurable outcomes.
 - Would like a plan that has specific activities for agencies to do together.
 - Would like a plan that address opportunities for agencies to learn about each other's services/eligibility requirements so they can better connect community members with available resources.
 - Would like a plan that identifies ways to promote organizations and available services.
 - Would like a plan that has a specific timeframe for its objectives.
 - Would like there to be a lead person/agency for objectives, but would like all or a variety of participants to be responsible for the activities.
 - Would like to include a list of agencies that were involved in drafting the CNAP.
 - Would like a visual outline/timeline of events.
 - Would like a plan that includes policy/advocacy.

IV. Small group discussion

Below is a list of topics that participants identified as themes that they would like addressed in Sacramento's CNAP. Due to a lack of time, the group was unable to prioritize these topics at February's meeting.

- Increase communication and collaboration.
 - Improve partnership within non-traditional partners.
- Coordinate nutrition and physical activity messages.
- Increase participation and retention in Food and Nutrition Service (FNS) programs like CalFresh, National School Lunch program, and WIC.
- Facilitate training and capacity building opportunities.
- Identify gaps in services within the County of Sacramento.
- Eliminate barriers and identify solutions and opportunities.
- Address cultural competency and cultural diversity.
- Data collection
- Advocacy
- Farm-to-fork
- Youth food access

V. Next Steps

Monthly CNAP meetings will occur on the fourth Thursday of the month from 2pm to 4pm. The next CNAP meeting will take place on March 28, 2012.