



City of Pasadena  
Parks and Recreation Department

# Partnership For A Healthy Pasadena



Date:

February 24, 2023

1:00p.m.

Presented by:

The City of Pasadena  
Parks and Recreation Department





# Theme: Eat. Play. Learn

- **Introductions & Welcome Activity**
- **PHP Accomplishments**
- **Guest Speaker:**
  - **Samantha Fewell**
    - **American Heart Association**
- **Breakout Groups: Eat. Play. Learn**
- **Group Share & Community Announcements**
- **Networking & Wheelchair Sports**

# Intros & Drumming



***Can't Stop That Feeling  
by Justin Timberlake***

**What has this  
group  
accomplished?**

**BEE-  
AWARE!**



# Marketing & Communications

## 01

- Created a coalition webpage [www.pasadenatx.gov/php](http://www.pasadenatx.gov/php)

## 02

- Collaborated across working groups, and externally, to maintain current information on coalition webpage and community-wide events

## 03

- Increased cross-promotion of programs within and outside of City departments

### What is this group?

- This is a coalition of community members that work together to provide healthy programs for Pasadena! We are always interested in adding more members!

### Upcoming Meetings @ 1:00pm

- **February 24** at the Verne Cox Center (5200 Burke Rd.)
- May 4
- Sept 7
- Dec 7

### Past Meeting Information

- 2022:
  - August 25
  - October 27



# Increase Physical Activity - Alise Neff, Amber Macneish, & Trina Rodriguez

01

Promoted ITT Community Challenge and planned / hosted accompanying events

02

Supported planning and implementation of Vince Bayou Greenway Trail

03

Supported walk/roll to school days.

04

Assisted in promotion and recruitment for City of Pasadena soccer program and coaches (Deepwater & South Street



**IT'S TIME TEXAS**   
**COMMUNITY CHALLENGE**

**CHAMPIONS UNITE!**

FREE, FUN 8-WEEK COMPETITION WITH WEEKLY PRIZES AND RECOGNITION FOR TOP PARTICIPANTS!

JAN  
9TH  
2023

MAR  
5TH  
2023

Build a  
healthier  
Texas.



Compete  
for a  
cause.



ACHIEVE  
YOUR  
GOALS!

**REGISTER FREE!**



Learn More. Register.  
Download the app.  
Join the fun!



Drinking water? Going for a walk?  
Eating a healthy snack? Log it in  
the app to earn points. **WIN PRIZES!**  
Get rewarded for logging healthy  
habits. Weekly and overall prizes  
available based on points.

Register for the Community Challenge to help your community, school district or organization win big. Every healthy point counts - including YOURS!



TEXAS IS  
BEST WHEN  
TEXANS ARE  
HEALTHY



This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.

