

Date (Time):	January 15, 2020 at 8:30 a.m.
Topic:	Monthly Meeting
Attendees:	Carolyn Owens, 501 Navigation; Annemarie Medina UAHS; Jenn Parlin, The Garden Kitchen; Krista Cardenas, PCHD; Jessica Boerman, TOMF; Sabrina Plattner UACRCPHP; Valerie Seeton Iskashitaa; Nancy Gamboian, Pima College; Joanna Dinan Pima NRPR, Sierra Boyer TucsonP&R, Dan McDonald Pima Coop. EXT, Moira Alexander ELRIO.
Apologies:	
Meeting Facilitators:	Co-Chairs Annemarie Medina, Carolyn Owens and Sabrina Plattner
Minutes Prepared By:	Sabrina Plattner

Agenda Topics	Responsible	Discussion
City of Tucson Summary of Master Mobility Plan	Carolyn	Carolyn: Activate Tucson (AT) looked at and reviewed the City of Tucson Master Mobility Plan (CTMMP). It appeared that they were behind on dates posted for meetings. Jen mentioned that she has been meeting with Tucson transportation and they will have updates at the end of January and the website will have survey links in both English and Spanish on website as well as downloaded surveys for community to fill-out for feedback. The surveys will focus on people and their accessibility to transportation and mobility. The AT group thought the CTMMP was different from the City of Tucson's Complete Streets. Moira pointed out that the CTMMP is the overreaching plan and Complete Streets is a policy within it.
Panel(s) 2020 with City of Tucson	Group	AT plans to set up a meeting with City Council as a group or meet with the new individual council members, and the newly elected Mayor Regina Romero to present or have a study session about Activate Tucson and the advocacy AT is working on for a healthier Tucson. Dan- updated AT on the Commission on Food Security, heritage & Economy, is currently being re-organized for 2020, and updates will be available soon.

2020 Meetings and Leadership	Co-Chairs	<p>Sabrina is the new Co- Chair with Annemarie and Carolyn will be helping with technical Assistance when necessary. Annemarie announced she is no longer with the Y and has a new position as Director, Corporate and Community Relations at the UA Health Sciences. Looking ahead to 2020, the group is considering moving the meeting space. Current options are: 1) Stay at TOMF; 2) Ellie Towne Community Room near Ruthrauff and Romero (once renovations are complete) or 3) Pima County Cooperative Extension conference room located on Campbell South of River Rd. If you have a meeting space to offer or a suggestion, please share and we will add it to the options.</p> <p>Sabrina and Annemarie have been invited to attend a training at Tufts University’s Compact Learning Collaborative on Group Model Building Design and Facilitation Feb. 24-26th, They will share about the training at the March AT meeting.</p>
Member Activities and Announcements	Members	<p>Krista encouraged all to attend Health Advocates for Change Forum Friday January 17 at the PCC Amethyst room, 10:00 AM to 4:30 PM and Save the Date for Feb 14th 2020 Love your Heart event offering free Blood Pressure screenings.</p> <p>The PCC has Pima Fit Club students available for 90-hour internship with lots of energy and they can help at your events! Contact Nancy at ngamboian@pima.edu or 954-2527 to find out more or ask for volunteers.</p> <p>Valerie- Iskashitaa Harvest Program are Wednesday’s 1:30 to 4:30 PM and Friday’s 9:00 AM to 12:00 PM for more info go to https://www.iskashitaa.org/</p> <p>Dan- Tucson village Farms was awarded a Robert Woods Johnson Grant for the Farmacy project with the Hopi tribe. Cooperative Extension Healthy Living Ambassadors program with be taking 100 youth in April to hike the Grand Canyon. UA Canyon Ranch Center for Prevention and Health Promotion and Cooperative Ext. will be holding a Wildcat Marathoners (WM) one mile Race for the 5 schools participating in the WM program and has teamed up with the Southern Arizona Roadrunner’s FitKidz and will have a one-mile race for the students participating.</p> <p>Joanna-Ellie Towne is a designated site for Vita Tax Free Tax service for qualifying residents.</p> <p>Moira- El Rio/TMC has a new Health on University (location next to Time Market) Many new health services offered.</p> <p>Sierra- Tucson Parks and Recreation have been busy putting up three new shade structures and renovating new</p>

		<p>Splash Park at Reid Park. Tucson Parks Foundation will match neighborhood's funds raised to help improve their neighborhood parks. For more information on the projects under the Parks Delivers check out https://tucsondelivers-parksandconnections.tucsonaz.gov/</p>
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Next meeting: Wednesday, February 19, 2020 at TOMF

We will continue to discuss a possible Government Panel with new City Council members and the new mayor and review and update the AT Work Plan for 2020

Hope we see you there!

