

EDINBURG 2040

BUILDING FOR TOMORROW'S FUTURE, TODAY!

2040 HEALTH AND WELLNESS COMMITTEE

City Hall-Community Room
415 West University Dr.
Edinburg, Texas 78541
January 11, 2023
Time: 5:30 P.M.

- I. **Committee Members Present:** Sandra Alaniz, Chair; Jennifer C. Garza, Yvonne Salinas, Alexandra Reyna

Staff Present: Nick Villarreal, Aquatic Supervisor, Parks and Recreation Department; Maria Ortiz, Administrative Assistant, City Secretary Department; Carlos Garza, Executive Assistant to the City Manager

- II. Meeting was called to order at 5:30 P.M.

III. **Discussion:**

Ms. Sandra Alaniz stated in the previous meeting they talked about different areas the city could improve when it came to health and wellness in Edinburg. She said it was agreed that they would come back with ideas and focal points.

Ms. Alaniz said during her research she really liked the way the City of Houston put their website together. It is a website all on its own apart from the city website. She would like to come up with objectives and goals and model that same concept with the end goal being, Building Awareness and Knowledge of wellness resources available in the Edinburg Community.

During discussion the committee recognized that not everyone is aware of the resources and amenities the city already offers for better health and wellness. The committee's first goals are to create a website for Health and Wellness Hub. This site would include Health Education, Activity, and Awareness. For examples on activities citizens could look up what, when and where an event is taking place, maps of the different walking trails in Edinburg. For health education it could include reminders of yearly checkups, immunizations, facilities/entities offering anything medical or health wise. Awareness could list the different places to get medical help, the difference between facilities, and the importance of having a primary health provider.

Ms. Yvonne Salinas stated the City of Edinburg has many beautiful parks and she would like to see more leisure activities like yoga at the park, a community walk, and a scheduled farmers market events that are continuous.

Jennifer Garza, said they would focus on education and awareness of obesity, diabetes, and mental health. She stated parents needed to be educated on good healthy living, how to help their kids deal with stress.

Nick Villarreal, Aquatic Supervisor stated the city had an enormous facility the committee could use if they decided to do any type of health event they could invite the different health entities like CrossFit, shake places, and meal prep places. He said the city was also working on interconnecting all the walking trails through the city so that the citizens could enjoy all the trails and not be forced to stay around their neighborhoods.

Mayor Ramiro Garza, Jr. joined the meeting and thanked everyone for participating and serving. He stated the city has a lot of health and wellness programs but many people don't know about them. He said an information hub was a great idea and added that the awareness link could include medical reports and studies.

Ms. Alaniz said introducing the different health opportunities to the citizens was a great idea but she suggested piggybacking off of already existing events like the different 5K & 10Ks where the volume of attendance was already there. She said they could think of a way to give the community incentives the community for their healthy choices. Ms. Alaniz briefly went over what was discussed and it was decided that as part of the short term goals the committee would work on naming all the trails adding maps that include the distance from one trail to the next. The other goal is to get that web hub set up and running with an added QR code for easy access and set it up to where scheduled activities and data can be dumped daily letting everyone know what is happening around Edinburg. To get started Ms. Alaniz will send a list of names and logos to the entire committee once they have decided on the name and logo, she will look into maybe printing shirts, koozies, and pens. She stated these could also be used as incentives/gifts.

Mayor Ramiro Garza, Jr. said maybe they could include the logo on the 10K shirt. He went on to invite everyone to the State of the City Address on Thursday, March 9, 2023 at 6:00 p.m. where they would be highlighting the 2040 Committees.

- IV. Carlos Garza stated at the next committee meeting they would be taking group pictures. There being nothing further to discuss the meeting at 6:34 p.m.

By:  _____