# Increase Access to Healthy Foods - Katy Oestman

## 01

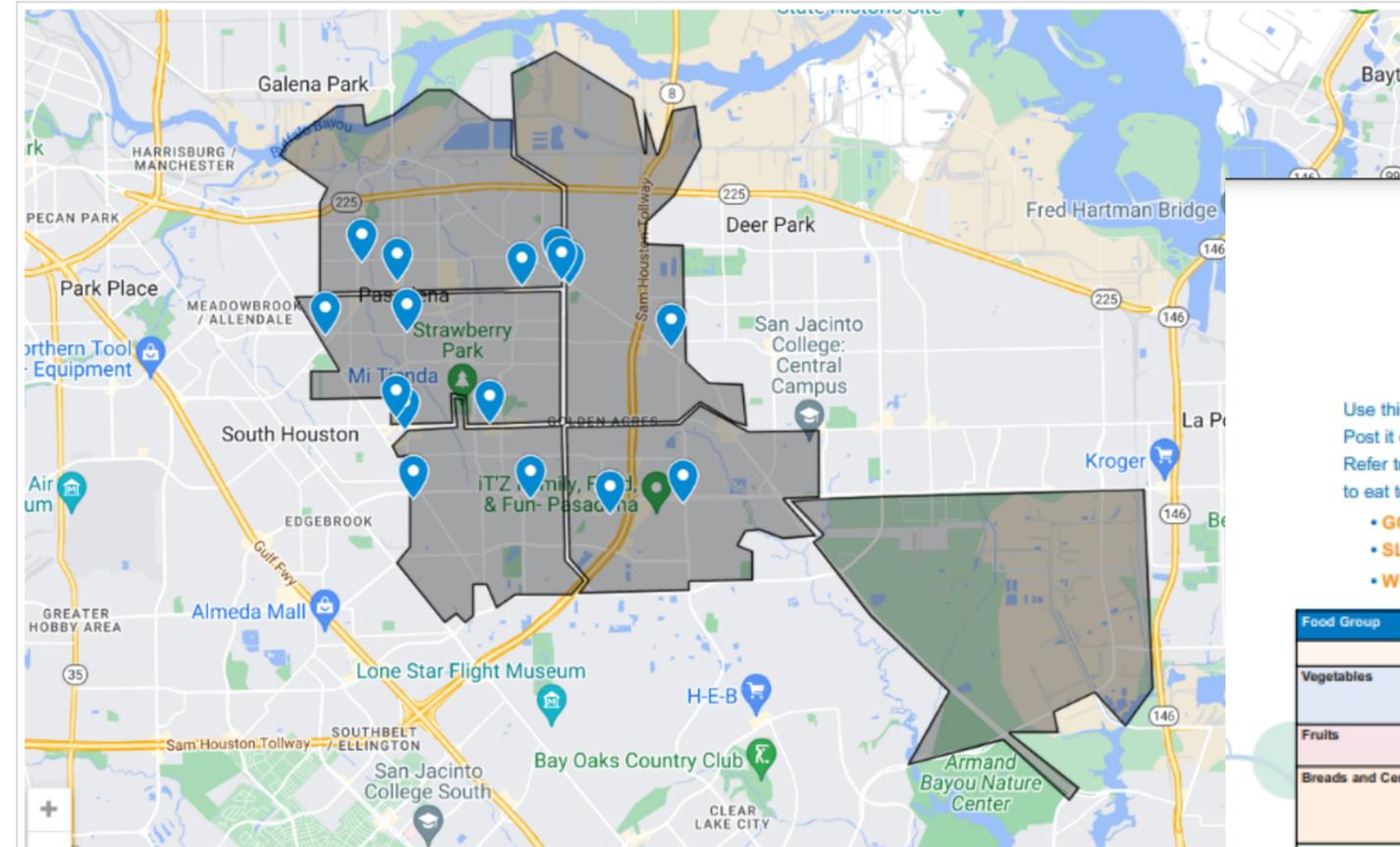
•Developed a list of access points for healthy food options and turned it into a map, available on the PHP website

## 02

•Developed and updated a list of health education providers

## 03

•Updated resources on the working group webpage with the communications and marketing working group



