

The CAO Weekly Report

The week of October 19, 2015



Monterey County Administrative Office

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- On-site health screenings underway
- New look for Monterey County at State Capitol
- Latino Heritage Month celebrated



Free On-Site Health Screenings Underway

You have probably seen the flyer below for biometric health screening in your email inbox. The county's Health Promotion Partnership is partnering with the Community Hospital of the Monterey Peninsula to offer free on-site health screenings for county employees. They will be offered beginning this week through November 18th.

Screenings are brief health exams that provide information on your risk for certain medical conditions. Not only can screenings identify problems before they start, they can find problems early, when they are easier to treat. By regularly monitoring your health numbers, you can address your risks to improve your health.

Screenings will measure: cholesterol, HDL, LDL, triglycerides, glucose, blood pressure, body mass

index (BMI), waist measurement, and lung volume. Participants will receive a confidential personal health report and have an opportunity to speak with an exit coach about their results after their screening. Appointments last between 15-30 minutes. Employees may use their wellness hours to attend, at the discretion of their supervisor.

The first two screenings were held this week but it's not too late to participate. You can visit oncommunity.com to register using the code CM2015. Fill out the survey and make an appointment. If you have any questions about the screenings, email healthpromotion@co.monterey.ca.us or call x4574.



New Diorama Showcases County at State Capitol

On the walls of the lower level of the State Capitol building in Sacramento, each California County is represented by a wall-mounted diorama. The displays features interesting aspects of each county, a nice way to showcases these counties to visitors to the capitol.



A new diorama for Monterey County was installed this week. The County's display had been the same for many years and was definitely in need of a new look. When a local journalist visiting the capitol wrote that the county's display seemed cramped and not as attractive as it could be, that sparked the County and two partner agencies to make a change.

Graphic Artist Reed Cripe stands with his diorama creation (above). The display features items representative of Monterey County's four economic pillars.



The Monterey County Convention and Visitors Bureau (MCCVB) took the lead on the project and enlisted the aid of the Arts Council for Monterey County to find an artist to create a new diorama that would focus on the County's four economic pillars: Agriculture, Education, Research and Tourism. The Arts Council put out a call to artists for the

work and Reed Cripe was selected. Cripe is a graphic artist from Big Sur who enjoyed taking on this challenge.

“It is such a unique project with its inclusionary intent,” says Cripe. “Rarely does one have the opportunity to promote the diversity for tourism, agriculture, education and research all at once. The completed piece is the essence of Monterey County and will be seen by people from near and far while visiting California’s State Capitol.”

The diorama is three dimensional and is 6’ x4’ x 3’ in size.

If you are curious about Monterey County’s four economic pillars, here is what the display has to say about these key aspects of our local economy:

Education

Standing out in California, as well as the rest of the U.S., Monterey County’s network of educational institutions are known for cutting edge programs, global reach and upper echelon primary education. Post-secondary schools such as Middlebury Institute of International Studies, Defense Language Institute and Naval Postgraduate School offer a proving ground for our nation’s best and brightest in international policy, business, foreign language and naval science. CSU-Monterey Bay coordinates with world class institutions such as Moss Landing Marine Laboratories and Monterey Bay Aquatic Research Institute providing students with hands-on education in marine science.

Agriculture

Often referred to as the “Salad Bowl of the World,” Monterey County has remained a powerhouse in California’s agriculture economy for over a century. Coastal influence, paired with a variety of microclimates, fertile soils and topography allows Monterey County to produce a healthy mélange of crops year after year. It is the coastal influence that allows high value crops such as wine grapes and strawberries to thrive. Strawberries, leafy greens and vegetables are the “bread and butter” of Monterey County’s agriculture production. The crop values of head lettuce, leaf lettuce and broccoli alone topped \$1.8 billion in 2014, despite drought conditions.

Research

Monterey County’s commercial and environmental institutions are two of the major contributors to the body of work that emerges year after year. The County’s variety of ecosystems provide a perfect stage for its many organizations to hypothesize, experiment and draw conclusions. From the expansive terrain of Hastings Reserve to the ecological abundance of the Monterey Bay National Marine Sanctuary, conservation research done locally can have an impact globally. Food production in Monterey County is an important recipient of developing technologies to remain efficient during California’s drought economy through the use of equipment modification and proprietary water-saving systems.



Monterey County’s previous diorama was in need of a ‘facelift.’

Tourism

Monterey County's abundance of places to visit and explore along with its variety of activities and experiences make it an ideal destination for solo treks, romantic getaways and family vacations alike. Whether exploring the volcanic architecture of Pinnacle National Monument, kayaking through the natural waterways of Elkhorn Slough or hiking the magnificent trails lining the Big Sur coast, the adventure is sure to satisfy. Between the expertly curated Monterey Bay Aquarium, the California International Airshow in Salinas, two wine tasting regions and numerous professional-grade golf courses, Monterey County has activities for all to enjoy.



Health Department, Natividad Medical Center Celebrate Latino Heritage Month

Monterey County Health Department and Natividad Medical Center (NMC) teamed up to celebrate Latino Heritage Month last month with a day of food, music and education.

The event was held in the courtyard at NMC on September 16th. The area was brightly decorated and the smell of food filled the air.

“The purpose of the event was to not only celebrate, but expand our knowledge about our Latino community and learn more about Latinos who have made an impact on our community and beyond” said event coordinator Ana Ambriz. “But most importantly, the event was an opportunity to embrace and share the diversity of our employees.”

The food was plentiful and delicious. Pozole was provided for participants by Natividad Medical Center, the rest was ‘potluck’ with attendees bringing Latin American dishes like “Abuela used to make.” There was a salsa contest, the condiment, not the dance. This year’s winner was Health Education Clinic Assistant Mariah Guerra.



Hungry event goers lined up for Pozole and potluck (above). Samples from the popular salsa contest (left).



Jose Moran from the Boys and Girls Clubs of Monterey County provided music for the event, which wrapped up with a slideshow of Latin American contributions to public health, past and present.

This program is in support of Monterey County Health Department's Strategic Initiative 3: "Ensure access to culturally and linguistically appropriate, customer friendly services."

John Ramirez, Director of the Health Department's Environmental Health Bureau (above) was honored at the event for his leadership and contributions to the health of Monterey County. At right, event committee members enjoy the fruits of their labors!

