

Date (Time):	February 17, 2020 at 8:30 a.m.to 9:45 a.m.
Topic:	Monthly Meeting
Attendees:	Sabrina Plattner UAMEZCOPH&ZFCPHP, Annemarie Medina UAHS; Nancy Gamboian PCC; Lucy Howell Force for Health Network; Jenn Parlin The Garden Kitchen; Same Roe Amerigroup; Joanna Dinan PCP&R Ellie Towne, Kathy Wood American Heart Assoc.; Daniela Diamente BEYOND; Nikki Regalado UAZCC, Nicole Struck TOMF , Emma Hirz
Apologies:	UAMEZCOPH Intern.
Meeting Facilitators:	Co-Chairs Annemarie Medina, Sabrina Plattner
Minutes Prepared By:	

Agenda Topics	Responsible	Discussion
BEYOND	Daniela Diamente	BEYOND origin was to look beyond a tragedy specifically the Tucson tragedy on January 8, 2011. BEYOND was founded in 2012 with the idea is to bring people together to move, connect, and be healthy. Growth from one day a year-round programming focused on the four Pillars Explore, Move, Nourish, and Connect. For ten years it has provided year-round opportunities to participate in a series of healthy initiatives and activities Now, in 2021, programs have low participation, low engagement in communications, and lack of clarity regarding fundraising. Now, with the pandemic, it is time to reassess. Looking at community gaps and the PCHD Community Health Needs assessment area of Obesity and other Related Chronic Diseases. Moving forward, future directions are aiming to get more specific and less broad. Transitioning to be more a research site for health and wellness. Focusing on one pillar considerations: nature (has most engagement), nutrition, connection (needed now more than ever), and focusing on a specific demographic (involvement of bike ride and cycling in youth). Looking to returning to original origins with the purpose of great need for partnership and connection within the community. Received Seed Grant of \$2,500 to support initial exploration and search for collaboration partner for BEYOND.

<p>American Heart Assoc/Heart Walk</p>	<p>Kathy Wood</p>	<p>Heart and Stroke Walk - April 24, 2021 digitally (join on Facebook to join the experience) Mission: To be a relentless force for a world of longer, healthier lives. The why: Every 40 seconds someone has a stroke (economically disadvantaged, women, people of color), each year nearly 800,000 people experience a new or recurring stroke, & one in three Americans has some form of CVD. Community efforts: COVID-19 research and support of health care workers, addressing social and health disparities, and reducing teen e-cigarette use. Big priority: research - most of which is unfunded. Last year, AHA invested \$188.7 million to fund 838 new awardees and 2 out of 3 applications amounting to 412.5 million could not be funded. Goal for 2024: AHA will advance cardiovascular health for all, including identifying and removing barriers to health care access and quality (health equity). Next steps: set a meeting with the AHA, make a plan for Heart and Stroke Walk success, put the plan in motion!</p> <p>Links to participate: Workplace Link: https://www.heart.org/en/professional/workplace-health Friendly URL: TucsonHeartWalk.org, https://www2.heart.org/site/TR?fr_id=5694&pg=entry</p>
<p>Update on Tufts project</p>	<p>Sabrina & Annemarie</p>	<p>Update: part of Activate Tucson - Catalyzing Tucson to prevent childhood obesity Working Group. Selected for a Study with Tuft's as 1 of 5 sites across the country to work to help minimize issues related to childhood obesity and poverty. Working within Community Based Participatory Research, Group Model Building and System Dynamics. Over the last 5 months: Defining the problem and looking at outward trends over time. Looking at connection variables driving these problems. Causal loop diagrams developed between poverty and obesity. Narrowed down factors to school tax credit - how to increase the amount of funding going to schools who have low or no funding and stress curriculum for kids. Tufts received a two-year extension for the grant! Seed money will be given to out these actions into implementation.</p>
<p>Member Activities and Announcements</p>	<p>All</p>	<p>Lucy -Force for Health new member link: https://www.ectownusa.net/members/newmem/registration.php?orgcode=TUGT&fmt=M9 Contact Lucy for more information about joining the website. https://www.teamupgreatertucson.com/</p>

Activate
Tucson



**Next meeting: Wednesday, March 17, 2021 Zoom meeting invite, Stay safe, well and mask-up and Vax up!
Hope we see you next month!**

Date (Time):	March 17, 2020 at 8:30 a.m.
Topic:	Monthly Meeting
Attendees:	Sabrina Plattner UAMEZCOPH, Annemarie Medina UAHS, Nancy Gamboian PCC, Shelby Thompson AZHZ, Jenn Parlin UAGK, Ashling Whelan UAMEZCOPH, Emma Hirz UAMEZCOPH, Trisha Larson AZHZ, Carolyn Owens 501Navigation, Rani Olson, UACALS/Nutrition Dept..
Apologies:	Co-Chairs Annemarie Medina, Sabrina Plattner Sabrina Plattner
Meeting Facilitators:	
Minutes Prepared By:	

