

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

October 23, 2014

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

## Participants

Emma Baier	Sacramento County Office of Education
Jeannine Barbato	California Department of Public Health
Empres Barner	Sacramento Food Bank and Family Services
Bernardette Behar	Court Appointed Special Advocates
Mikal Brown	Health Education Council
Rebecca Campbell	Alchemist Community Dev. Corp
Tasha Conley	Sacramento Food Bank and Family Services
Katie DeKorte	Sacramento Public Library
Mark Drewes	Sacramento County Office of Education
Megan Gilles	Court Appointed Special Advocates
Edith Gomez	Health Education Council
Monica Gonzalez-Williams	Sacramento County Office of Education
Zoey Goore	CDPH Champion Provider
Erica Ho	Sacramento County Public Health
Kyla Irving	Health Education Council
Alexis Koren	SCUSD – Youth Development
Lisa Larsen	Dairy Council of California
Helen Le	Sacramento County SNAP-Ed – Fall '14 CSUS Intern
Erica Lee	Health Education Council
Kristine Lee	Health Education Council
Andrew Manthe	California Department of Public Health
Rhonda Noller	Sacramento County Department of Human Assistance
Rhonda Patterson	City of Sacramento START Program
Nicole Porter	Health Education Council
Angi Sandoval	Sacramento Food Bank and Family Services
Neela Satyanarayan	Sacramento County Public Health
David Saunders	California Department of Education
Lisa Stevens	Sacramento City Unified School District
Kathy Storelli	Sacramento Chinese Community Service Center
Julie Tharalson	Area 4 Agency on Aging
Alicia Tutt	Health Education Council
Gricelda Valencia	Sacramento Food Bank and Family Services
Ashely Valentine	Sacramento START
Liz VanHouten	Sacramento County WIC
Jenny Wong	Sacramento Chinese Community Service Center

## I. Welcome and Introductions

All participants introduced themselves and who they represent. Erica Ho previewed the agenda and provided participants with a recap of the last CNAP meeting.

## II. Local Champion Provider

Zoey Goore, MD, MPH (Kaiser Permanente, Roseville)

Dr. Goore has been Chief of Medical Education for the Sacramento Valley for the past six years, chair of the outpatient pediatric education committee for Northern CA Kaiser Permanente and is on the National Committee on Continuing Medical Education for the

American Association of Pediatrics (AAP) as well as vice president for AAP Chapter 1. She is very involved in Court Appointed Special Advocates (CASA), We Help Youth (WHY), and other foster care collaboratives, as well as helping pediatricians address resource scarcity, especially food scarcity, among their patients.

Dr. Goore is trained as a media spokesperson and is also willing to help identify other providers in the area who are able to support local health efforts. Providing as much specificity as possible about your program/project needs is helpful when proposing potential partnership opportunities. Contact Dr. Goore at: [zgoore@gmail.com](mailto:zgoore@gmail.com) or [Zoey.i.goore@kp.org](mailto:Zoey.i.goore@kp.org).

Sacramento County also has the fortune of having two NEOPB Champion Providers! The second is Francisco Aguirre, MD (WellSpace Health, Sacramento) Dr. Aguirre works with *Fiesta Educativa*, which is a parent driven support group for Spanish speaking parents of children with special needs. As a Champion Provider, he will use his experience in pediatrics, taking care of kids with obesity, bringing attention to this dilemma and possible strategies to help improve their overall health. Contact Dr. Aguirre at [FAguire@wellspacehealth.org](mailto:FAguire@wellspacehealth.org).

### III. Program Spotlight Presentation

David Saunders, Andrew Manthe, and Jeannine Barbato provided an overview of the objectives and services offered by *Prevention First*.

*“Prevention First* is the name given to a CDC grant titled State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors, and Promote School Health.

The grant is administered by the California Department of Public Health. The California Department of Education is a subcontractor.

The overall objectives of the school health component of the grant are:

- Increase consumption of nutritious food and beverages
- Increase participation in Physical Activity
- Prevention of hypertension, diabetes, overweight and obesity

To accomplish our objectives *Prevention First* is developing a county based structure. This infrastructure will enable the State agencies access to key stakeholders in each county who have relationships and undertakings within our designated schools. We assist them in scale, growth and impact by providing professional development and technical assistance.

In Sacramento County we serve the Sacramento City and Twin Rivers Unified School Districts.”

Contacts: David Saunders, CDE ([dsaunders@cde.ca.gov](mailto:dsaunders@cde.ca.gov) or 916-319-0277) or Andrew Manthe, CDPH ([Andrew.manthe@cdph.ca.gov](mailto:Andrew.manthe@cdph.ca.gov) or 916-449-5393)

#### **IV. Funding Opportunities and Plans for 2015**

Meeting participants were given a list of current funding opportunities. Participants had the opportunity to review the list and identify potential partners within CNAP.

Participants were then split into small groups to brainstorm the skill sets required to create successful funding proposals. Groups then shared their responses with the larger group. Participants then filled out index cards with funding-related skills and needs to build a CNAP partnership directory.

Highlights from brainstorm of skills needed to create a successful funding proposal:

- Read and understand the R.F.A
- Ability to follow directions and meet deadlines
- Understand the budget
- Need to be realistic and resourceful
- Knowledge of the collaborative partners skill set
- Understand the skills of staff and update these skills regularly (writing, graphics, time management, etc.)
- Writing skills (technical, concise, grammar, and editing)
- Write SMART objectives (Specific, Measurable, Attainable, Relevant, and Time-bound)
- Research oriented
- Locate database
- Networking/collaboration
- Develop logic models
- Know history of the funder
- Evaluation plan

#### **V. Gallery Walk to Review 2014 Activities and Plan for 2015**

Participants took part in a gallery walk with stickers as an “instant poll” activity to review activities from 2014 and identify desired activities for 2015. Participants were also encouraged to write in items from 2014 and potential ideas for 2015 that were not listed.

#### **VI. Agency Announcements and Next Steps**

No agency announcements were provided during this meeting.

Next meeting:

- Date: January 22, 2015 (1:30pm – 4:00pm)
- Location: Community Resource Project – Training Room  
250 Harris Avenue Sacramento, CA 95838