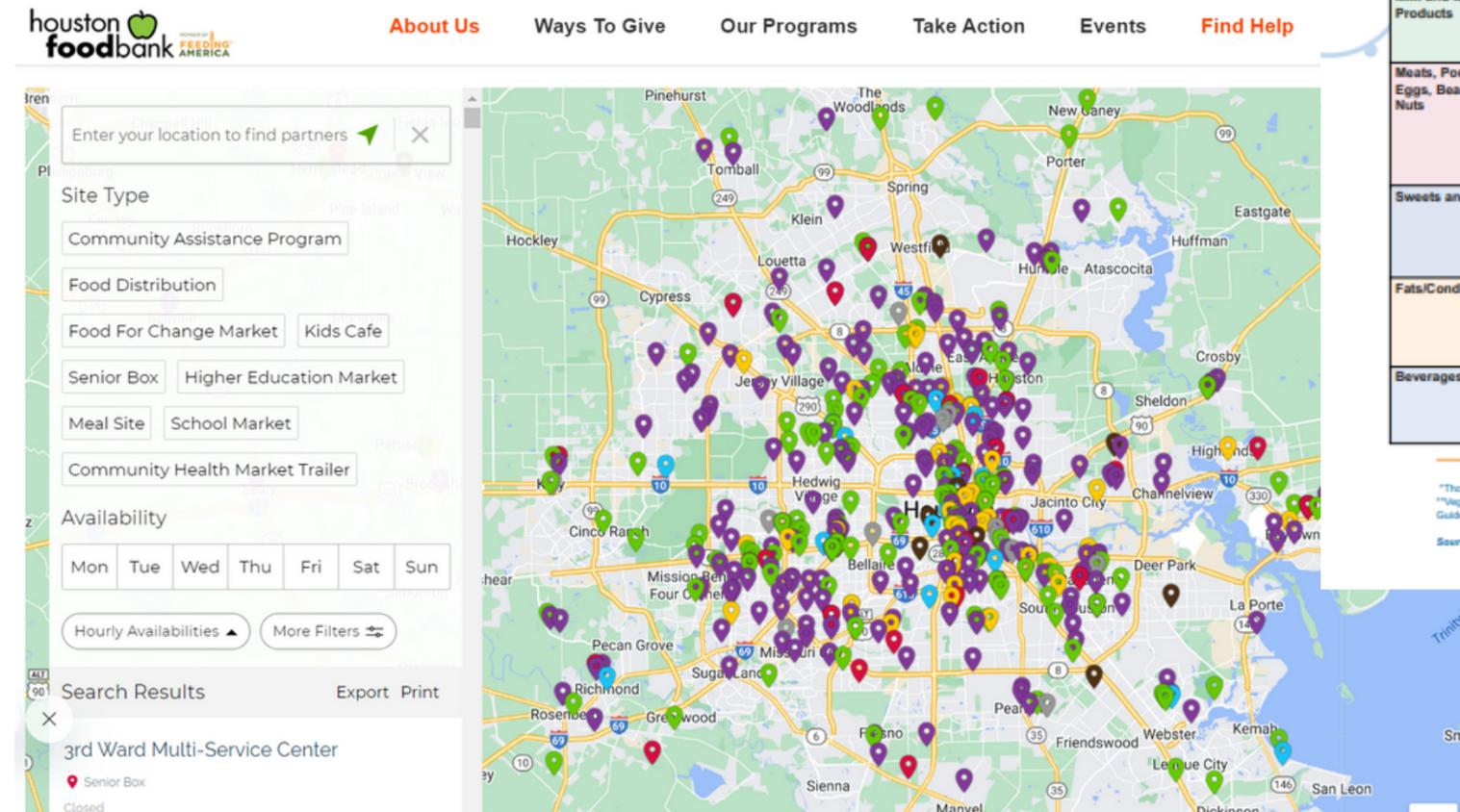
### We Can! GO, SLOW, and WHOA Foods

Use this chart as a guide to help you and your family make smart food choices. Post it on your refrigerator at home or take it with you to the store when you shop. Refer to the *Estimated Calorie Requirements* to determine how much of these foods to eat to maintain energy balance.

- **GO Foods**—Eat almost anytime.
- **SLOW Foods**—Eat sometimes, or less often.
- **WHOA Foods**—Eat only once in a while or on special occasions.

