



Healthy Downey Meeting Recap

Meeting Date: Tuesday, February 11, 2014

Attendees:

| Agency | Name |
|--|-----------------------|
| City of Downey | Fernando Vasquez |
| City of Downey | Mario A. Guerra |
| City of Downey- Department of P & R | Arlene Salazar |
| City of Downey- Department of P & R | Denise Adricula |
| Coca- Cola Bottling Company | Nancy Limon |
| Kaiser Permanente- Downey Medical Center | Elizabeth D. Trombley |
| Kaiser Permanente- Downey Medical Center | Sheri D. Bathurst |
| Downey Family YMCA | Anne Ullstrom |
| LA County Department of Public Health | Tonia K. Sandoval |
| Apple Care Medical Group | Christina Alosi |
| Downey Bicycle Coalition | Roger Pardo |
| Health Net of California | Dennis Carrillo |
| New York Life | Paul Jimenez |
| The Juice Plus+ C | Monica Nunez |
| Brookfield Healthcare | Brianna Hobbins |
| PIH Health | Vanessa Ivie |
| Coca- Cola Bottling Company | John Tang |
| Department of Public Social Services | DeJuan Belton |
| Department of Public Social Services | Jason Taw |
| American Financial Education Alliance Strategy Wealth Mgmt | Brandon Rivers |
| Strategy Wealth Management | Gabriel Valencia |
| Strategy Wealth Management | Chirho Garcia |

Actionable items:

- Introduction of new Healthy Downey Activity Specialist- Denise Adricula
- Promote Downey 5K Run/Walk. Had about 850 attendees last year
 - Registration goes up March 1
 - **GOAL:** Thousand attendees!

Pending items:

- Dennis Carrillo (Health Net) – Health Net fitness demo. T-shirts?
- Apple Care- Menus for healthy restaurant options

- YMCA Carnival of Champions- Training times for schools.
 - April 26 event- Volunteers needed!
- Tour de Downey bicycle event- June 14
- Coca Cola- Feb. 22 or 27? Leadership/volunteer opportunity

Shared Ideas/challenges:

- Dennis Carrillo (Health Net) - Fitness demos. Talk of T-shirts.
- Apple Care- Menus for healthy restaurant options

Attendee Roundtable discussion:

- Downey 5K Run/Walk for TLC- Encourage to register before March 1
- Dennis Carrillo (Health Net) - Fitness demos. T-shirts?
- Kristina (Apple Care)- Menus for healthy restaurant options
- YMCA Carnival of Champions- Volunteers needed for April 26!
- Vanessa (PIH)- Healthy Living magazine out 3 times a week
- Sheri (Kaiser) - Needs Assessment guides 3 year plan.
 - Childhood obesity has gone up ☹
 - Pre and post evaluation
 - **April**- National Healthcare Decision Day
- Tour de Downey- June 14.
 - Morning (35 min). 6-7 mi ride
 - Last Saturday of every month- bike ride at 8AM (30-45 mins)
- Coca Cola- Feb. 22 or 27? Leadership/volunteer opportunity.
- FIFA World Cup Union Party (2 games)
 - June 22 v. Portugal
 - July 13

Meeting Outcome: Promote Downey 5K Run/Walk for TLC. Collaborate and work with other organizations to get participants to join. Have a sense of feeling in the community. Encourage to register before March 1 when fee goes up! Goal is to have a thousand attendees.

Next meeting: Tuesday, March 11, 2014. Location: Strategy Wealth Management 8141 ^{2nd} Street, Suite 410, Downey, CA 90241 (Bank of America- Main Building)

Save the Dates:

- Downey 5K Run/Walk for TLC- Saturday, April 5, 2014
- YMCA Healthy Kids Day/ Carnival of Champions- Saturday, April 26, 2014
- Bike-to-School Day- Wednesday March 7, 2014
- Kids Day- Saturday, May 10, 2014
- Tour de Downey Bike Event- Saturday, June 14, 2014
- Dia de Los Muertos- Sunday, November 3, 2014