



## Coachella Community Health and Wellness General Plan Element Wellness Advisory Committee (WAC) Meeting #1

Tuesday, September 20, 2011

6:00-8:30 p.m.

### Meeting Objectives and Outcomes:

- Understand the General Plan Update process
- Gain an understanding of the purpose and benefits of a Community Health and Wellness Element
- Clarify key health issues and opportunities in Coachella

### **Agenda**

1. Open House (45 min 6:00-6:45pm)
  - *Healthy dinner food, mariachi music, socializing, and (optional) science fair style boards around the room for TCE Youth projects to present their projects.*
2. Welcome and Project Overview (5 min 6:45-6:50pm)
  - *Introduce the team (consultants, city staff, WAC members, commissioners, and elected officials in attendance) – City*
  - *Brief overview of the GP purpose, future direction, adoption process, etc. Include a 1-2 minute explanation of TCE BHC Grant Program in the ECV. – City or R+A*
3. Healthy Cities Movement Overview (10 min 6:50-7:00pm)
  - *Provide general background on the connections between public health and the built environment....create the case for why CHWE is important. –*
  - *Review of potential topics for Coachella – R+A*
4. Visioning Exercise (5 min 7:00-7:05pm)
  - *SAMPLE INSTRUCTIONS ON VISION WORKSHEET: “On your own, take a minute and close your eyes. Reflect on your daily life and routine. Think about your own health. Think about the lifestyles and health conditions of your family and friends, your co-workers, others in your community. Think about any physical, social, economic, aspects of Coachella that influence your health or your community’s health – either negatively or positively? Take 5 minutes to write and/or draw what a healthy city means to you.”*
  - *We will ask for a few volunteers to share their ideas.*
5. Interactive Small Group Discussions (55 min. 7:05-8:00pm)

- *Assets, Issues and Opportunities. Assets = things that support health. Issues = Barriers to health. Opportunities = ways to improve issues or expand assets. The groups will brainstorm these by topic.*
  - *Each table will have a facilitator and a notetaker (flip chart paper). Participants will also have BILINGUAL worksheets so those who are less comfortable speaking in a group can still participate / provide input. WAC can be invited to help facilitate a small group.*
  - **A. Confirm and Vote on Topics:**  
*Each participant will have 3 dots to vote on their top three “topic areas”. Tables will have been pre-assigned 2 topics to discuss and the “voting” process will determine 2 additional topics to discuss. Facilitators should wait until AFTER the dot exercise to reveal what topics have been assigned to each table.*
  - **B. Issues/Assets Discussion:** *What are the most pressing community health issues and challenges for you and your family? What are aspects of Coachella that work really well to support your health?*
  - **C. Ideas for Improvement:** *Draw upon your visioning exercise from the beginning of the meeting. What are your future-looking health goals for improving the public health conditions and outcomes in the City? Share your ideas for how the city can address these issues and realize these goals.*
6. **Report Back (25 minutes 8:00-8:25pm)**
- *Each group should share their two favorite or most interesting issues, assets, and ideas for improvement.*
7. **Next Steps (5 minutes 8:25-8:30pm)**
- *Upcoming meetings, existing conditions report, policies, other community announcements, etc.*