Meeting Information	
Date (Time):	February 19 , 2020 at 8:30 a.m.
Topic:	Monthly Meeting
Attendees:	Carolyn Owens 501 Navigation; Annemarie Medina UAHS; Sabrina Plattner UA CRCPHCP; Jenn Parlin The Garden Kitchen; Krista Cardenas, PCHD; Beth Gilbert TMC; Nancy Gamboian Pima College; Joanna Dinan Pima NRPR; Dan McDonald Pima Cooperative Ext; Moira Alexander ELRIO; Lydia Morales Beyond; Nina Puglisi El Rio Health, Becky Welp Child- Parent Centers; Morgan Feingold UAMEZCOPH.
Apologies:	
Meeting Facilitators:	Co-Chairs Annemarie Medina & Sabrina Plattner
Minutes Prepared By:	Sabrina & Annemarie

Agenda Topics	Responsible	Discussion
Govt. Forum	Annemarie & group	<p>It was suggested that we invite Councilmember Lane and Mayor Romero to the meeting but have a third option in case one is not available.</p> <ul style="list-style-type: none"> Try for meeting on April 15th to provide enough time May 20th meeting would be second option AT team will put together fact sheet Carolyn will reach out to Lane Sabrina will reach out to Mayor Romero Annemarie will contact ward 5 Vice-Mayor Richard Fimbres as a backup <p>Carolyn mentioned in previous briefing from a forum: Gathered info and put together short synopsis put together facts and figures with “”””””””””did you know stats” -each send one fact of the impact of the work that they do with the community (ex): number of kids getting free lunch or minutes of physical activity each kid gets and send it to Sabrina and they will put together the fact sheet. -Let people know what it going on and the impact these programs have. - “Because of” statements one liners - and add a fact as well</p> <p>Focus on the city of Tucson for this meeting because that is who is being impacted Format of the meeting: - make sure everyone has the opportunity to highlight</p>

		<ul style="list-style-type: none"> - Maybe a short presentation where each member and have a slide to highlight what they are doing. 1-2 slides max - Provide them with resource fact sheet for something for them to walk away with - Q and A at the end - Ask them to come with what is happening in the city like what is coming up with policies in the community so they can be prepared with questions - Request for the next meeting in march to have all of the information ready for the slides for it to be put together into a PowerPoint - Forum takes place at a larger location possibly at the Pima County Housing. <ul style="list-style-type: none"> o Near downtown good location o Meeting room o Check to see if April 15th or may 20th is available at this location on congress on W side of freeway across the street from the Annex (pass Bonita on the right) 801 W congress <p>Do we want to come up with a call to action like we would love it if you come up with Bring to next meeting: “what would be your call to action” top things you want them to focus on and then next meeting will narrow it down to top 3 things they should focus on for the next year. Start with call to action to hear them out first then fill in the blanks</p>
<p>City of Tucson Summary of Master Mobility Plan Panel(s) 2020 with City of Tucson</p>	<p>Jen & Group</p>	<p>Move Tucson (MT) Master Mobility Plan Community Forum meeting went well but was not representative of what Tucson looks like</p> <ul style="list-style-type: none"> - All things mobility: sidewalks, busses, scooters, etc <ul style="list-style-type: none"> o The first meeting was to understand the scope of this project. o Top three priorities for mobility was something people could do on their cellphones. <ul style="list-style-type: none"> ▪ Neighborhood equity and social equity to serve underserved populations which ended up with only 2 and 3% of the vote ▪ 1400 surveys responded were from English language readers ▪ The Spanish responses are very low so there needs to be more outreach to the Spanish speaking community to participate in the survey. ▪ Krista will reach out the Hispanic Chamber to get the word out o You can give the paper surveys to your population then give back to Jen - From this survey they will tweak and narrow it down to make a more refined survey then make the plan (20+ years) - It’s a 10-15 minute long survey maybe offer it at the community foodbanks go through Ronda at CFB to see what she can do. - “What if we reach out saying were going to share the links and reach out to the wards first and then outreach to others such as food banks”? - Krista will help develop a paragraph to call for action and Annemarie will send the email out to the wards

		<ul style="list-style-type: none"> - MT looking for after June is the implementation stage - Possibly reach out to university transportation for employees - Parking is very unbalanced - Physical barriers needed to separate the bike lanes - Spending a little bit of money now on this could save us a lot in the long run (economics of transportation methods) - We spend way less on mobility than other countries - Contact participants that are usually not represented - Prioritize the folks that don't get their voices heard enough - Contact Jen if paper surveys are needed and she will also collect them - Parking to get onto the street car is rough (\$\$) - Maybe include mobility and lack of mobility of the population we each serve when talking to Lane
<p>Spring Health Fair info Expo Collaboration:</p>	<p>Sabrina</p>	<ul style="list-style-type: none"> - Sabrina an idea to share our resources with the people we serve at a Health fair/ info Expo - Annemarie - There is Cyclovia - Cyclovia March 29th 9-3 in downtown to south Tucson route (march could be too soon, so possibly plan for the November one) and they may have one August 1st (evening) - Could have a booth at an intersection here to give information about what we do - Jen, We can have the Health Expo be held at the garden kitchen (shade, bathrooms, air condition, tables & chairs) - Could be a good opportunity to give out the mobility survey - Could open the gate and create a little fair area for everyone to share what they are doing - BICAS will be at Cyclovia for people to participate and learn from - Also provide volunteers to Make sure there is always people manning the intersection at all times - Maybe have popcorn to draw people into the area at the garden kitchen - Possibly have Ernie come over and provide Zumba classes - Activate Tucson water bottles and towels and bring the banner

