



Nature and Health Committee

Committee Member Job Description

Committee Purpose:

The mission of CFCO is to “unite our community to inspire lifelong connections to nature for all kids.” The purpose of the CFCO Nature and Health Committee is to work in partnership with Board of Directors and staff to improve health outcomes in youth through engagement with nature.

Committee Meeting Time:

1st Wednesday @ 8:00-9:00 PM @ Bend Park and Recreation District

Committee Chair:

Tamarra Harris, tamarra.harris@mosaicmedical.org

Committee Responsibilities:

- Encourage, educate, and advocate for the benefits of nature on physical and mental well-being/health (whole health/whole child).
- Raise overall community awareness about the critical link between time spent in nature and improved health.
- Actively work on health-related strategies within the current CFCO strategic plan.
- Develop and implement tools that evaluate the effectiveness of CFCO programs on improving health outcomes.
- Provide expertise/guidance in the development and implementation of CFCO health-related initiatives.
- Provide community organizations and medical providers tools that educate parents about the health benefits of spending time in nature and opportunities available in the community.
- Help set goals/objectives and evaluate projects/initiatives.
- Brainstorm potential solutions to health-related project/initiative barriers.

Committee Member Responsibilities and Expectations:

- Serve as a content expert with regard to whole health and nature, to support the CFCO mission and vision within all communities in Central Oregon (community linkages).
- Actively participate in the committee by regularly attending meeting, engaging in discussion, and communicating between meetings, as needed.
- Disseminate CFCO information back to their professional organization, serving as a liaison between CFCO health initiatives and their place of employment.

Committee Composition:

- Health Committee members may include CFCO staff, board members, staff of CFCO partners, and other community members who are interested in the work of the committee

- Anyone who has the interest or capacity to contribute is invited to participate
- Experience in the health sector is a bonus, but not required

Compensation:

- Committee members who are participating on the committee as part of their job duties are asked to volunteer their time and seek support from their organization to participate
- Committee Compensation Policy:
 - o CFCO will offer financial compensation at \$25/hour for individuals from underrepresented groups that serve on CFCO's committees, who aren't otherwise receiving compensation for this service.
 - o Individuals can get compensated for their time attending and preparing for meetings, as well as any significant work that occurs in between meetings. Committee chairs can receive compensation for preparing agendas, communication with committee members, and any other committee-related duties. Additionally, CFCO will provide mileage reimbursement for individuals travelling to participate in these activities.
 - o Contact Katie Chipko at katie@childrensforestco.org with questions and more details.
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