

**Sierra County Community Health Improvement Plan Advisory Group Meeting Agenda for 05/08/2025**  
***Our overarching goal - to develop collaborations and help move community health improvement initiatives forward***

**Welcome:**

- Review of last meeting | Comments/Questions/Concerns

**Review of Community Health Improvement Goals:**

- **Increasing Access to and Consumption of Nutritious Foods Year-Round**
  - We're dedicated to year-round access to nutritious food for all Sierra County residents. By strengthening local food systems and promoting food security, we provide sustainable, seasonal options. Through collaboration, resource sharing, and skill-building, we foster self-reliance and a thriving, connected community.
- **Improving Access to Recreational Activities for Residents of All Ages**
  - We're committed to providing Sierra County residents of all ages with access to recreational activities that support physical and mental wellness. From outdoor exercise to community events, these opportunities reduce isolation, build resilience, and strengthen overall well-being.
- **Cross-Cutting Theme: Improving Communication**
  - Effective communication is key to supporting health priorities. By improving how we share information, we empower Sierra County residents to access and benefit from local resources and programs.

**CHIP Community-Wide Event Recap:**

- The goal of the events was to:
  - 1) Gather perspective on goal statements and to create a shared vision for community
  - 2) Ask for people to create working groups to identify & prioritize activities
- Tuesday, April 15<sup>th</sup> from 5:30-7PM at Downieville School
  - 30 attendees, plus about 12-15 children
  - 7 programs providing resource information – High Sierras Family Resource Center (FCR), First5, Eastern Plumas Healthcare (EPHC), Partnership Healthplan, Behavioral Health, Probation Department, Building and Planning
  - Feedback from community members – Improving Communication Goal
    - Need an online network of cottage food industries, existing restaurants, neighboring operators and other farms in the county
    - Need a broker to align growers in the county with restaurants and markets
    - Create a website market?
    - We need cross communication from all agencies – schools, county departments, newspapers, social media, etc.
    - Create a single website for all county activities
  - Feedback from community members – Improving Recreation/Activities/Events Goal
    - Create flyers/brochures for all community centers of events, workshops, meetings that network the community – information on available activities in the area (IE: yoga, volleyball, knitting club, etc.)
    - Advertising and social media need to be utilized more for events, etc.
    - This is a huge problem during the winter months
    - Need a parks and rec program – with equipment, rentals, classes, meet-ups, etc.
    - Work with Caltrans and other state/federal agencies to create a bike path along highway 49
    - Reuse historic trails or logging trails as a path connecting Downieville to Sierra City
    - Create a bike trail from Calpine to Loyalton (broaden the shoulder for paved bike path)
  - Feedback from community members – Increasing Access to Nutritious Foods Goal
    - Have more farmers markets/community markets – more community gardens
    - Weekly farmers markets – on both east and west sides of the county
    - Create synergy among resources - Can stores, schools, restaurants work together to bring in food?

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- Tuesday, April 29<sup>th</sup> from 5:30-7PM at Loyalton Elementary School
  - 20 attendees (most from programs)
  - 6 programs to provide resource information – High Sierras Family Resource Center (FCR), First5, Eastern Plumas Healthcare (EPHC), Partnership Healthplan, Probation Department, Wellness Center

**CHIP Work Groups:**

- Discuss logistics – How many? One for each goal? One for east and one for west side of county? One big group?
- Synergy with CPP group and possibilities – First Friday initiative, etc.
- How to get others involved?
- What other groups would be interested?
- Meeting cadence?

**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?

**Other Information:**

- Health and Wellness Fair – August 2<sup>nd</sup> at Loyalton Park and Musica Sierra Old School House Building

**Next Steps:**

- When should we meet next? May 27<sup>th</sup>, June 3<sup>rd</sup>, June 10<sup>th</sup>, June 17<sup>th</sup>, June 19<sup>th</sup> – other?

**Partners and Stakeholders:**

- High Sierras Family Resource Center, First5, Eastern Plumas Healthcare, Partnership Healthplan
- In process – Mom's Meals
- Can we add anyone else to the list?
  - Loyalton Rotary, 4H, Senior Collaborative, Senior Center, Wellness Center



HIGH SIERRAS  
FAMILY RESOURCE CENTER