Food Group	GO (Almost Anytime Foods)	SLOW (Sometimes Foods)	WHOA (Once in a While Foods)
	Nutrient-Dense ←		→ Calorie-Dense
<b>Vegetables</b>	Almost all fresh, frozen, and canned vegetables without added fat and sauces	All vegetables with added fat and sauces; oven-baked French fries; avocado	Fried potatoes, like French fries or hash browns; other deep-fried vegetables
<b>Fruits</b>	All fresh, frozen, canned in juice	100 percent fruit juice; fruits canned in light syrup; dried fruits	Fruits canned in heavy syrup
<b>Breads and Cereals</b>	Whole-grain breads, including pita bread; tortillas and whole-grain pasta; brown rice; hot and cold unsweetened whole-grain breakfast cereals	White refined flour bread, rice, and pasta. French toast; taco shells; cornbread; biscuits; granola; waffles and pancakes	Croissants; muffins; doughnuts; sweet rolls; crackers made with trans fats; sweetened breakfast cereals
<b>Milk and Milk Products</b>	Fat-free or 1 percent low-fat milk; fat-free or low-fat yogurt; part-skim, reduced fat, and fat-free cheese; low-fat or fat-free cottage cheese	2 percent low-fat milk; processed cheese spread	Whole milk; full-fat American, cheddar, Colby, Swiss, cream cheese; whole-milk yogurt
<b>Meats, Poultry, Fish, Eggs, Beans, and Nuts</b>	Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, grilled fish and shellfish; beans, split peas, lentils, tofu; egg whites and egg substitutes	Lean ground beef; broiled hamburgers; ham, Canadian bacon; chicken and turkey with skin; low-fat hot dogs; tuna canned in oil; peanut butter; nuts; whole eggs cooked without added fat	Untrimmed beef and pork; regular ground beef; fried hamburgers; ribs; bacon; fried chicken, chicken nuggets; hot dogs; lunch meats; pepperoni, sausage; fried fish and shellfish; whole eggs cooked with fat
<b>Sweets and Snacks*</b>		Ice milk bars; frozen fruit juice bars; low-fat or fat-free frozen yogurt and ice cream; fig bars, ginger snaps, baked chips; low-fat microwave popcorn; pretzels	Cookies and cakes; pies; cheese cake; ice cream; chocolate; candy; chips; buttered microwave popcorn
<b>Fats/Condiments</b>	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream	Vegetable oil, olive oil, and oil-based salad dressing; soft margarine; low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream**	Butter; stick margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce; cream cheese dips
<b>Beverages</b>	Water; fat-free milk, or 1 percent low-fat milk; diet soda; unsweetened ice tea or diet iced tea and lemonade	2 percent low-fat milk; 100 percent fruit juice; sports drinks	Whole milk; regular soda; calorically sweetened iced teas and lemonade; fruit drinks with less than 100 percent fruit juice

\*Though some of the foods in this row are lower in fat and calories, all sweets and snacks need to be limited so as not to exceed one's daily calorie requirements.  
 \*\*Vegetable and olive oils contain no saturated or trans fats and can be consumed daily, but in limited portions, to meet daily calorie needs. (See Simple USDA Food Guide and DASH Eating Plan at the 2,000-calorie level handout)  
 Source: Adapted from CATCH: Coordinated Approach to Child Health, 4th Grade Curriculum; University of California and Flighouse, Inc. 2002.



