

# The CAO Weekly Report

The week of June 22, 2015



## *Monterey County Administrative Office*

Lew C. Bauman, CAO

In this edition:

- Health Department staffer assists state effort towards healthy planning
- Which county employees finished the grueling Spartan race?
- Employee Giving program gets new look, features



## Health Department, Manager Provide Leadership in Statewide Effort for Health Planning



Krista Hanni.

Krista Hanni, Planning, Evaluation and Policy Manager for the Health Department, is now seeing the results of months of hard work.

Late last year, Hanni was invited by the Governor's Office of Planning and Research to serve on the state's Healthy Planning Leadership Committee, which is launching outreach on the issue of incorporating health considerations into planning. Hanni's work on the committee focused on the development of a webinar outreach program, shaping the content, format, learning objectives and selecting speakers.

The webinars will target public health professionals and planners and the first event was held this month.

"This is noteworthy for both Krista as an individual and the Health Department in that Monterey County is highly regarded in its use of Public Health strategies in planning," says Health Department Director Ray Bullick.

The outreach program was many months in the making. Krista explains more about the process and why health planning is an important issue:

**Q. What is Healthy Planning?**

Healthy planning is about how those involved in decision making can consider opportunities for enhancing health outcomes and health-promoting places as they plan for and develop the built environment.

**Q. What would be an example of a health planning project?**

An example of healthy planning would be minimizing noise pollution, offering amenities such as community gardens, or providing protected bikeways.

**Q. Are there examples of this in Monterey County?**

In Monterey County, the Planning Department and the Health Department worked together this past year to include a health-focused review and comments on a planned wind turbine project as part of mitigating potential health impacts.

**Q. How is it that you were invited to participate in this healthy planning outreach project?**

Through my participation in various other statewide organizations. In 2014, I joined the Leadership Team (LT) of the California Conference for Local Health Officers (CCLHO) and the California Health Executives Association of California (CHEAC) Chronic Disease Prevention Leadership Project. Members of the LT are recruited to reflect California's diverse communities and regions, local health department size, and with representation from key public health disciplines. The LT previously collaborated with the California Department of Public Health (CDPH) on the development of the California Wellness Plan and is the organization working with the Governor's Office of Planning and Research to design the health in planning webinar series starting this month.



**Q. What are the results of the committee's work?**

The outcome of the work was to develop a first-ever in California joint webinar series to focus on what is meant by healthy planning and case studies of how different cities and counties are working on healthy planning through various means. There will be a series of webinars this year. The one on June 11th was the first in the series. Other webinars will relate to healthy planning, including such topics as Active Living and Recreation to Climate and Resiliency.

**Q. Who are you hoping to reach via the webinar process?**

The plan is that the webinar series will be a means to bring together local health department staff, elected officials, healthcare providers, members of non-profit organizations, and city and county planners. We want them to learn about opportunities for collaboration around developing policies and plans for the built environment that contribute to improved health equity and outcomes.

**Q. Will you be collecting data from the webinars and what will you do with this information?**

There will be evaluation forms with each webinar and information will continue to inform the education and opportunities for developing local and state collaboration around healthy planning.

If you'd like to find out more about healthy planning, you can listen to the webinars online, you'll find them [here](#) on the state website:



## County Staffers Show Their Spartan Side; Finish Grueling Obstacle Race at Toro Park

During the week, they are mild mannered county employees. But for one Saturday this month, two county staffers showed their strength and sense of daring and adventure by participating in the Spartan Race which was held at Toro Park.

Who are these weekend warriors? Joel Pablo from the Clerk of the Board's Office and Josh Stratton, Chief of Staff for District 2 Supervisor John Phillips.

They joined more than 4,000 participants who gathered at Toro Park on June 6<sup>th</sup> for the Spartan Race, which is an immensely challenging obstacle race which is held in more than 50 locations around the country.



Joel Pablo makes it over a wall climb obstacle at Toro Park.

What is the Spartan Race? Described simply, it is eight miles and 25 obstacles. Participants had to face or complete tire flips, sand bag carry, rolling mud, barbed wire crawl, rope climb, plate drag and wall climbs. The courses were riddled with signature obstacles: mud, barbed wire, walls, rope and fire.

Both Joel and Josh completed the course.

This was Joel's second time on the Spartan course at Toro Park. He ran his first Spartan here last year and has continued to run Spartan races throughout California and Las Vegas.

“Over a year ago, what ended at the finish line at Toro Park would become the beginning of my Spartan journey,” says Pablo. “Toro Park offers what many Spartans like myself look for

in a venue - terrain and obstacles that challenge you both physically and mentally. I continue to participate in races for the pure thrill and excitement I get when crossing the finish line.”

Josh Stratton completed the course in less than three hours thanks to his rugby experience.

“I played rugby for many years so this was a fun thing to do because rather than run around tackling people, I ran around and tackled obstacles,” explains Stratton who says he had such a great time he signed up for another Spartan race next month. “Also, it was great having my son there watching his old man exercising so that he could learn to like being active as well.”



For those interested in some of the specifics of the course, runners went through forested areas, creeks and ponds and parts of the course hit the 1,800 foot elevation. To put that in perspective, the City of Salinas is at 52 feet above sea level.



Josh Stratton goes over a climbing wall obstacle (above) and stands with his son (at left) for a victory pose with his Spartan Race medal.

Congratulations Josh and Joel!



## Annual Employee Giving Campaign Offers New Look, New Features, More Fun!



The Employee Giving Campaign is just around the corner and this year's program is getting a new look and offering new options and activities to make giving fun!

Each year, Monterey County employees give back to the community through this program which allows staff to set up payroll deductions to key local charities which serve

our community and enrich all of our lives. This year it will be easier than ever to support the organizations of your choice.

This year's campaign theme is "Working Together for a Stronger Community," and the kick-off date is August 17<sup>th</sup>. Be sure to watch for more information about the campaign from your department coordinator.

Those working behind the scenes of this year's campaign have come up with new features and fun events to keep you in the giving spirit, including:

- Electronic giving forms, which will make setting up donations to your favorite charity a snap.
- A dedicated webpage with information about the campaign and links to the organizations which will benefit from your donations.
- Rock the Park Picnic! Save the date of August 23<sup>rd</sup> from 11 a.m. – 3 p.m. for a lunchtime picnic with family, co-workers and representatives from the organizations who benefit from your gifts. Come out for a cause, and for music fun and food.

There are a few more fun activities in the planning stages, you'll be hearing about them in the weeks to come. Get ready for Employee Giving 2015!

