



**Healthy Births Learning Collaborative
SPA 8**

April 24, 2006

Harbor UCLA Medical Center
Professional Building Boardroom
21840 South Normandie Avenue
Torrance CA 90502

1:00 p.m. – 3:00 p.m.

Meeting Notes

Meeting Purpose:

1) Update on Available Resources 2) To Continue Future Planning Discussion

Co-Chair: Jean Hansen

Co-Chair: Shirley Smith

1. Welcome and Introductions

2. Old Business

- Scheduling Nutrition Workshop

The co-chairs discussed the need to schedule an additional nutrition workshop in order to complete our action plan commitment. The commitment was to provide five nutrition workshops and currently we have facilitated four. There is a possibility this workshop will be scheduled at a library in either Carson or Gardena some time in late fall 2006 under the Family Place Program.

The group discussed and evaluated the nutrition workshop held on February 23, 2006 at the Carolyn Kordich Family Resource Center. The group resolved to develop a checklist of materials needs in order to improve pre-work for future workshops.

3. New Business

Ms. Jennifer Haddad from the Women's Health Care Clinic reported we can hold the physical activity workshops at her location.

The group discussed whether to have a formal presentation or to show a video in the waiting area of the clinic. The group agreed to have a short presentation no longer than 10 minutes.

Group members suggested recruiting an intern from a local college to develop a small curriculum and an evaluation form for the physical activity workshops.

Tasks responsibilities were assigned and deadlines established.

Tasks	Person(s) Responsible	Timeline
<p>1. Find a Spanish-speaking intern</p> <p>2. Put together local resources</p>	<ul style="list-style-type: none"> ▪ Jennifer will check with CFHC, El Camino College & Dominguez Hills ▪ Ava will check with CSULA nursing instructors, UCLA PH ▪ Nancy will check with PA Program (County) ▪ Cathy will check with Diabetes Program @ CSULB ▪ Ava will make a list of all parks in South Bay ▪ Pat will contact Torrance Plunge ▪ Jean will contact Boys & Girls Clubs ▪ Irma will contact YMCA to research classes for parents & free membership ▪ Pat will contact Madrona Marsh 	<p>DEADLINE: June 1, 2006</p> <p>Note: Weekly email from Jennifer, Ava, Cathy & Nancy starting in 2 wks to Irma First email DUE 5/08/06</p> <p>DEADLINE: June 26, 2006</p>

4. Group Discussion

- Physical Activity

After the rich discussion the group developed an Action Plan with the following objectives:

1. Increase awareness of easy, fun, family-oriented and simple physical activities to participants.
2. Connect participants with local, free resources for physical activity
3. Increase awareness of the role-modeling of physical activity to their children
4. Participants will adopt at least one positive physical activity behavior change.

5. Future Planning



- Leadership

Ms. Ava Cato-Werhane volunteer to co-chair the SPA 8 HBLC meetings

- **Next meeting will be:**

June 26, 2006 from 1:00 p.m. – 3:00 p.m.

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6. Announcements

7. Adjourn