<p>Member Activities and Announcements</p>	<p>Members</p>	<p>The PCC has Pima Fit Club students available for 90-hour internship with lots of energy and they can help at your events! Contact Nancy at ngamboian@pima.edu or 954-2527 to find out more or ask for volunteers.</p> <p>5K on the 28th right before Cyclovia 9am to 2 pm (TB awareness day) Nancy might do a booth to provide health assessments It's located at Sam Melina park 3400 south country club road</p> <p>Jen-Garden kitchen.org Fit First Saturdays at the Garden Kitchen (GK) Community garden hour 8-9 every Thursday GK Vacancy program coordinator position to help run the program Vacancy for another program coordinator BOTH FULL TIME</p> <p>Krista-In December the CDC alarming stat 1 in 4 adolescents being born pre diabetic *always tie in with the facts to remind ourselves the relevance</p> <p>Joanne- Parks and Rec and Ellie Towne are offering free Tax help for people with incomes \$66,000 or below April 28th. Opens up the free programs keeping kids active all summer long (provides food snack and lunch) Pima county parks and rec pima.gov Pre-register Pima county parks and rec pima.gov To get your kids on the list because it usually fills up in an hour.</p> <p>Moira-Sunday, Feb. 23· 2020 is the Get your Rear in gear 5k run to prevent Colon Cancer and bring awareness to the disease</p>
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Next meeting: Wednesday, March 18, 2020 at TOMF
 We will continue to discuss the Government Panel with new City Council members and the new mayor and review and update the AT Work Plan for 2020
Hope we see you there!

Date (Time):	April 15, 2020 at 8:30 a.m. Virtual meeting through ZOOM
Topic:	Monthly Meeting
Attendees:	Annemarie Medina UAHS; Sabrina Plattner UA CRCPHCP; Jenn Parlin UA Garden Kitchen; Nancy Gamboian Pima College; Dan McDonald Pima Cooperative Ext; Moira Alexander ELRIO; Lydia Morales Beyond; Becky Welp Child-Parent Centers; Morgan Feingold UAMEZCOPH.; Lucy Howell My Healthy Globe;
Apologies:	Valerie Seeton Iskashitaa; Julia Appel, Tufts University; Alan Mozaffari Tufts University, Caroline Owens, 501 Navigation
Meeting Facilitators:	Co-Chairs Annemarie Medina and Sabrina Plattner
Minutes Prepared By:	Sabrina Plattner & UA COPH Intern Morgan Feingold
NOTE: March meeting was cancelled	

Agenda Topics	Responsible	Discussion
COMPACT training and Group Model Building	Julie Appel, Tufts University Friedman School of Nutrition Science and Policy	Please see attached slides and slide notes
Discussion on GMB		See notes below

<p>2020 Meetings and Next Steps during Changing times</p>	<p>Annemarie</p>	<p>We will continue with virtual meetings through ZOOM until able to meet in person. The May 20th meeting will be a regular meeting. Our planned meeting with Mayor Romero will be rescheduled.</p>
<p>Member Activities and Announcements</p>		<p>Annemarie: UArizona Health Sciences Wellness Wednesdays. 30 minute sessions at noon focusing on topics to help the community with day to day challenges brought on by the stay at home orders. Topics include Food as Medicine, Guided Imagery, Extending the life of fresh produce and more. Sign up at Wellness Wednesdays</p> <p>Sabrina: UAMEZCOPH The Canyon Ranch Center for Prevention and Health Promotion website https://crcphp.arizona.edu/family-resources-covid-19-new has COVID-19 helpful resources to health and wellness. Include the health science classes and other resources on the site that can be utilized by parents families and students.</p> <p>Valerie: Iskashitaa food distribution. Restaurants closing down have given them their food and they have expanded their reach of people that they are targeting such as schools to make food boxes. They modified their best practices drastically. Volunteers delivering to low-income areas apartment complexes.</p> <p>email harvesting@iskashitaa.org office number 520-440-0100</p> <p>Lucy: Should you get tested? Link of questions to help people decide if they should get tested</p> <p>Should I get tested assessment - https://www.betheforce.health/epi-stem-covid-19-assessment</p> <p>https://www.betheforce.health/covid-19-inside-virus-structure</p> <p>Nancy: health and fitness interns at Pima testing a couple of the apps. The interns have about four weeks left and are looking for more hours. Let her know if you need assistance</p> <p>Nancy Gamboian, Pima Community College, interns available for the next 4 weeks. 520-954-2527, ngamboian@pima.edu</p>

