

# Public Health Education Collaborative

## Meeting Agenda



Tuesday, April 6<sup>th</sup>, 2010

5555 Ferguson Dr., Commerce CA 90022

\*Enter through Central Lobby

9:00 AM – 4:00 PM

2<sup>nd</sup> floor, Suite 220

Conference Room A, #2081

### Collaborative Goal:

Link public health practitioners to people and tools that make health education practice easier and more effective throughout Los Angeles County.

### Collaborative Objectives:

- Illustrating at least one component of health education practice through program updates and collaborative work sessions.
- Constructing an evidence base for innovative, effective, and standardized health education practice.

### By the end of this session, participants will be able to...

1. Recall the goal and strategies of the Countywide Food Policy.
2. List two recent changes to the Countywide Food Policy.
3. Apply components of the Countywide Food Policy to educate DPH staff and clients about obesity and chronic disease prevention.
4. List the goal and strategies of "Rethink Your Drink" initiative.
5. Apply components of the "Rethink Your Drink" initiative to educate DPH staff and clients about obesity and chronic disease prevention.
6. Provide resources that will help promote the initiative to DPH staff.
7. List three potential health effects of stress.
8. List three stress management techniques.
9. Explain the difference between concepts such as stress/chronic stress and health disparities/inequities.
10. Define terms such as social determinants of health and health equity.
11. Describe one way DPH staff can engage communities in conversations about the built/social environments.

### Continuing Education Credits:

- Provider approved by the *California Board of Registered Nursing*, Provider # 01429 for up to 3.5 nursing contact hours.
- Provider approved by the *National Commission for Health Education Credentialing, Inc.*, Provider # MEP2460 for up to 5 CHES contact hours.

### Upcoming Collaboratives:

<u>Date</u>	<u>Time</u>	<u>Location</u>
05/04/10	9:00am – 4:00pm	Ferguson 2 <sup>nd</sup> floor, Suite 220, Conf. Rm. A, #2081
06/01/10	9:00am – 4:00pm	California Endowment 1000 N. Alameda Ave, L.A., CA 90012 Cabrillo Room

Agenda			
Timeframe	Content	Process	Who
9:00am-9:05am	Welcome and Introductions	Remarks and Round-Robin	Sylvia Estafan <i>Health Education Administration</i>
9:05am-9:15am	Meeting Overview	Update and Review Meeting Minutes	Kim Harrison Eowan <i>Health Education Administration</i>
9:15am-10:15am	Countywide Food Policy & "Rethink Your Drink" campaign	Presentation and Discussion	Cindy Young & Lauren Neel <i>Nutrition Program</i>
10:15am-11:00am	Stress & Stress Management	Presentation and Discussion	Robert Bosarge <i>Kaiser Permanente</i>
11:00am-11:15am	Wellness Break	Activity	Erika Siever <i>Health Education Administration</i>
11:15am-12:00pm	DPH Wellness Updates	Presentation and Discussion	Kim Harrison Eowan <i>Health Education Administration</i>
12:00pm-1:00pm	Lunch	On Your Own	All
1:00pm-2:15pm	"Unnatural Causes...is Inequality Making Us Sick: In Sickness and in Wealth"	Watch Video Segment 1 and Discussion	Jackie Valenzuela <i>Health Education Administration</i>
2:15pm-2:30pm	Wellness Break	Activity	Kim Harrison Eowan <i>Health Education Administration</i>
2:30pm-3:30pm	Draft Built/Social Environment Presentation	Presentation and Discussion	Milan Hill & Jackie Valenzuela <i>Health Education Administration</i>
3:30pm-4:00pm	Wrap-Up & Evaluation	Q & A, Evaluation completion	Sylvia Estafan <i>Health Education Administration</i>

Got questions? Contact Sylvia Estafan at: [sestafan@ph.lacounty.gov](mailto:sestafan@ph.lacounty.gov)