CLAUDIA G. CORCHADO
PROGRAM MANAGER
CULTIVA LA SALUD-MERCED COUNTY
CACHI COMMUNITY PARTNER
MOST RECOMMENDED FORM OF EXERCISE: “WALKING”
Low-income neighborhoods often contain fewer sports fields, bike paths and physical activity environments than affluent neighborhoods. Even when a community has access to facilities, they may be *unmaintained, unattractive, or unsafe.*
earlier this year outside of a popular Planada taco truck came after a gang-related fistfight, according to Merced County investigators.

Diego Gallardo, 22, and Pedro Luna, 27, were eating at Ramon's Tacos along Highway 140 in Planada before violence erupted that claimed both of their lives, according to a deputy’s report from the Merced County Sheriff’s Office.

Luna arrived at the eatery with 22-year-old Juan Ceja-Prado, according to witnesses, and sat at a nearby bench to eat about 7:30 p.m. Feb. 1.

Described as Sureños by investigators, the men were there for about 20 minutes before two rivals stopped at the truck.

Two other men had phoned in an order and stopped to pick it up, according to the report. Gallardo was not with either group and was struck by a stray bullet in the gang-related violence, according to Detective-Sgt. Sam Becerra.

Source: Merced Sun-Star, June 26, 2018
SCHOOLS ARE CLOSED FOR SECURITY
POWER OF JOINT USE

ZUMBA

STARTING TUESDAY
SEPTEMBER 8TH
EVERY TUESDAY AND THURSDAY
5:30 – 6:30 PM
SYBIL CROOKHAM ELEMENTARY
7160 W. Walnut

Contact: (209) 756-7000

CULTIVA-SALUD
MERCEDEZ COUNTY DEPARTMENT OF PUBLIC HEALTH

With funding from the Centers for Disease Control and Prevention in partnership with the Merced County Department of Public Health, Cultiva la Salud and Winton School District.
Create safe places for physical activity
VIRI

- Certified Nutrition Coach
- STRONG by Zumba Instructor at STRONG By Zumba
- SYNC - STRONG by Zumba Network
- Zumba® Fitness Instructor at United Way at Zumba Fitness
- Zumba® Fitness Instructor (ZIN) at Zumba Instructor Network - ZIN
- From Guadalajara, Jalisco
JOINT USE SUCCESSES

- Over 3,780 sign ups
- Opened at 6 schools (running two)
- Approximately 1,000 lbs. lost in 2 years (self reported)
- Employ 6 instructors
- Employ 2 Child activity coordinators
- Certified 18 new instructors who also work at local schools, gyms and recreation programs
- Promotoras de Salud

Free Zumba is back at Winton!

Cultiva La Salud and Winton School District is bringing back the fun and easy way to get healthy!

Join us every:
Tuesday & Thursday
From 6:00 pm to 7:00 pm
Winfield Elementary School
6981 Chestnut Lane
Winton, CA 95388

Instructor:
Tuesday: Elisa
Thursdays: Ricardo
6:00 to 6:30
(Colored Zumba/low-pace)
6:30 to 7:00
(Regular pace)

Promotoras de Salud

Contact: Claudia G. Casalba
(209) 945-7000 for more information
WHAT HAPPENS WHEN FUNDING ENDS

- Program Closes
- Zumba classes halt at 6 schools
- Merced residents lose access to safe physical activity and will be at higher risk for:
  - Obesity
  - Diabetes
  - Other chronic illnesses
- Economic opportunity for participant leaders is lost
- Schools lose a great opportunity to engage parents
COMMUNITY HEALTH IMPROVEMENTS EXPECTED WITH SUSTAINED FUNDING FROM A CALIFORNIA WELLNESS TRUST

- Increase the number of schools opening their gates to improve community health
  - Expect 60-75 participants per school
- Expand to other Central Valley low income communities
- Increases in overall health and weight loss
- Less medication use, depression, and high blood pressure
- Stronger sense of community
- Costs less than $7500 for each new school added, 3x/week programming
CONTACT INFORMATION

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