		<p>Jen: Link to Wilder assessment (Sabrina will send out the link again to the AT group) Garden Kitchen is doing a health campaign on Facebook and Instagram. You can submit to videos or pictures to Jen and she will share any healthy habits to post. jparlin@email.arizona.edu to find out more about The Garden Kitchen's #Healthy Together campaign.</p> <p>Dan: Tucson Village farm working with youth from Tucson and Hopi reservation. Working on outreach. It can probably get them involved in this activity and ways to address health concerns within the community. Lucy offers for them to use the digital apps to assist them.</p> <p>Lucy: will be sending Annemarie and Sabrina inviting AT members into free portal to connect people. Heads up for that.</p> <p>Moira: Which clinics are open. Call patient communications first. They stopped taking non-urgent patients. They do not turn away for the inability to pay for services. El Rio Patient Communications: 670-3909</p> <p>Sam: provide Medicare insurance particularly for people with chronic conditions. There is a need for donations of food right now to add to their lunch bags. Coordinate with Valerie.</p>
<p>Next meeting: Wednesday, May 20, 2020 Zoom meeting invite Hope we see you there!</p>		

Julie Appel from Tufts University: Notes to accompany slides

Slide show on Childhood Obesity Prevention Modeling for Prevention and Community Transformation (COMPACT) catalyzing communities to prevent obesity

Child obesity180 (CO180)

Part of a two-year project

Replicate, scale, and evaluate systems science model for whole-of-community obesity prevention

The goal is to really advance the field at large through the scale of this framework to ultimately inform prevention efforts nationwide. They are in the first year of



this.

The whole of community: Multilevel implemented holistically in many settings. Common led by the stakeholder groups and have been shown through studies to be both effective and equitable.

Shows graphs displaying...The higher the program policy score, the higher the likeliness in a change in the behavior of kids.(BMI)

Applying the program to all levels of the socioecological model

The systems approach is a different way of thinking to help understand complex problems and their context.

It creates a shared understanding of different perspectives.

Tools:

Social network analysis- how people connect and evolve over time helps identify stakeholder networks to see who in the community is willing to help

, agent-based modeling, - creates virtual environments to simulate environments (has been used in tobacco cessation)

system dynamics- how things evolve over time

Shape up Somerville (2002-2005)

Was a whole of community approach is designed to instigate change and catalyze policy and environmental change. Engaged stakeholders from across the community from the Mayor to schools to parents. The intervention was successful.

Has been sustained for 15 years

ROI for Shape up Somerville:

Over 6 years the initial investment broke even and over 10 years it made \$1 for every....

Research team underwent a systems mapping process after the study to understand the dynamics of community change in their intervention.

Individual (kids impacted), different settings in the community that the intervention was at (school, built environment, family, media), community and Somerville



task force that came together as the driving force of the intervention.

Up mid and downstream-

Down- children (target pop.)

Mid- environments that affect our behavior that look different for different areas of the population

Up- people that run the program, implement the policies, and are responsible for running the midstream.

COMPACT (childhood obesity modeling for prevention and community transformation)

Focused on the midstream. Engaged researchers from across the world to look retrospectively and study prospectively the dynamics of a coalition in real-time. They looked back to the task force of shape up Somerville.

Stakeholder driven community diffusion

Framework convenes a group of people with a good knowledge of the community and the problem. Goes through the process to build knowledge and systems insight, focus on the creation of child health campaigns to ultimately improve child health outcomes.

Define, connect, generate, prioritize= group model building.

Define= define the problem and graph how it has changed over time. Helps a group come to a consensus on what they want to model

Connect= People think about the problem over time and think about variables that are affected and connect them all (positive effects or negative) helps people understand the structure of the system that is driving the trend over time.

Generate= ideas for intervening. Using an enhanced understanding of the system to think about innovative methods. (impact feasibility grid to show the steps of the ideas that are generated during this process.)

Prioritize = which has the best data and sound science to see if the data being implemented is the best data.

Implement, sustain = data-driven and evidence-based. Focus on importance of evaluation embedding in the community

Next steps: continue to strengthen the partnership. Work together to work across the community on multiple levels.

Contact info: Julia.appel@tufts.edu



Questions:

Lucy: ROI how big is Somerville? 82,000

Initial investment: between 350,000 and 5,000 over three-year period or annually. Sabrina has that paper with information.

What are we doing in Tucson? How we can bring this framework to Tucson. There are many ongoing efforts in community, so increase coordination between these efforts and bringing this whole community approach to these ongoing approaches in Tucson and evaluating it in different surveys to measure different dynamics.

Dan: Lucy brought up that the population 80,000. Has this been applied to larger communities than Somerville has?

In Cleveland and in South Carolina and Boston, they have seen that the physical boundary feels less important than the existence of ongoing work in the community. Over a million people in the Cleveland community, the population size is something to consider, but would not change marketability the approach or effort.

Dan: Community decides what is feasible... how some of the decisions are made in terms of what has high or low impact based on theoretical or research-based?.

Leveraging community knowledge and infusion of evidence-based strategies. The group of people negotiate and discuss what is high and what is low impact and can move things around on the wall. It's just a start to think about how impactful the ideas are. Then after they can look at real data to see if it actually is effective.

Lucy: offered to partner in bringing the framework to her other projects in different cities. Mentioned digitalizing the resources such as apps.

Moira: Is the Harm reduction included? Eating disorders etc.

