

WHAT DO YOU BRING TO THE TABLE? | Let's **EAT** healthy, **PLAY** often, and **CREATE** community!

What do you want to work on to improve your community? Circle only ONE (1) answer.

Physical Activity



Community Centers or YMCA



Parks and Playgrounds



Community Gardens



Healthier Corner Stores

Healthy Eating

Please share a bit about yourself!

There are some ideas listed, but PLEASE add to the list!

I enjoy . . . (Check all that apply.)

- | | |
|---|--------------------------------|
| <input type="checkbox"/> Cooking | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Gardening | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Walking | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Jogging/running | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Exercise classes (Zumba, yoga) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Painting | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Light carpentry | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Making things | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Meeting new people | <input type="checkbox"/> _____ |

I am good at . . . (Check all that apply.)

- | | |
|---|--------------------------------|
| <input type="checkbox"/> Bringing people together | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Leadership | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Teaching | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Talking to new people | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Listening | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Helping people | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Getting things done | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Organizing | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Writing | <input type="checkbox"/> _____ |

Things I can contribute to the community are . . .

(Check all that apply.)

- | | |
|--|--------------------------------|
| <input type="checkbox"/> Gardening supplies | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Lumber/hardware | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Exercise equipment | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Time | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Land | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Space to meet | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Knowledge of _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> A positive attitude | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Experience in _____ | <input type="checkbox"/> _____ |

I know people who are . . .

(Check all that apply.)

- | | |
|--|--------------------------------|
| <input type="checkbox"/> Community leaders | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Elected officials | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Business owners | <input type="checkbox"/> _____ |
| <input type="checkbox"/> City employees | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Chefs | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Gardeners | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Volunteers | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Teachers | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Managers | <input type="checkbox"/> _____ |

Welcome to **EAT healthy**, **PLAY often**, and **CREATE community**!

We are so glad you are here! Tonight's meeting is very interactive, so get ready to share!
In a moment, the meeting facilitators will provide detailed instructions about the meeting format.
Until then, mix and mingle with your neighbors!

What is EAT healthy, PLAY often, and CREATE community?

The Coastal Health District, specifically the Health Promotion and Disease Prevention Division, is leading this initiative to create community-based improvements for healthier living that have been identified and prioritized by the community. This will be the first of two meetings in the development of a Community Action Plan, developed with the use of the CHANGE tool, developed by the Centers for Disease Control & Prevention.

The purpose of the CHANGE Tool is to:

- Identify community strengths and areas for improvement.
- Identify and understand the status of community health needs.
- Define improvement areas to guide the community towards population-based strategies that create a healthier environment (e.g., increased physical activity, improved nutrition, reduced tobacco use and exposure, and chronic disease management).
- Assist with prioritizing community needs and consider appropriate allocation of available resources.

Tonight

In tonight's meeting, will focus on the prioritization of community improvements and identification of community-based strategies to increase ways to EAT healthy, PLAY often, and CREATE community!

In order to make this meeting as productive as possible, we encourage you to:

- Participate meaningfully – This is a hands-on meeting. No wallflowers allowed!
- Stay focused – We know there are a lot of other community issues, but for tonight, food and physical activity will be our focus!
- Complete the survey – This information will help us in better understanding more about your community. Please complete both sides and return before you leave.

Don't hesitate to ask if you have questions at any time. Thank you!

Your meeting facilitators,
Cristina, Erika, and Denise