# Guest Speaker



# Samantha Fewell



# Breakout Groups

RESULTS



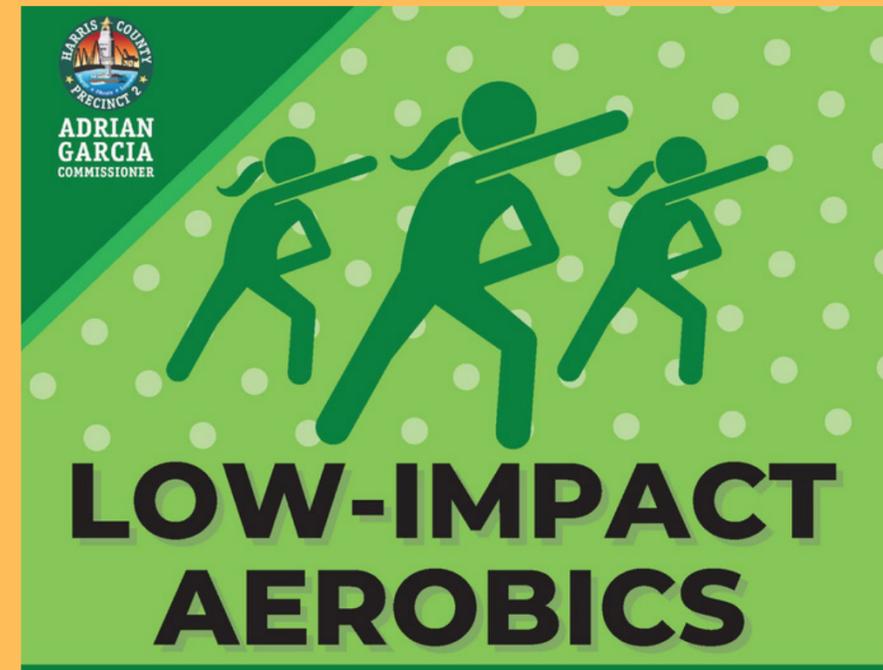
Review Menti Poll





# Group Recap & Community Events





# Pickleball

# Low-Impact Aerobics

# Chair Aerobics

# Fit Dance





## Help Design Your Future Playspace!

A new playground is coming to Pasadena Highlands Park and we need YOUR input.

### KIDS' DESIGN WORKSHOP

In-Person: Thursday, January 19, 4:00 PM - 5:00 PM

Location: Peter C Fogo Recreation Center

Address: 914 Hart St. Pasadena 77506

Calling all play experts! Join us for a chance to draw your dream playspace. The drawings will be used as inspiration for the final design.

### ADULTS' DESIGN WORKSHOP

In-Person: Thursday, January 19, 5:00 PM - 6:30 PM

Location: Peter C Fogo Recreation Center

Address: 914 Hart St. Pasadena 77506

Community support is essential to making this project a success. At this workshop, you will learn more about the project and how to get involved to turn the kids' dream playspaces into reality.

### STAY TUNED

More information on how you can volunteer to help build this playspace is to come!

### Help us imagine your dream playground!

Can't join us for Design Day? Please take a moment to share your vision for future play in your community by submitting a Design Vision Survey. <https://forms.office.com/r/1RkARJrXPB>



Scan the code here!



# Pasadena Highlands Park 400 Juanita Drive, Pasadena, TX 77502



Holly Bay Park Walking Trail



Burke Crenshaw Park



El Jardin Beach Parking Lot



Golf Course



Harry Taylor Tennis Center @ Strawberry Park

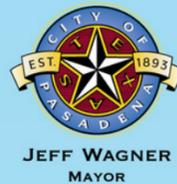


# Parks & Rec Happenings

# Bunnies, Fish, & Fireworks

## "EGGS"plore Pasadena Parks

...with our Citywide Carrot Hunt!



In March, there will be weekly "carrot hunts" available in our parks! The bunnies will be hiding 100 carrot-shaped eggs throughout the month hoping that your family can get out to our 40+ Pasadena Parks on your hunt! Make sure to check us out on Facebook & Instagram, each week, for clues on where you can EGGSplore!

Find an egg? Make sure to post a picture on social media using the hashtag #EggsPlorePasadenaParks