They have thought about it a lot, and in this work, the way it has come up the most is the way coalitions think about child health broadly as opposed just to obesity. They have had a discussion with stakeholders, and they show interest in overall child health and wellbeing and steer away from using the word obesity. Obesity is a variable, but it is surrounded by an entire system with many other variables, so it sits within a larger context of overall child health and wellbeing.

Date (Time):	May 20, 2020 at 8:30 a.m.
Topic:	Monthly Meeting
Attendees:	Sabrina Plattner MEZCOPH&CRCPHP, Annemarie Medina UAHS, Julie Appel Tufts Univ; Nancy Gamboian PCC; Dan McDonald Pima Cooperative Ext; Moira Alexander ELRIO; Carolyn Owens 501 Navigation; Jenn Parlin The Garden Kitchen; Nicole Struck TOMF; Barbara Eiswerth Iskashitaa; Lucy Howell My Global Health;
Apologies:	
Meeting Facilitators:	Co-Chairs Annemarie Medina & Sabrina Plattner
Minutes Prepared By:	Sabrina Plattner & Annemarie Medina

Agenda Topics	Responsible	
Group Model Building Update	Julie Appel Tufts University COMPACT	Sending out online KEN Survey to AT group Mid-June. Tailoring GMB to virtual capacity during COVID-19 and making the process as exciting and collaborative as in person. Looking at being in-person in mid to late October and as well as having possible hybrid of virtual and in-person sessions.
Sharing on challenges created by stay at home orders	AT Members	<p>Sabrina- Finished teaching and moved the Service based learning class to online and went well. Working on Tufts project and excited for the late fall GMB process. Continuing to work on Wildcat Marathoners program with Dan and Diane at UAEXT.</p> <p>Dan- Getting involved in the UA Faculty Senate process to help the UA work force to understand and navigate in the changes beginning to happen in the UA Furlough and Personal Flex programs. The EXT virtual programs are going well. The EFNP has made great interactive videos on nutrition and PA. Continuing to submit for grants for programming.</p> <p>Jenn-The Garden Kitchen has pivoted to providing resources to food access,tenant’s rights and how to support parents in getting their kids not to go stir crazy during this time. Offering online learning videos etc. We are helping to give out supplies for early childhood enrichment center’s families.</p> <p>Barbara- Transitioned from harvesting 2-3 days a week with volunteers carpooling together to now individuals or pairs</p>

		<p>harvesting 7 days a week at multiple locations. One mother/daughter team has harvested everyday for the last 40 days. There has been an increase in volunteers but they still need people to let them know where there is fruit to harvest. Anyone who would like to harvest or has food to donate please contact online and our office (520)440-0100 https://www.iskashitaa.org/volunteer</p> <p>Nancy- PCC classes ended on Monday. Moved to online and will continue to be a virtual campus fall and spring 2021. Unless things change. Labs will be meeting in-person at smaller capacity for COVID-19 regulations. Fitness classes are being offered virtually and through digital health some with Lucy's platform programs. They have interns looking to complete 80 hours over the summer. Contact Nancy if you have need for a fitness instructor (especially for youth).</p> <p>Lucy- Collaborating to create a Chamber of Health Concept Force For Health. This is for resource sharing in Tucson and other cities in the USA and Completed a 3-day virtual workshop. Lucy shared links for Team Up Greater Tucson, My Healthy Tucson. https://www.ectownusa.net/members/newmem/registration.php?orgcode=TUGT&fmt=M9 Link to: MedEquity.Health for anybody who would like to review Empathy Training that was built for OH Medicaid - https://medequity.health/</p> <p>Carolyn- Working from home is the norm for me. Continuing to work on grants.</p> <p>Moira- El Rio is doing well during this period. Offering Tele-Health to clients and is being used well and frequently. This year is the Year of the Nurse and Midwife and we are doing many appreciation activities for our health care workers. El Rio is also supporting childcare for employees as well as summer camp opportunities for kids. Wellness dept. is going to be offering virtual Yoga to employees and then to hopefully the clients.</p> <p>Annemarie- Working on engagement with UAHS be provide Wellness Wednesdays including AT members who are providing their expertise on wellness topics. Jenn Parlin is the presenter today at Noon: Fresh Produce Essentials: Shopping, storing and stretching your produce across different recipes for multiple weeks. Sign up to attend these great workshops at: https://www.eventbrite.com/e/wellness-wednesdays-a-community-connection-registration-102201952792 UAHS will be offering a virtual tour of the new and innovative UA health Sciences Building soon. Stay tuned for that email and link.</p>
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Next meeting: Wednesday, June 17, 2020 Zoom meeting invite will be emailed the week before the meeting. Thanks and we hope we see you there!

