

Facilitator Notes and Highlights
Dine and Dialogue: Healthy Habits
August 12, 2015

Table 1:

Question 1 – What did you learn about this presentation?

- Excited to hear about this new program; great way to communicate message
- Statistics of kids obesity rates
- Good idea to reduce screen time; helps reduce commercial exposure to junk
- Empower kids to make decisions around meal planning

Question 2 – Why do you think this topic is important?

- Prevent heart disease
- Take care of your teeth
- Healthy lifestyle = better mood and radiates out of you
- Sense of community improves with community that is more active
- Helps self esteem

Question 3 – How does the concept of healthy habits relate to North Fair Oaks?

- How to get more people from the community?
 - Go to churches
 - Go to schools – pass out flyers
 - Knock on doors

Table 2:

Question 1 – What did you learn about this presentation?

- That caffeine stresses your heart
- How much sugar damages your heart and blood vessels
- That you need 1 hour of exercise
- That sugar takes away calcium
- Frozen vegetables vs. fresh vegetables
- Social aspect of cooking together as a family

Question 2 – Why do you think this topic is important?

- Relates to the environment; how can we improve our community

Question 3 – How does the concept of healthy habits relate to North Fair Oaks?

- Shocked to hear stats about NFO compared to the rest of the Bay area, which is generally healthy
- People who move here from another country end up less healthy
- Restraints of money to accessing healthy food in an economic way
- Mexican-American cuisine can appear to be less healthy
- Would like to explore having a farmer's market or more community gardens in NFO