

Sierra County Community Health Improvement Plan Advisory Group Meeting Agenda for 04/03/2025
Our overarching goal - to develop collaborations and help move community health improvement initiatives forward

Welcome:

- Review of last meeting | Comments/Questions/Concerns

Community Health Improvement Goals: What do we think of the verbiage for these?

- **Increasing Access to and Consumption of Nutritious Foods Year-Round**
 - We are committed to ensuring that all Sierra County residents have access to nutritious foods year-round. By supporting local food systems and improving food security, we aim to provide sustainable, nutritious food options that are fresh when seasonably possible. Through clear communication, coordination of resources, and skill-building, we empower our community to continue the tradition of self-reliance, strengthening our bonds and ensuring we all thrive together.
- **Improving Access to Recreational Activities for Residents of All Ages**
 - We are committed to ensuring that all Sierra County residents, from children to seniors, have access to recreational activities that promote both physical and mental wellness. Recreational activities, whether it's outdoor exercise, indoor game nights, community gatherings, or sports programs, play a crucial role in fostering physical fitness, reducing anxiety, boosting mood, and promoting social connectedness. These activities are especially important in building resilience against challenges such as Adverse Childhood Experiences (ACEs) and supporting mental health. By improving communication and creating diverse opportunities for engagement, we aim to strengthen our community's well-being, reduce isolation, and build a healthier, more vibrant Sierra County for all.
- **Cross-Cutting Theme: Improving Communication**
 - Effective communication is essential to both health priorities identified above. By enhancing how we share information about community efforts, whether related to food access, recreational opportunities, or other things, we ensure that all Sierra County residents are informed, empowered, and able to take full advantage of the resources and programs available to them.

CHIP Community-Wide Events:

- Downieville School on Tuesday, April 15th from 5:30-7PM >>> Who will attend?
- Loyalton Elementary School on Tuesday, April 29th from 5:30-7PM >>> Who will attend?
- The goal of the events is to:
 - 1) Gather perspective on goal statements and ensure that goals address root causes of priority issues
 - 2) Gather perspective to create a shared vision for community
 - 3) Ask for people to create working groups to identify & prioritize activities
- Event Logistics
 - Welcome table – sign in sheet and pass out handout of event details with instructions on what to do
 - Need 1-2 people here – who?
 - Nutritious food access poster attached to easel – 1 person here, who?
 - Recreational activities poster attached to easel – 1 person here, who?
 - Improving communication poster attached to easel – 1 person here, who?
 - Potential questions for each poster...
 - What stands out to you in this information?
 - Does this information align with your lived experience? Why or why not?
 - What surprises you about what you see?
 - How does this information connect to challenges or strengths in your local community?
 - What actions could be taken based on this information? Who needs to be involved?
 - What information do you feel most connected to, and why?
 - Have sticky notes and star stickers available that people can write comments and/or prioritize with a star
 - Partnership Healthplan table – Jill's group

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- Eastern Plumas Health Care table – possible swag to hand out?
- Family Resource Center table – Vickie
- First5 table – Candy
- Other Resources/Programs to have tables?
- Event Survey and/or another activity area with these questions to collect, discuss, etc.
 - What brings you here today?
 - What is one issue in the community that you are passionate about?
 - If you could change one thing in the community, what would it be?
 - What is one thing you love about this community?
 - What is one small action you could take today to make a difference?
- Resources for events
 - Food and Drinks – Tina coordinating with Partnership Healthplan
 - Fun area for kids – 1 person here, who? Maybe this is with the First5 table?
 - Activities and/or toys for kids – Who will provide? First5? FRC?
- What are we missing?

Calendar of Events:

- Wendy Bergstrom has been compiling a calendar of events throughout the county
- Also have the Chamber of Commerce Sierra County app
- Other ways to spread the word, advertise events, etc.
- How can we utilize these resources?

Next Steps:

- When should we meet next? April 24th, May 1st, other?

Partners and Stakeholders:

- High Sierras Family Resource Center, First5, Eastern Plumas Healthcare, Partnership Healthplan
- Can we add anyone else to the list?
 - Loyalton Rotary, 4H, Senior Collaborative, Senior Center



HIGH SIERRAS
FAMILY RESOURCE CENTER

