



# HEALTHY WILLIAMSON COUNTY

Please sign in by scanning the code below

Please add your announcements in the form for me to share in the follow-up email.



# Chronic Disease Prevention Action Group

Focus on increasing healthy food access and physical activity to meet community needs *in effort to reduce chronic disease risk factors in Williamson County, TX.*



# Meeting Goals:

- Align goals with Collective Impact Approach for Community Health Improvement Plan (CHIP).
  - OBJECTIVE CD 1.1 BY 2025, increase the Food Environment Index, which measures food insecurity, from 7.8 to 8 and or new Food Insecurity Index. Addressed at May 2024 meeting
  - OBJECTIVE CD 2.1 BY 2025, decrease the percentage of adults who do not participate in any leisure-time activities (physical activities other than their regular job) during the past month from 16.9% to 16%. Source: Centers for Disease Control and Prevention – Address at July 2024 meeting
  - OBJECTIVE CD 3.1 BY 2025, increase designated Texas Mother-Friendly Worksites by 5% in Williamson County. Baseline is 50 sites. Source: Texas Mother-Friendly Worksite Directory. – Address at September 2024 meeting
- Share resources and announcements through teambuilding and informal and formal presentations. Go through website features (reports, calendar, action group pages)
- Help one another work through obstacles/barriers in their work



# Group Culture Guidelines-For how we hope to engage with in each other in large group and small breakout groups

- We are all equally important members of the group. Feel empowered to speak up.
- Listen actively and respectfully.
- What is said here, stays here. What is learned here is shared.
- Be aware of your personal experience, emotions and feelings.
- Expect and accept a lack of closure. System changes takes time.
- There may be a commitment outside of meeting hours.



# CD Agenda – 9.4.24

- Welcome, sign in, group culture
  - Has anyone referred anyone to the YMCA since our last meeting?
  - Has anyone increased their movement since our last meeting?
- Introductions from all attendees (**up to one minute each**)-Round the room-start with Zoom attendees then move onto to those that need to leave at 11.
  - Name, organization and share what health related programming/benefits would you like to see offered at your workplace?
- Guest Speaker-Tina with Mother Friendly Worksites (DSHS)
- Updates on WilCo Food Assessment
- Oboz Trail Challenge
- Next Meeting: In 2025, to be announced



# Introduction Prompt

**For attendees (up to 1 minute each):**

Name, organization and share what health related programming/benefits would you like to see offered at your workplace?



# Texas Mother Friendly Worksites



# WilCo Food Assessment Wrap Up

*Hosted by the Central Texas Food Bank and Community Health Connect!*

**Event Details:**

- *What: Williamson County “Food Access CNA” Wrap Up Event*
- *When: Tues, 9/24, 10am-12pm*
- *Where: Williamson County EMS (3189 SE Inner Loop Georgetown, TX 78626)*

*Please RSVP to confirm your attendance.*

*[Click Here to RSVP](http://bit.ly/wilcocna-wrapup) or visit <http://bit.ly/wilcocna-wrapup>*

*If you have any questions, please contact Diego Cruz at [dcruz@centraltexasfoodbank.org](mailto:dcruz@centraltexasfoodbank.org) or 512-937-8079.*





# Oboz Trail Challenge

The Oboz Trail Experience: Austin is open to walkers, hikers, runners, and ADA mobility devices. It's free to register and sign-up is easy.

Registration opens September 1st, with the Experience running from October 1st to October 31st. All participants will receive various swag from Oboz Footwear, Whole Earth Provision Co. and Hill Country Conservancy. Unlock other rewards by completing Promoted Trails and everyone who completes even just one trail will be entered to win one of five pairs of Oboz shoes at the end of the Experience! The more trails you complete, the more entries you'll receive!

- September 23 - Virtual Q&A Session, 6-6:30pm CST
- September 28 - Pre-Party, 12-2pm, at the [downtown Austin location](#)
- October 1 - Oboz Trail Experience Begins
- October 31 - Last Day of the Oboz Trail Experience

November 2- After-Party! 5-7pm



# Announcements

## Next Meetings:

Fri. September 6: 8:30-10am HWC [Access to Healthcare Action Group Meeting](#). Updates on planning of a birth worker panel, a WilCo symposium sponsored by Texas Area Health Education Center East, and an overview of the Padres Program (Bluebonnet Trails Community Services).

Fri. September 6: 1-2:30pm HWC [Mental Health and Well-Being Action Group Meeting](#). Updates on WilCo mental health support group led by youth.

Fri. September 13: 1-2:30pm [HWC Social and Structural Determinants of Health Action Group Meeting](#). Updates from the WilCo Homeless Coalition and United Way ALICE.

Tues. September 24: 2-3:30pm [Behavioral Health Task Force](#). In-person at 200 Wilco Way, Georgetown, TX 78626, Large Training Room. Presentation by Amy Grosso-American Foundation for Suicide Prevention.





# Thank You!

For more information and data for  
projects and reports:  
[www.healthywilliamsoncounty.org](http://www.healthywilliamsoncounty.org) &  
[www.wcchd.org](http://www.wcchd.org)

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