



Healthy Downey Meeting Recap

Meeting Date: Tuesday, August 13, 2013

Attendees:

Agency	Name
City of Downey	Mario A. Guerra
City of Downey - Department of P & R	Arlene Salazar
City of Downey – Department of P & R	Gloria Basulto
City of Downey – Mayor Pro Term	Fernando Vasquez
Downey Family YMCA	Anne Ullstrom
Downey Unified School District	Luz Perez
Kaiser Permanente-Downey Medical Center	Sheri D. Bathurst
Downey Unified School District	Dr. Robert Jagielski, Ed. D
Downey Unified School District	Luz Perez
St. Francis Medical Center	Daisy Pizana
St. Francis Medical Center	Gilda Acosta
Downey Bicycle Coalition	Lars Clutterham
Health Net of CA	Dennis Carrillo

Actionable items:

- Committees for Pledge Night and Fire Up Your Feet

Pending items:

- Create a plan to measure our improvements of key health indicators
 - Healthy Downey Pledge Night
 - St. Francis Mobile Unit to pre-test
- Healthy Downey Approved Meal
 - Apply to Chamber of Commerce for certification
 - Restaurant can put seal on their menu
 - Incentives/Recognition for restaurants

Shared Ideas/challenges:

- Healthy Downey starting to make a difference and continues to do so
 - First radio show by Mayor Guerra and all Healthy Downey partners mentioned
 - In the future, have 1 person from each organization speak in radio show and have people call in
- How do we measure improvement of health indicators?
 - Healthy Downey Pledge Night
 - Setting goals and meeting goals
 - Self-reporting data is less accurate
 - Oct. 17th in conjunction with ACA Info Night
 - St. Francis may be able to bring mobile unit for pre-testing.

Attendee Roundtable discussion:

- Vida Sana Presentation by Gilda Acosta
 - Provides basic services such as flu vaccines, screenings for cholesterol, bone densities, and quarterly vaccinations in elementary schools (Montebello, Lynwood, Downey and Compton)
 - 400 members
 - Age of participants in program ranges from 5 to 92 years of age.
 - Importance of “promotoras” from the community
 - Relate to program members
 - CPR Certified
 - American Diabetes Association training
 - Program recruiting takes place in churches
 - Volunteer college students
 - 97% of members do not have legal status or a physician
 - Incentives
 - \$50 Gift Certificates (Walmart, Target, Food4Less)
- Come Shop with a Nutritionist – Aug. 17, 2013
 - 1 hr event, supervised child care, giveaway bags, Health information/literature, English/Spanish
- National Night Out Recap
 - 20th Annual Nation-wide and first in the City of Downey
 - Bike training, helmet, bike safety.
 - Great turnout and very well received.
- Grant From Coca-Cola to YMCA
 - Youth health and wellness
 - Working on foundation and plan is to make it sustainable
 - Minimum of 10 locations

Meeting Outcome:

- Creating a plan to measure key health indicators and their improvement over time. Take Healthy Downey initiative to the next level

Next Meeting: Tuesday September 10, 2013. Location: Downey YMCA

Save the Dates:

- Taste of Downey- September 19, 2013
- National Walk to School Day – October 9, 2013