

EDINBURG 2040

BUILDING FOR TOMORROW'S FUTURE, TODAY!

EDINBURG 2040 COMMITTEES

HEALTH AND WELLNESS

CITY OF EDINBURG, HIDALGO COUNTY, TEXAS

Location: City of Edinburg
City Hall
415 West University Dr.
Edinburg, Texas 78541

JANUARY 22, 2024

REGULAR MEETING

5:30 P.M.

People in Attendance:

- Sandra Yvette Alaniz, Committee Chair
- Belinda Torres, City Staff
- Laura Cerda, City Staff
- Lizette Gomez, City Staff
- Velva Sanchez, Committee Member
- Aurelio Aleman, City Staff
- Nick Villareal, City Staff
- Brandon Alaniz, City Staff
- Sylvia Verdooren, Committee Member
- Alexandra Reyna, Committee Member
- Yvonne Salinas, Committee Member
- Valentin Cerda, Committee Member

Departments in Attendance:

- Human Resources
- City Management
- World Birding Center
- Parks and Rec.

Agenda:

I. CALL TO ORDER

II. COORDINATOR'S REPORT

- Discussed the It's Time Texas Community Challenge.

III. ITS TIME TEXAS COMMUNITY CHALLENGE

- Introduced the mobile app-based challenge running from Jan 8th to March 3rd.
- Described the app features for reporting healthy habits and meals.
- Shared a success story of participants losing a combined 150 lbs. in a previous challenge.
- Encouraged committee members to apply for the challenge.

IV. DISCUSS CHALLENGE RGV

- Emphasized the importance of reaching 300 participants for the Challenge RGV.
- Highlighted Brownsville's success in attracting 600 participants.
- Urged volunteers to attend the presentation and weigh-in event on Saturday at Edinburg Promenade Park.
- Discussed a gift card giveaway and future plans to raise more funds.
- Shared the success of having 250 people registered, seeking 15 more volunteers.
- Reached out to UTRGV School of Nursing, HOSA, and community members for volunteers.
- Volunteer responsibilities discussed.
- Invited attendees to promote the event, emphasizing the need for more volunteers.
- Noted the presence of employees at the fireman's training room during the training.

V. OTHER BUSINESS

- Introduced Valentin Cerda from Behavioral Health Solutions, discussing mental health initiatives.
- Promoted a health expo on February 2nd and explored collaboration with the committee.
- Addressed pre-registration procedures and efforts to involve ECISD through public relations.

VI. ADJOURNMENT

- Scheduled the next meeting every three months unless a special meeting is required.

Action Items:

1. [CM Staff] Connect with Behavioral Health Solutions for potential collaboration.
2. [Edinburg 2040 Committee] Coordinate with nursing organizations for volunteer recruitment and event promotion.
3. [CM Staff and Edinburg 2040 Committee] Coordinate with ECISD to promote Challenge RGV.
4. [Edinburg 2040 Committee] Attend and promote the Challenge RGV event on Saturday.
5. [CM Staff] Present at Edinburg Rotary for additional sponsorship and support.
6. [Edinburg 2040 Committee] Apply for the It's Time Texas Community Challenge.
7. [Edinburg 2040 Committee] Share the Challenge RGV details on personal and professional networks.

For more information please contact Edinburg 2040 Committee Coordinator at (956) 388-8207 or 2040@cityofedinburg.com

Disability Access Statement

Persons with disabilities who plan to attend this meeting and who may need auxiliary aid or services are requested to contact the City Secretary Department at (956) 388-8204 at least two business days prior to the meeting so that appropriate arrangements can be made. The accessible entrance and accessible parking spaces are located at Edinburg City Hall, 415 West University.