Date (Time):	June 17, 2020 at 8:30 a.m.
Topic:	Monthly Meeting
Attendees:	Sabrina Plattner MEZCOPH&CRCPHP, Annemarie Medina UAHS; Andy Bemis City of Tucson Transportation; Nancy Gamboian PCC; Dan McDonald Pima Cooperative Ext; ; Jenn Parlin The Garden Kitchen; Kate Cooks Iskashitaa; Daniella Costa Beyond: Joanna Dinan Pima NRPR; Becky Welp Child- Parent Centers;
Apologies:	
Meeting Facilitators:	Co-Chairs Annemarie Medina and Sabrina Plattner
Minutes Prepared By:	Sabrina Plattner & Annemarie Medina

Agenda Topics	Responsible	Discussion
MOVE Tucson	Presenter Andy Bemis	Andy Bemis is the Transportation Program Coordinator for the Tucson Department of Transportation and Mobility: Andy’s presentation was on the Move Tucson project and the overlook of the Master Mobility Plan for Tucson. Move Tucson is a planning effort that will identify transportation priorities, projects, and programs for the next 20 years. The project will help identify and develop long range mobility plans for the Tucson Community. The Move Tucson project is a community driven process. Residents are highly encouraged to participate in the planning process by visiting the public input map on movetucson.org Tucson residents can use the virtual map to address problems within their neighborhood on access to modes of mobility such as walking, biking/scooter, vehicles and city transportation as well as other issues. The process is informed by data to help make changes to Tucson’s master mobility plan. Please visit movetucson.org and help be part of this process! Here is a link to the presentation https://www.youtube.com/watch?v=ZfWFwVeHAV8

<p>Tuft's Group Model Building Update</p>	<p>Sabrina</p>	<p>Please look for the KEN survey in mid-August. Over the past several months we have been working with researchers at Tufts University to collaborate on designing a research study, with a goal of enhancing our work here in Tucson to improve the health and wellbeing of our children. The study will begin in the summer and will involve a few different groups of people including members from existing community groups that work on child health and obesity prevention (ex: Activate Tucson, Healthy Pima Coalition), as well as researchers and staff from the University of Arizona. You will be hearing more about this project in the coming months, as well as receiving an email with more details on the research, and a formal invitation to participate in the study by taking the online survey.</p>
<p>Member Updates and sharing Activities Announcement</p>		<p>Annemarie- Wellness Wednesdays are being well received and there are more sessions to sign-up for in June and July. Also on Tuesday June, 30 2020 from 4:00 to 5:00 pm. the UA Health Sciences invites you to the Live Virtual Tour of the Innovation Building. REGISTER HERE</p> <p>Dan- Accepted a new position at the Director of Take Charge America with the institution of Financial Education and Research at the Norton School. He will stay with Extension with his State wide responsibilities. Congrats Dan! We will miss seeing you at the AT meetings.</p> <p>Jenn- Has been doing virtual classes through the Garden Kitchen and helping the EFNP team to create videos. They now have a YouTube channel with great videos. They are offering hands-on virtual class for a small fee on July 3rd and the funds raised will help to support groceries for classes for that are virtual for early childhood families in the fall. They are also offering resources on Tennant Rights. .Please visit the garden kitchen website for updates at https://thegardenkitchen.org/</p> <p>Becky- There will be children back the center and they are planning and figuring out how it will work within the CDC Guidelines.</p> <p>Daniella- Working on a new Beyond University, and education tool that will be tested on the walkers who participate. Starting Full Moon hikes again, revamping the Health Coach training materials.</p> <p>Kate- Iskashitaa working to get more volunteers for harvesting food to get the community. Please visit their website to volunteer at https://www.iskashitaa.org/volunteer</p> <p>Joanna- Drive through Senior meals is happening! The Elli Towne Center finished renovations with a new fitness center. Working on the reopening plan.</p>

		<p>No Meeting in July! Stay healthy and Safe and see you in August Next meeting: Wednesday, August 19, 2020 Zoom meeting invite Hope we see you there!</p> <p>NOTE: August meeting was cancelled</p>
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Date (Time):	Sept 16, 2020 at 8:30 a.m.
Topic:	Monthly Meeting
Attendees:	Sabrina Plattner MEZCOPH&CRCPHP, Annemarie Medina UAHS; Nancy Gamboian PCC; Carolyn Owens 501 Navigation; Jenn Parlin The Garden Kitchen; Nicole Struck TOMF; Becky Welp PCC; Lucy Howell My Global Health; Lee Itule-Klasen PCHD; Joanna Dian PC Ellie Towne
Apologies:	
Meeting Facilitators:	Co-Chairs Annemarie Medina & Sabrina Plattner
Minutes Prepared By:	

Agenda Topics	Responsible	
Partner Update	AT Members	<p>Sabrina- teaching and moved the Service based learning class to online to school partnership. Working on Tufts project and excited for the late fall GMB process.</p> <p>Nicole- working with the OD's to help with online virtual visits and planning for programming in 2021.</p> <p>Lee- Shared information regarding our REACH the Loop September virtual challenge. See the attached information regarding upcoming Falls Prevention Awareness month workshops, panel discussions and resources. Any assistance in promoting would be greatly appreciated! REACH the Loop will giving out Masks at Tumamoc Trail in Sept. and October.</p> <p>Jenn- The Garden Kitchen will be hosting Pima County Health Department and their partner for rapid COVID testing this Saturday, 9/19, from 8a-1p. This is a free service and participants will receive results while they wait (estimated 20 minutes!). Continuing to provide emergency food boxes and resources to food access, as well as how to support parents in getting their kids during this time. Offering online learning videos etc. on their YouTube channel.</p> <p>Becky- AZ approved the waiver to provide for Food Service distribution in the form of meals in a box for families. Vaccinations are down and we are trying to find a way to encourage families to make sure they stay up to date with vaccinations.</p> <p>Nancy- PCC is online and will continue to be a virtual campus fall and spring 2021. Unless things change. Labs will be meeting in-person at smaller capacity for COVID-19 regulations. Fitness classes are being offered virtually and through</p>

