



# Cesar Chávez Day Health Fair 2010 Report

## Healthy Eating and Active Living

*"This is by far the best event we participate in. It is great for the community as a whole."*

*Nizza Sequeira, Health Fair Participant*

The 2010 Cesar Chávez Day Health Fair at Roseland Elementary School drew over 3,500 attendees and 74 participating community organizations.

### Health Fair Highlights

- Dental Screenings: St. Joseph's Medical Center screened 123 children for tooth decay, finding 54 children who needed dental care and 11 of those children presenting urgent dental needs.
- H1N1 Vaccines: Sonoma County Public Health provided 212 H1N1 vaccinations
- Blood Pressure/Blood Glucose Screening: St. Joseph's provided blood pressure and diabetes screening to 36 individuals.
- Vision Checkups: Community Action Partnership provided 92 vision screenings.
- Free Healthy Foods: The Redwood Empire Food Bank donated over 5,000 pounds of fresh produce and 1,725 free healthy lunches were also served.
- Free Bike Helmets and Repairs: AmeriCorps volunteers fitted 100 donated bicycle helmets and NorCal Cycling repaired over 100 bikes at the Health Fair.
- Free Hair Cuts: More than 50 hair cuts were provided by community volunteers.
- Free Books: The Sonoma County Free Bookmobile gave out over 250 free books to children and adults.



### Active Living

- Zumba U-Jam—an aerobic activity that combines Latin rhythms and easy-to-follow moves to create a fun workout.
- Kaiser Permanente's Community Theater Troupe Kids Course – a fun obstacle course for kids that helps make fitness fun.
- Rock-climbing wall and Obstacle Course Playhouse—for children to stay active and have fun.
- Project T.R.U.E.—peer educators from Roseland University Prep who focus on drug and alcohol prevention.

### Notable Speakers

- Efren Carrillo, Supervisor, County of Sonoma
- Dr. Mary Maddux-Gonzalez, Public Health Director, County of Sonoma
- Dana Pedersen, Principal, Roseland Elementary School

### Entertainment

- Windsor Bloco provided dancing and drumming.
- La Maquina 107.5 FM hosted the event and provided great music.
- Face-painting, magic shows, and balloon animals delighted fair-goers.



### AmeriCorps

110 AmeriCorps members from the CalSERVES program came to support this event. AmeriCorps members led activities for children, served as support to the health care providers and as translators for families.

### Sponsors, Donors & Volunteers

The Fair organizer is CalSERVES with vital partner Roseland Elementary School District. Primary sponsors of the 2010 Health Fair include First 5 Sonoma County, Kaiser Permanente, St. Joseph's Health System, Redwood Credit Union, and Community Action Partnership. Additional Fair sponsors included Redwood Empire Food Bank, Santa Rosa Police Department, La Fondita Restaurant, La Texicana Restaurant, Taqueria Santa Rosa, Clover Stornetta, La Tortilla Factory, NorCal Bike Sport, and Radio Stations La Maquina and Radio Lazer. Many businesses and agencies in the community came together to support the event, including 25 community organizations that donated goods and services worth over \$6,250. Over 283 health providers, community volunteers, and AmeriCorps members provided 2,753 volunteer hours in support of the event.

