



## Community Health Working Group

November 15, 2022/ 8:30-9:45 a.m.

Virtual Online Zoom Meeting--

<https://us02web.zoom.us/j/86854907553?pwd=ZHFldGxaK1R5bjhiTk1NVpIQVlyUT09>

### 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. <b>Welcome and Introductions</b>	10 min.	Caroline	
II. <b>United Against Hate Week</b> United Against Hate updates on activities	10 min.	Caroline and Group	
III. <b>Rural East County—A look at community health in the backcountry</b>	20 min.	Caroline	
IV. <b>Report on Activities for ECC in 2022-2023</b> Grant programs and activities	15 min.	Carol	
V. <b>Reports and Updates</b> <ul style="list-style-type: none"> <li>• Parks &amp; Rec Updates</li> <li>• Newcomer Updates</li> </ul>	10 min.	Adam Lenda	
VI. <b>Roundtable</b> Accomplishments, Announcements	5 min.	Information Sharing	
<b>Next El Cajon Collaborative Meeting:</b> <b>Tuesday, December 4, 2022, at 12:30 p.m.</b> <a href="https://us02web.zoom.us/j/71342147983?pwd=aU9wd1VYckhTMDc0WjkMjZGMDhjUT09">https://us02web.zoom.us/j/71342147983?pwd=aU9wd1VYckhTMDc0WjkMjZGMDhjUT09</a> or in person at Cajon Valley Union School District Boardroom at 750 E. Main St., El Cajon. Parking available in the rear off Roanake St.		Please join us at any of our working groups.	
<b>Community Health Working Group</b> Dark in December—Happy Holidays—See you in January			
<b>Homeless Services Working Group</b> Cancelled for Connecting Families Event at Johnson Elementary November 16 <sup>th</sup> —Please join us! See you on January 18 <sup>th</sup> in person at 10:00 a.m.- Little House			
<b>Food Access Network</b> Monday, November 14, 2022 at 1:00 p.m. <a href="https://us02web.zoom.us/j/83872943149?pwd=dDhRMU1VUG1sOWFabTVoZ2pGYm4vUT09">https://us02web.zoom.us/j/83872943149?pwd=dDhRMU1VUG1sOWFabTVoZ2pGYm4vUT09</a>			

**“In rural communities, good health was commonly characterized as being able to work, reciprocate in social relationships, and maintain independence.” National Library of Medicine**

## 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.