



Community Health Working Group

September 21, 2021/ 8:30-9:45 a.m.
Virtual Online Zoom Meeting due to COVID-19

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 | 5 min. | Caroline | |
| II. 2020-2024 Overall Strategic Focus <ul style="list-style-type: none"> • Updates • Action Plan | 40 min. | Caroline | |
| III. Connecting Families Resource Fair- CVUSD <ul style="list-style-type: none"> • Fall 2021 • McKinney-Vento Families | 10 min. | Carol | |
| IV. Reports and Updates <ul style="list-style-type: none"> • Parks & Rec Updates • Newcomer Updates | 10 min. | Adam Abdi/Lenda | |
| V. Roundtable Accomplishments, Announcements | 10 min. | Information Sharing | |
| <p>NEXT CH Working Group Meeting: October 19, 2021 8:30 am- Virtual Zoom https://us02web.zoom.us/j/82094867584?pwd=UFV2YmM0ckI3aXA0ZzRwU25ERDhWdz09</p> <p>Council Meeting October 5, 2021 12:30 pm- Virtual Zoom https://us02web.zoom.us/j/71342147983?pwd=aU9wd1VYckhTMDc0WjkMjZGMDhjUT09</p> <p>Homeless Services Work Group October 20, 2021 10:00 am-Virtual Zoom https://us02web.zoom.us/j/81925601759?pwd=LzBuaGVVNW0h4bDdPTWVmVkw3aUFDUT09</p> <p>Food Access Network Sept. 22, 2021 2:30 pm-Virtual Zoom https://us02web.zoom.us/j/83872943149?pwd=dDhRMU1VUG1sOWFabTVoZ2pGYm4vUT09</p> | | Please join us at any of our working groups. | |

“Building communities is to the collective as spiritual practice is to the individual.” – Grace Lee Boggs

Revised 2020-2024 Overall Strategic Focus El Cajon Collaborative

Goals:

- 1. Increase access to healthy, nutritious food:**
 - A. Objective: Assess retail stores and work towards creating healthy markets in El Cajon.
 - B. Objective: Organize nutrition education to youth and adults at community events, meal distributions and food pantries.
 - C. Objective: Schedule CalFresh application assistance at all community events and food pantries with education on changes to the program when possible.
 - D. 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.
Action 3: Distribution of food resources at summer lunch programs, food pantries and meal distribution sites.

- 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.