Agenda Topics	Responsible	Discussion
Farmer's Market Vouchers & Food Systems	Shelby Thomson AZ Health Zone	<p>Food Access Resources:</p> <ul style="list-style-type: none"> - Food Assistance - SNAP: (formerly food stamps) is one of the most effective ways in reducing hunger because it can be used in so many places and purchase a wide variety of foods. Double Up Bucks at Farmers' Market: match SNAP dollars spent for money to use at Arizona farmers markets. Snap Online: allows users to purchase from Walmart or Amazon online. - Pandemic EBT: offered to families with children who are eligible for free or reduced-price school meals while schools are closed due to COVID-19. Effective at feeding children who are not at school. - Women Infants and Children (WIC): Arizona's pregnant, breastfeeding, and postpartum women. Can only be used a select few grocery stores and farmers markets. - Farmers Market Nutrition Program (FMNP): available to WIC participants, seniors 60+. Can be used Feb-Nov at Arizona Farmers Markets. Help distribute info about FMNP!!! - CSFP The Commodity Supplemental Food Program (CSFP) works to improve the health of low-income persons at least 60 years of age by supplementing their diets with nutritious USDA Foods. USDA distributes both food and administrative funds to participating states and Indian Tribal Organizations to operate CSFP. - Emergency Food Resources: effective at getting food on the table immediately, but not sustainable long

		<p>term. Community Food Bank of Southern Arizona, Food Pantries, Tucson Food Share, School Meal Sites</p> <ul style="list-style-type: none"> - *Please see the attached information that Shelby has provided along with the recording of her presentation. For more information: contact Shelby Thompson: shelbyt@email.arizona.edu -
BEYOND	Daniela Diamente	<p>Beyond is working with AT and Tufts to become Activate Tucson’s fiscal sponsor, Because AT is a collation and not a non-profit, we need to find a place that will house the funds from grants and seed monies. We are looking create a fiscal sponsor partnership with BEYOND, so they can accept the funds on our behalf. Currently working on drafting a MOU and will do a formal vote with the Activate Tucson group at the April Meeting.</p>
Update on PC Golden Pins Kitchen Project	Annemarie	<p>New kitchen being built with Pima County and the PCHD at the previous location of Golden Pins Lanes. At the meeting we discussed looking at other equitable commercial kitchen models across the country to see what would best fit and serve the Tucson community. Bottom line is they want to re-build an equitable kitchen to fit the greatest need for the community for years to come.</p>
Tufts Project	Sabrina & Annmarie	<p>Tucson Child Health Working Group Process. Working with many variables and considerations for prioritizing action and addressing areas of greatest need and impact. 2-year grant extension to help create a bigger impact. 3 areas of focus: creating marketing for tax dollars in low-income neighborhood schools, advocacy education for citizens, and stress strategies curriculum. Group gathering to determine who to use funding moving forward.</p>
Member Activities and Announcements	All	<p>Nancy- Shift Obesity Map: https://shiftn.com/uploads_pdf/shiftN-Obesity-Map-A0-kopie.pdf Jenn Parlin: Has been using the GK to help the needs by providing storage place for collected food resources for South Tucson Community Outreach: Currently their need is for drivers and other volunteers (also have Venmo and PayPal for monetary donations) you can contact; https://www.southtucsonco.com/</p>



**Next meeting: Wednesday, April 21, 2021 Zoom meeting invite.
Hope we see you there!
Mask up- Vax- up and please take care!**

Date (Time):	April 21, 2021 at 8:30 a.m.
Topic:	Monthly Meeting
Attendees:	Sabrina Plattner UAMEZCOPH, Annemarie Medina UAHS, Gabriela Barillas-Longoria City of Tucson, Lucy Howell Force for Health, Alexis Gallego B&G Club, Becky Jean Welp Child Parent Centers, Daniela Diamente Beyond Foundation, Caroline Owens 501 Navigation, Jenn Parlin Garden Kitchen, Nancy Gamboian PCC, Emma Hirz & Ashling Whelan UA MEZCOPH Interns
Apologies:	
Meeting Facilitators:	Co-Chairs Annemarie Medina, Sabrina Plattner
Minutes Prepared By:	Ashling Whelan & Emma Hirz,

