



Cesar Chávez Day Health Fair 2011 Report

Healthy Eating and Active Living

"This is a great event and I hope to be able to take part in it for many years to come!"

Silvia Floriano, Health Fair Participant

The 2011 Cesar Chávez Day Health Fair at Roseland Elementary School drew over 3,300 attendees and 63 participating community organizations.

Health Fair Highlights

- **Dental Screenings:** St. Joseph's Medical Center screened 104 children for tooth decay, finding 31 children who needed dental care and 6 of those children presenting urgent dental needs.
- **Vaccines:** Sonoma County Public Health provided Tdap (Whooping Cough) vaccines to 219 children, ages 10-18, as well as to 89 adults.
- **Blood Pressure, Blood Glucose, and Cholesterol Screening:** St. Joseph's Medical Center provided blood pressure, diabetes, and cholesterol screenings to 59 individuals, issuing 50 referrals for follow up care.
- **Asthma Screenings:** Community Action Partnership provided 15 Asthma screenings.
- **BMI Testing:** Nursing students from Sonoma State University provided 17 Body Mass Index (BMI) screenings for families.
- **Free Healthy Foods:** The Redwood Empire Food Bank donated over 5,000 pounds of fresh produce and free healthy snacks were also served.
- **Free Bike Helmets and Repairs:** Safe Routes to School and AmeriCorps volunteers fitted 160 donated bicycle helmets, and NorCal Cycling repaired 125 bikes at the Health Fair.
- **Free Hair Cuts:** More than 80 hair cuts were provided by community volunteers.

Active Living

- Kaiser Permanente's Community Theater Troupe led the Kids Course, an interactive obstacle course for kids that helps make fitness fun.
- Boy Scouts of America provided a Rock wall that had the whole community up and climbing!
- Obstacle Course Playhouse and other fun games encouraged children to stay active and have fun.

Local Representatives in Attendance

- Efren Carrillo, Supervisor, County of Sonoma
- Ernesto Olivares, Mayor of Santa Rosa
- Susan Gorin, Santa Rosa City Council

Entertainment

- Windsor Bloco provided dancing and drumming.
- Aztec Dance Troupe performed traditional dances.
- Face-painting, magic shows, and balloon animals delighted fair attendees.

AmeriCorps

121 AmeriCorps members from the CalSERVES program, West County Community Services, and the North Bay Conservation Corps 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, an educational program based at the Napa County Office of Education. Primary sponsors of the 2011 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, Safe Routes to School, NorCal Cycling, Santa Rosa Police Department, Roseland Elementary School, Radio Lazer, La Fondita Restaurant, and Clover Stornetta. Many businesses and agencies in the community came together to support the event, including 25 community organizations that donated goods and services worth over \$6,000. Over 452 health providers, community volunteers, and AmeriCorps members provided 2,159 volunteer hours in support of the event.

