

## CHIPA GENERAL MEETING

July 11, 2017

12:00 pm to 1:30 pm

**PRESENT:** Erin Hawkins, Susan Gilmore, Jennifer O'Donnell, Laurie Cameron, Peter Kostas, Kathleen Stafford, Allison Murphy, Ava Schafbuch, Beth Dadko, Annie Nicol, Francisco Cano, Margie Helm, Kelsey Dean, Tami Bender, Dave Rose, Kelly Seibel, Erin Howseman, Tracy Greenwald, Karyna Mayor Linzer, Cailin Yeager, Nichole Warwick, Brianna Schafer, Dave Decker, Nancy Sands, Nicolette Weinzveg, Ariel Muirhead, Jimmy Nguyen, Andrew Leonard, Diane Olson, Bethany Facendini, Cynthia Murphy, Anne Greenblatt

**Recorder:** Erin Howseman

**Presenters:** Erin Hawkins, Naina Ahuja, Sandi Winter, Director, Wellness Living Laboratory, Stanford University School of Medicine

TOPIC	DISCUSSION
<b>CALL TO ORDER</b>	Erin Hawkins called the meeting to order at 12:00 p.m. The agenda for July 11, 2017 and the April 11, 2017 meeting minutes were approved as written. Participants introduced themselves. Ms. Hawkins spoke about the purpose of CHIPA as an advisory committee to the PHCD board, and as a Health Action of Sonoma County chapter.
<b>INFORMATION/ DISCUSSION: CHIPA Work Group Updates</b>	
<b>Cradle to Career</b>	Susan Gilmore gave an update on workgroup activities. The workgroup has been identifying goals and strategies, and will continue to align with the Sonoma County Cradle to Career Initiative. The group will adopt those goals: <ul style="list-style-type: none"><li>• Every child enters kindergarten ready to succeed</li><li>• The success of every child is supported in and out of school</li><li>• Every young adult completes the highest level of post-secondary education or training to achieve career goals</li></ul> The group will continue to work on strategies. The group has connected with the Petaluma Regional Library and First 5 to support early literacy efforts, as well as Casa Grande High School and 10,000 Degrees to support college and career readiness.
<b>Mental Health and Substance Abuse</b>	Allison Murphy gave the update on workgroup activities. The workgroup has been identifying goals and strategies, looking at data for: <ul style="list-style-type: none"><li>• Adults needing and receiving mental health and substance abuse care</li><li>• ACES prevalence</li><li>• Peri-natal mental health and substance abuse</li><li>• Self-reported youth mental health problems and substance abuse</li><li>• Data from Petaluma Police Department and local schools</li><li>• Navigation of care in Sonoma County, and available resources</li></ul>

	<p>The workgroup will likely partner with Cradle to Career workgroup to raise awareness on ACEs and building community resilience.</p>
<p><b>Heart Health</b></p>	<p>Nancy Sands gave the update on workgroup activities. The workgroup has been identifying goals and strategies, as well as looking at resources already available in the community. The group has looked at data on cardiovascular disease and diabetes, and financial costs in the healthcare system. The workgroup is partnering with Hearts of Sonoma, and will be supporting education efforts on blood pressure awareness.</p> <p>The Center for Well-Being and the United Way of the Wine Country have partnered on a media campaign that the Heart Health workgroup can use. The Center for Well-Being is looking for stories of mothers aged 18 – 50 who have been impacted by heart disease.</p>
<p><b>PRESENTATION: Wellness Living Laboratory, Stanford University School of Medicine, Naina Ahuja, Sandi Winter</b></p>	<p>Naina Ahuja and Sandi Winter gave the presentation on the Stanford Prevention Research Center’s clinical research project to enroll thousands of people in California, China and Taiwan in a study exploring wellness and the connection between a sense of well-being and physical health.</p> <p>The project, the Wellness Living Laboratory (WELL), will collect a variety of health data from participants who, in return, can learn more about well-being and try interventions intended to enhance wellness.</p> <p>WELL has established partnerships with researchers and public health departments in the nine-county San Francisco Bay Area; New Taipei City, Taiwan; and Hangzhou, China, to measure well-being and health among residents in those areas.</p> <p>The project aims to enroll at least 10,000 participants from each of the three sites. Researchers will collect health and wellness data through an online registry and test behavioral modifications and other interventions that help people improve their health and wellness. Such interventions might include improving social, neighborhood and policy environments to support health and wellness, as well as finding ways to encourage people to quit smoking, eat better or exercise more.</p> <p>WELL is also considering survey modules on technology use, gut health, cognitive function, intimate relationships and major life events.</p> <p>Erin Hawkins commented CHIPA members will discuss participation and logistics in the workgroups.</p>

<p><b>CHIPA Member Updates</b></p>	<p>Beth Dadko gave an update on Health Action at the county level, and distributed a Framework for Action document which contained an overview of Health Action’s mission and values. The strategy calls for new priorities including behavioral health and housing.</p> <p>Peter Kostas from the Sonoma County Office of Education announced a county-wide forum on challenges facing youth with guest presenter Christian Moore of Why Try who will talk about resiliency. It's scheduled for April 12 for a full morning at SCOE.</p> <p>Bethany Facendini of Sonoma County Regional parks reported on the 2017 Sonoma County Trails Challenge, using the outdoors to support community health.</p> <p>Brianna Schaefer reported that Daily Acts will be partnering with Ceres Community Project to offer an educational and inspiring class focused on healthy eating and creative garden-based cooking called “Preparing Healing Foods – Cooking from the Garden” on August 5<sup>th</sup> from 10:30am-noon.</p> <p>Marjorie Helm of the Petaluma Community Relations Council, co-sponsor of the Community Engagement Fair in May, reported the fair was very successful. The council plans to serve as a clearing house for human rights groups including Mentor Me, PPSC and the Petaluma Rapid Response Team.</p> <p>Erin Hawkins reported that Schools of Hope, which is an Early Grade Reading Initiative that helps children build the critical reading skills needed to succeed in school and life, is in need of tutors.</p>
<p><b>Next CHIPA Meeting</b></p>	<p>October 10, 2017</p>
<p><b>ADJOURN</b></p>	<p>Erin Hawkins adjourned the meeting at 1:30 p.m.</p>