		<p>digital health some with Lucy's platform programs.</p> <p>Lucy- Collaborating to create a Chamber of Health Concept Force For Health. This is for resource sharing in Tucson and https://theforceforhealth.com/ https://joom.ag/WVEQ/p50</p> <p>Download for the F4HGo app, but you need to be a FREE FORCE for Health member first - https://theforceforhealth.com/faqs/</p> <p>Carolyn- Continuing to work on grants.</p> <p>Joanna- Ellie Town is still having drive-up COVID-19 Testing Wednesdays, Fridays and Sundays. Senior exercise activities are available as well as online with the partnership of TMC CORE https://www.youtube.com/c/TMCHHealthCare</p> <p>Annemarie- Working on engagement with UAHS by providing the Wellness Wednesdays including AT members who are providing their expertise on wellness topics. They will be going to every other week beginning in October. Sign up to attend these great workshops at: https://www.eventbrite.com/e/wellness-wednesdays-a-community-connection-registration-102201952792</p> <p>Check out the Wellness Wednesdays recordings: https://www.youtube.com/playlist?list=PLzU0A_0Toy0NB4fSwbwh8g_EUi2ObSMYG</p>
<p>Parks Project Update</p>	<p>Annemarie</p>	<p>The Pima County parks department has been busy with the Phase 2 renovations throughout Pima County. Many parks have added Splash pads and other fun amenities. They have completed most of The Loop and now have electronic measuring devices along the route to track usage by pedestrians and cyclists.</p>
<p>Tufts Project Update</p>	<p>Sabrina</p>	<p>KEN survey has been distributed to members of Activate Tucson, Healthy Pima, Parent & Child Resources and Obesity Think Tank. A small group of individuals were chosen to participate in the Group Model Building activities which will begin the first week in October. Recommendations for increased collaboration and projects will be shared at the completion of the study in February.</p>
<p>Next meeting: Wednesday, October 21, 2020. Look for the Zoom meeting invite to be emailed the week before the meeting. Thanks and we hope we see you there!</p>		

Meeting Information	
Date (Time):	October 21, 2020 at 8:30 a.m.
Topic:	Monthly Meeting
Attendees:	Sabrina Plattner MEZCOPH&CRCPHP, Annemarie Medina UAHS; Nancy Gamboian PCC; Carolyn Owens 501 Navigation; Jenn Parlin The Garden Kitchen; Becky Welp PCC; Joanna Dinan PC Ellie Towne
Apologies:	
Meeting Facilitators:	Co-Chairs Annemarie Medina & Sabrina Plattner
Minutes Prepared By:	

Agenda Topics	Responsible	
Tufts Study and Group Model Building	Annemarie & Sabrina	The AT group participated in a Group Model Building activity called Hopes and Fears. We used a virtual technology tool called <i>Mural</i> to capture our Hopes and Fears as it relates to Childhood Obesity In Pima County. This platform allowed us to use the sticky notes in two different colors. Pink was for Hopes and Blue was for Fears. Then we placed them into themes and discussed the outcome of the activity.
Partner Update	AT Members	<p>Sabrina- teaching the Service based learning class to online to school partnership. Working on Tufts project and excited for the late fall GMB process. Participating in more community engagement meetings as it relates to Health and wellness.</p> <p>Jenn- The Garden Kitchen working with South Tucson Community Action a mutual aid group to provide information and help in gardening and continuing to provide emergency food boxes and resources to food access. The GK is shifting to a trauma informed framework. They are still Offering virtual classes and online learning videos etc. on their YouTube channel.</p> <p>Becky- PCC have moved in-person sites with limit capacity and CDC guidelines lines in place. Vaccinations are down and we are trying to find a way to encourage families to make sure they stay up to date with vaccinations.</p> <p>Nancy- Pima Community College is now offering a 1-year Health Coach and Fitness and wellness degree that will work</p>

together with NAU as continued Bachelor's Degree in Health And Wellness. PCC is online and will continue to be a virtual campus fall and spring 2021. Labs will be meeting in-person at smaller capacity for COVID-19 regulations. Fitness classes will continue to be offered virtually.

Carolyn- Continuing to work on grants.

