



Community Health Working Group

May 17, 2022/ 8:30-9:45 a.m.

Virtual Online Zoom Meeting--

<https://us02web.zoom.us/j/86854907553?pwd=ZHFldGxaK1R5bjhiTk11NVpIQVlyUT09>

Community Health Work Group Meeting Purpose:

Collaborative partners who work together to identify and assess gaps, disparities, and community needs; by building on existing resources, formulating policy recommendations, and acting on data in new and coordinated ways so residents in El Cajon can thrive.

Agenda Items	Time	Presenter	Action
I. Welcome and Introductions	10 min.	Caroline	
II. May in Mental Health Month and Women's Health Month Handouts for mental health assessment tools and women's health screenings. It's time to take care of yourself!	10 min.	Group Discussion	
III. An Analysis of Health Data from HHSA How healthy are our neighborhoods? We'll exam health data that has been recently released for East County and El Cajon.	25 min.	Group Discussion	
IV. Meetings Are we ready to meet in person, stay virtual? We need you to weigh in.	5 min.	Caroline	
IV. Reports and Updates <ul style="list-style-type: none"> • Parks & Rec Updates • Newcomer Updates 	10 min.	Adam Lenda	
V. Roundtable Accomplishments, Announcements	10 min.	Information Sharing	
Next El Cajon Collaborative Meeting: Tuesday, June 7, 2022, at 12:30 p.m. https://us02web.zoom.us/j/71342147983?pwd=aU9wd1VYckhTMDc0WjkMjZGMDhiUT09		Please join us at any of our working groups.	
Community Health Working Group Tuesday, June 21, 2022 at 8:30 a.m. https://us02web.zoom.us/j/86854907553?pwd=ZHFldGxaK1R5bjhiTk11NVpIQVlyUT09			
Homeless Services Working Group Wednesday, May 18 and June 22 at 10:00 a.m. https://us02web.zoom.us/j/81925601759?pwd=LzBuaGVWN0h4bDdPTWVmVkw3aUFDUT09			
Food Access Network Monday, June 13, 2022 at 1:00 p.m. https://us02web.zoom.us/j/83872943149?pwd=dDhRMU1VUG1sOWFabTVoZ2pGYm4vUT09			

"For a community to be whole and healthy, it must be based on people's love and concern for one another." Millard Fuller

2022-2024 Overall Strategic Focus
El Cajon Collaborative

Goals:

1. Equitable Community Access to Nutritious Food:

- A. Objective: Organize nutrition education to youth and adults at community events, meal distributions and food pantries.
- B. Objective: Ensure CalFresh application assistance at all community events and education on changes to the program.
- C. Objective: Provide opportunities for local community pantries and meal distribution sites to network and share resources with one another and the people they serve.

2. Enhance prevention strategies and increase advocacy efforts for mental wellness and substance abuse prevention:

- A. Objective: Support anti-bullying campaigns and education to families.
- B. Objective: Work with Collaborative partners to promote outreach efforts to educate and assess depression and trauma following COVID-19.
- C. Objective: Distribute information on substance abuse prevention through Collaborative partners and at all community events including tobacco, vaping, opioid use, and marijuana.

3. Advance opportunities to create safe, healthy, and livable neighborhoods.

- A. Objective: Ensure safe, fair, and affordable housing across the continuum of need.
- B. Objective: Increase community engagement in self-sufficiency opportunities.
- C. Objective: Increase opportunities for meaningful leadership and civic engagement.
- D. Objective: Support community-wide activities for families and individuals that are experiencing homelessness or are at risk.

4. Support the Cajon Valley Union School District (CVUSD) for Health and Wellness Activities and Policies.

- A. Objective: Serve as the Wellness Council for CVUSD to build awareness of and engagement in school and district-wide health policy development, implementation, review, and updates.
- B. Objective: Organize and execute a district-wide Wellness Fair with stakeholders to share information with students, staff, families and the community about healthy eating, physical activity, health services and other local health and wellness resources.