Agenda Topics	Responsible	Discussion
Active Transportation	Gabriela Barillas-City of Tucson Dept of Transportation	<ul style="list-style-type: none"> - Project Managers (2) Tucson bike boulevard project, walkability project - E-scooters and bike-share, complete street initiatives - Tucson Transportation Summit - Virtual – will occur in 2022, next few months will go towards planning. Desire to utilize more time available to plan an event that aligns intent and impact. Open to suggestions. - All notes/recordings for the summit available on the TucsonAz.Gov website <p><i>Four element that support transportation (Mark Fenton)</i></p> <ol style="list-style-type: none"> 1) Land Use (Equitable transit-oriented development, grant acquired. Website launching in next few months. High-capacity N/S rapid transit options. Connecting three major transit centers across Tucson.) 2) Network encourages travel; sidewalks, multi-use trails, bicycle facilities, shorter blocks, connecting cul-de-sacs, affordable frequent transit 3) Site-Design 4) Sell the Triple Bottom Line

- Living Streets Alliance
- Tactical Urbanism
- Lucy Howell: Force for Health: Cyclovia, Healthy Streets

Slow Streets: Started as pilot in 2020, will be done on a smaller scale (15 slow streets in the span of four months). Temporary installation, signs, cones, etc. to slow drivers down and address residential concerns with cut-throughs and speeding. Way to open conversation around what safety means to different people.

- a. Used COVID relief dollars
- b. Permanent changes included
- c. Mobile biker care
- d. Tucson Slow Streets has a website
- e. Use of block leaders and community engagement and support
- f. Utilizing “adopt a road” concept to sponsor slow streets

Move Tucson: mobile interactive map on movetucson.com, opportunities for engagement

- 20-year transportation and mobility plan, will guide investments for the next 20 years
- In the project prioritization phase
- Identifying and addressing gaps
- Public Art Project: going after Bloomberg Asphalt Art Grant
 - a. Asphalt art: Corbitt Park, done at intersections or can be a block long
 - b. Goals of pedestrian safety, making areas aesthetically appealing
 - c. 6th Ave and 12th Street proposed area
 - d. Helps bring attention to places and people that use the space

Pedestrian Advisory Committee

- Need to live within City Limits

<https://tucsondelivers.tucsonaz.gov/pages/parks-connections>

<https://www.tucsonaz.gov/TucsonSlowStreets>

<https://www.tucsonaz.gov/tdot/tucson-transportation-talks>

<p>Update on Tufts project</p>	<p>Sabrina & Annemarie</p>	<p>Daniela: came to an agreement that Beyond Foundation will now serve as a fiscal sponsor for Activate Tucson Solicit funding, do research, do projects with more ease!</p> <p>“Mission, vision, values align.”</p> <p>Sabrina Plattner: <i>Tufts Update</i></p> <ul style="list-style-type: none"> - <i>Identified two areas to focus on to help reduce childhood obesity and poverty</i> <ul style="list-style-type: none"> a. Tax credits and getting a more equitable structure in place to get underserved schools funds b. Targeting stress – work with parents and children in school/after school settings - Looking at schools and structure of tax credits – public school tax credits going more to affluent areas rather than underserved areas. - Resources available: inequitably distributed - Nutrition, Physical Activity, Mental Health - Stress is an important factor: looking at mitigating, addressing stress - <i>Engaged with a team of MPH students who are doing an environmental study including interviews</i> <ul style="list-style-type: none"> a. What is currently happening? Who is doing what? b. How are after-school programming being trained to recognize and address stress in children, offering training for responding to children in crisis c. Training parents and utilizing existing support structures d. We have funding to support marketing, training, paying an intern - Generate a report to demonstrate what we are doing as a coalition to support our community - Send Annemarie new information or anything that you want featured on the website May 14th is the Deadline to submit comment!
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<p>Member Activities and Announcements</p>		<p>Lucy Howell:</p> <ol style="list-style-type: none"> 1) Dr. Carmona, Tucson Commerce: Panel Hybrid Event (https://mms.tucsonhispanicchamber.net/members/evr/reg_event.php?eid=59007615&orgcode=T HCH) 2) Pan-Asian Fit Fiesta Launch, National Hispanic Health, National Sports Month <p>Jenn Parlin:</p> <ol style="list-style-type: none"> 1) AIR: working with Tumamoc Hill, Master Gardeners, Desert Museum on resilient low desert plants that you can consume 2) Wild harvesting in your yard or community garden 3) Nopal – you can pick some up to grow! <p>Alexis Gallego/ Nancy Gamboian:</p> <ol style="list-style-type: none"> 1) Fall schedule planning to be in-person, Summer will still be virtual 2) More hybrid options and virtual options 3) Greater class and lab attendance flexibility <p>https://tucsoncleanandbeautiful.org/trees-for-tucson/neighborhood-stormwater-harvesting/</p> <p>Discussion on watering trees to make communities green – utilizing community engagement.</p> <p>Annemarie: Advocacy opportunity https://nacto.org/program/modernizing-federal-standards/?mc_cid=2772926509&mc_eid=0b8c414143</p>
<p>General Contact Info and Notes</p>		<p>Lucy Howell: Lucy@myhealthyglobe.com “If anybody knows any interns looking for Summer or Fall projects, please let me know!”</p> <p>Gabriella Barillas: gabriela.barillas@tucsonaz.gov cell: 520-591-1606</p>