Joanna- Ellie Town is beginning to have in person outside fitness classes at Brandie Fenton Park for both Seniors and Kids. Masks are required and there is a limit of 8 to 10 participants to make sure social distancing is being practiced for everyone's safety. Ellie Town still having drive-up COVID-19 Testing Wednesdays, Fridays and Sundays. Senior exercise activities are available as well as online with the partnership of TMC CORE

<https://www.youtube.com/c/TMCHealthCare>

Annemarie- Working on UAHS Connect To STEM Event and Wellness Wednesday Holiday Health Challenge. Continuing with Community engagement with UAHS by providing the Wellness Wednesdays including AT members who are providing their expertise on topics wonderful wellness topics. They will be going to every other week beginning in October. Sign up to attend these great workshops at: <https://www.eventbrite.com/e/wellness-wednesdays-a-community-connection-registration-102201952792>

Check out the Wellness Wednesdays recordings:

https://www.youtube.com/playlist?list=PLzU0A_0Toy0NB4fSbw8g_EUi2ObSMYG

Next meeting: Wednesday, November 18, 2020. Look for the Zoom meeting invite to be emailed the week before the meeting. Thanks and we hope we see you there!

Date (Time):	November 18, 2020 at 8:30 a.m.
Topic:	Monthly Meeting
Attendees:	Sabrina Plattner MEZCOPH&CRCPHP, Annemarie Medina UAHS; Nancy Gamboian PCC; Carolyn Owens 501 Navigation; Jenn Parlin The Garden Kitchen; Emily Bressler PCHD; Joanna Dinan PC Ellie Towne, Chad Myler UA Life Work Connections, Krista Romero-Cardenas PCHD Healthy Pima
Apologies:	
Meeting Facilitators:	Co-Chairs Annemarie Medina & Sabrina Plattner
Minutes Prepared By:	Sabrina and Annemarie

Agenda Topics	Responsible	
Tufts Study update	Annemarie & Sabrina	The Tufts Study Catalyzing Tucson to Prevent Childhood Obesity will complete the fifth session with the 12 cross community members on Community Based System Dynamics Group Model Building. The group is exploring both what impacts and what is impacted by childhood obesity and poverty by participating in a activity called casual loop diagrams. More information will be shared in January and February.
Discussion on Focus for 2021	AT Members	AT to engage newly elected Pima County Board Supervisors Matt Heinz, Aleita Grijalva and Rex Scott on Health and Wellness initiatives/priorities and specifically childhood obesity rates in Pima County. We will look to set up a meeting in May or June with PC Board of Supervisors. Krista- PCHD will be rolling out the new Community Needs Health Assessment (CHNA) Formatting to the Healthy Pima members and the PC community.
Holiday and activities from Partners	AT Members	Sabrina- teaching the Service based learning class to online to school partnership. Working on Tufts project and excited for the late fall GMB process. Participating in more community engagement meetings as it relates to Health and wellness. Jenn- The Garden Kitchen received a grant from Nursing Neighbors from Albertsons to make 30 Thanksgiving food boxes and received an anonymous donation to make 20 more of the boxes for families in Tucson. GK continues to work on the

Mutual aid group to provide emergency food boxes and resources to food access. The GK is still offering virtual cooking classes to 45 families with groceries included with the ingredients. Diabetes Prevention Program is going virtual online learning with Healthy Holidays classes for the community. .

Nancy- Pima Community College will be opening the Fitness Center in January and will be meeting in-person at smaller capacity for COVID-19 regulations. Fitness classes will continue to be offered virtually.

Carolyn- Continuing to work on grants. On Dec 3rd, Southern AZ Chapter for Grant Professionals will have a meeting on looking at data on marginalized communities in Tucson and how to apply for grants to change the health disparities.

Joanna- Ellie Town is continue to have in person classes Mondays at Walks 1:00 PM and on and outside fitness on Tuesdays at 9 AM located at Brandie Fenton Park for both Seniors and Kids. Masks are required and there is a limit of 8 to 10 participants to make sure social distancing for everyone's safety. In January, they will be providing indoor classes with COVID-19 CDC safety restrictions. Ellie Town is having Senior Meal Drive up service. Still having drive-up COVID-19 Testing Wednesdays, Fridays and Sundays. Senior exercise activities are available as well as online with the partnership of TMC CORE <https://www.youtube.com/c/TMCHealthCare>

Annemarie- UAHS Connect2STEM Event for K to 12th graders will be virtual in Jan 2021. Be sure to check out the seven-week Health and Holiday newsletter with recipes and activities to participate in over the holidays. Please sign-up through UA Health Sciences Wellness Wednesdays to receive the fun newsletter! You can also send in your own recipes, photos and healthy holiday traditions you do with your family! Sign up [HERE](#)

Check out the Wellness Wednesdays recordings:
https://www.youtube.com/playlist?list=PLzU0A_0Toy0NB4fSwbwh8g_EUi2ObSMYG

Emily is new with PCHD outreach and will be strategic on providing PCHD outreach to more community's that have not been reached with programming in the past.

Krista- Working with Healthy Pima and the PCHD COVID Emergency response. Working on the MC# Grant Mitigation COVID Community of Color. Also there are new pop up COVID testing sites Community Pop-Up Testing info below <https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=575060>

Next meeting: Wednesday, January 20, 2020. Look for the Zoom meeting invite to be emailed the week before the meeting. Thanks, and we hope we see you there! Wishing you all Happy Healthy Holidays!