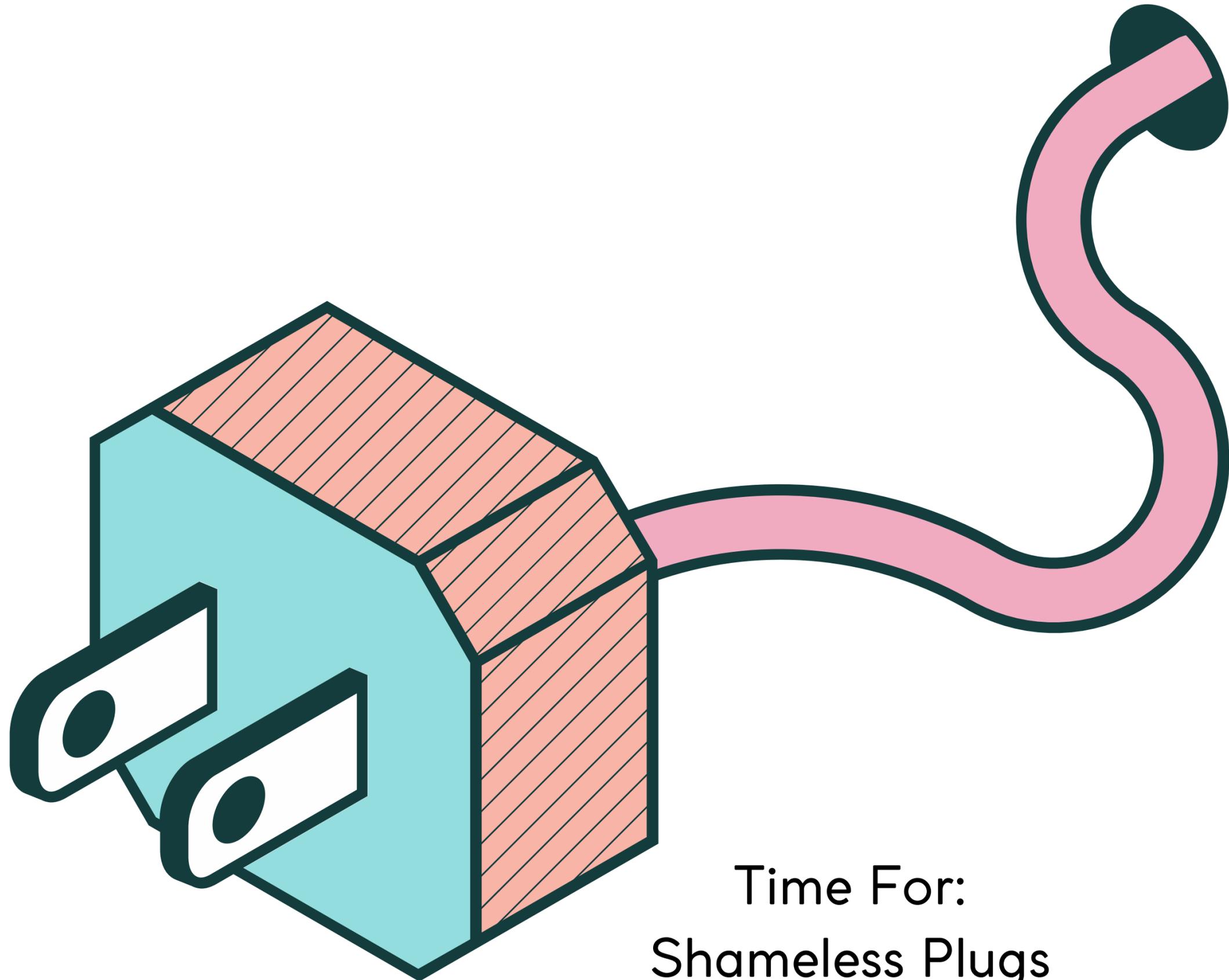
Then, turn in your egg (with slip of paper inside) to redeem a FREE kid-friendly "Easter Themed" basket! (Details in each egg.)



March = Egg Hunt.  
April 1 = Easter Event  
May 6 = Crenshaw Classic  
July 4 = 4th Fest



**SHARE  
SOMETHING  
ABOUT YOUR  
ORGANIZATION  
OR PROGRAMS!**



Time For:  
Shameless Plugs

# Next Steps & Networking





City of Pasadena  
Parks and Recreation Department



# Partnership for a Healthy Pasadena (PHP)

## Group Website

[www.pasadenatx.gov/php](http://www.pasadenatx.gov/php)

## Future Meetings on Thursdays:

May 11

September 14

December 14



## Phone Number

713-475-4819

## Email Address

[PHP@pasadenatx.gov](mailto:PHP@pasadenatx.gov)