Next meeting: Wednesday, May 20, 2021 Zoom meeting invite
Hope we see you there! Vax up and Mask Up!

Date (Time):	June 16, 2021, at 8:30 a.m.
Topic:	Monthly Meeting
Attendees:	Sabrina Plattner UAMEZCOPH, Annemarie Medina UAHS, Lucy Howell Force for Health, Daniela Diamente BEYOND Foundation, Jenn Parlin Garden Kitchen, Joanna Dinan Pima County Natural Resources Parks & Rec, Krista Romero-Cardenas PC Health Dept., Kyla James El Rio Health Centers, Kathy Wood American Heart Association, Amelia Natoli Iskashitaa Refugee Network
Apologies:	
Meeting Facilitators:	Co-Chairs Annemarie Medina, Sabrina Plattner
Minutes Prepared By:	Annemarie Medina

Agenda Topics	Responsible	Discussion
Food Systems	Jenn Parlin Garden Kitchen	Update on the Garden Kitchen and Tucson food systems See attached pdf of slide deck.

<p>Update on Tufts project</p>	<p>Sabrina & Annemarie</p>	<p>Sabrina Plattner: Tufts Update</p> <ul style="list-style-type: none"> - <i>Identified two areas to focus on to help reduce childhood obesity and poverty.</i> <ul style="list-style-type: none"> a. Tax credits and getting a more equitable structure in place to get underserved schools funds. We have solicited for a PhD candidate to use this as their research project. Will likely not find out until fall if we have someone. Goal is to kick off marketing campaign in early 2022. b. Targeting stress – work with parents, staff, and children in school/after school settings Working in partnership with El Rio to expand the trainings they are already doing.
<p>Membership</p>	<p>Annemarie</p>	<p>We currently have almost 100 members on our list serve, however many are not active. Please review the list of members (attached) and identify anyone who you are connected to that you feel might be interested in getting involved in the two Tufts projects and either reach out to them or let Annemarie or Sabrina know so they can do so. Additionally, provide names and contact information for anyone who you feel should be, or would want to be involved in these activities so that we can determine the best way to engage them.</p> <p>The current Tucson Child Health Working Group of 12 will be ending in August so we will need a new group (including those from the TCHWG who want to stay on) to tackle the next steps in these two projects.</p>
<p>Member Activities and Announcements</p>		<p>Kathy Wood: AHA will be hosting a STEM event for 9th and 10th graders in September.</p> <p>Joanna Dinan: PC will be hosting summer camps beginning in July and senior programs are expanding. Covid 19 testing is now available through a partnership with ASU at the Ellie Towne Center Tuesday thru Sunday. Schedule an appt here https://azdhs.gov/covid19/index.php#everyone-asu-testing</p> <p>Amelia Natoli: Working on getting refugee services back on track.</p> <p>Kyla James: all vaccinations (including Covid 19) are available at all El Rio clinics Monday thru Friday.</p> <p>Lucy Howell: Still looking for interns, Jenn suggested posting on the UA’s Handshake site that promotes across the university.</p>

General Contact Info and Notes		<p>Mesquite Milling: June 26th 8-2 at Mission Gardens, will include educational opportunities, Event is free, there is a small donation to have your mesquite beans milled into flour. https://www.missiongarden.org/events/mesquite-milling</p>
Advocacy opportunities		<p>Make your mark on 1st Avenue!</p> <p>As a project listed in the RTA, the City of Tucson is about to embark upon an overhaul of 1st Avenue and is seeking community input on what that should/could look and feel like. Of particular importance is the decision to expand it to a six-lane roadway vs. a modified four-lane roadway. The city has an extensive webpage with information about the project available. Click on the link below to learn more and please make sure to fill out the survey so that you can make sure 1st Avenue becomes what you need it to be for you and your family. Weigh in HERE</p>
<p>Next meeting: Wednesday, August 18, 2021. We will still be virtual and discuss going back to in person for our September meeting. A zoom link will be included in the calendar invite.</p> <p>Stay cool Enjoy your summer!</p>		