





Date	Post Copy	Link	Visual	Targeting
Friday 3/2	In Oregon, people who graduate from high school are healthier than those who don't. See how we rank in other areas.	<a href="http://bit.ly/2FUgZgw">http://bit.ly/2FUgZgw</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 21-65+ <b>Interests:</b> <b>Sex: M-F</b> <b>Age: 21-65+</b> <b>Interests:</b> Public Health, Oregon, Education, high school grad, some high school, college, college grad, some college, social justice, preventative healthcare, health, politics and social issues, social equality, health promotion, primary healthcare, Healthy Habits, Healthy Lifestyle, Healthy Lifestyles, living healthy, Healthcare
Monday 3/5	A good read about the organization that first labeled sugar-sweetened sodas as "liquid candy."	<a href="http://nyti.ms/2nRYMce">http://nyti.ms/2nRYMce</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 21-65+ <b>Interests:</b> Public Health, social equality, health promotion, primary healthcare, Healthy Habits, Healthy Lifestyle, Healthy Lifestyles, living healthy, Healthcare, Active Lifestyle, Cholesterol, Diabetic diet, Everyday Diabetic Recipes, Diabetes mellitus awareness, World Diabetes Day, Diet food, Fitness and wellness, Healthy diet, Pulmonary Hypertension Association, World Hypertension Day, Obese Records, The Obesity Society, Weight loss (Fitness & wellness) weight loss (fitness and wellness), Urban farming, farmers market, local produce, The New York Times Food, Center for Science in the Public Interest, Nutrition, Sugar, candy, junk food, Burger King, McDonalds, Big Mac, Cholesterol

Wednesday 3/7	"It takes tremendous physical, mental, emotional and financial resources to overcome the barriers to healthy aging in our society."	<a href="http://bit.ly/1FgQdb6">http://bit.ly/1FgQdb6</a>		<b>Sex:</b> M-F <b>Age:</b> 21-65+ <b>Interests:</b> Public Health, social equality, health promotion, Healthy Habits, Healthy Lifestyle, Healthy Lifestyles, living healthy, Healthcare, Active, Healthy and fit, Weight loss (Fitness & wellness) weight loss (fitness and wellness), AARP, Baby boomers, Senior citizen, Retirement community, Elderly care, Grandparents, Assisted living, retirement home, caregiver, Old age
Friday 3/9	"Personal responsibility-based healthy living efforts require privileges that the vast majority of people don't possess."	<a href="http://bit.ly/2scuEgW">http://bit.ly/2scuEgW</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 21-65+ <b>Interests:</b> Public Health, Obese Records, The Obesity Society, social justice, preventative healthcare, health, politics and social issues, social equality, health promotion, Active Lifestyle, Fitness and wellness, Healthy diet, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, healthy living, farmers market, fresh produce, Cooking, Whole Foods Market, convenience store, 7-Eleven, Walmart, Parents (all), caregiver, healthcare, budget
Monday 3/12	"For a long time, we were focused on treatment instead of prevention." As a society, "we're not incorporating this idea that eating and lifestyle are preventive medicine."	<a href="http://bit.ly/2nJFIO4">http://bit.ly/2nJFIO4</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 21-65+ <b>Interests:</b> Public Health, social equality, health promotion, primary healthcare, Healthy Habits, Healthy Lifestyle, Healthy Lifestyles, living healthy, Healthcare, Active Lifestyle, Cholesterol, Diabetic diet, Everyday Diabetic Recipes, Diabetes mellitus awareness, World Diabetes Day, Diet food, Fitness and wellness, Healthy diet, Pulmonary Hypertension Association, World Hypertension Day, Obese Records, The Obesity Society, farmers market, local produce, Grocery Store, Convenience

				store, cooking, cooking at home, cooking classes
Tuesday 3/13 - Morning	Are you watching tonight's season finale of "This is us"? Tune in for a special message from #PlaceMattersOR.	TBD	Sharing today's post from the "This is us" Facebook page.	<b>Sex:</b> M-F <b>Age:</b> 21-65+ <b>Interests:</b> Public Health, This is us, NBC, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, living healthy, Health & wellness, Obesity awareness, Obesity Control Center, Prediabetes, The Obesity, World Mental Health Day, Mental Health Awareness Month, Healthy diet, Self-help, Personal Development, ACLU Nationwide, Activism, American Civil Liberties Union, Anti-discrimination, Anti-racism, Black Lives Matter, Civil and political rights, Racial equality, Social equality, Social justice, Southern Poverty Law Center
Tuesday 3/13 - Evening	In Oregon, place matters. And when we make better places, we build better lives.	TBD	Will link to the manifesto video.	<b>Sex:</b> M-F <b>Age:</b> 21-65+ <b>Interests:</b> Public Health, Oregon, Active Lifestyle, Cholesterol, Diabetic diet, Fitness and wellness, Healthy diet, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, healthy living, Weight loss (Fitness & wellness) weight loss (fitness and wellness), exercise, farmers market, fresh produce, Cooking, walking
Friday 3/16	#placemattersOR	<a href="http://wapo.st/2E8jqjk">http://wapo.st/2E8jqjk</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 21-65+ <b>Interests:</b> Public Health, Junk food, Burger King, McDonalds, Big Mac, Cholesterol, Diabetic diet, Fitness and wellness, Healthy diet, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, healthy living, Urban farming, farmers market, local produce, Grocery Store, Convenience store, Whopper, Wendy's, Happy Meal, Subway (restaurant), Parent-Teacher Association,

				teacher, education, WeAreTeachers, Parents (all), marketing, lucky charms, fruit loops, education
Monday 3/19	"If you create walkways that are friendly for walking, people start walking." #placemattersOR	<a href="http://reuters/2Ed70CX">http://reuters/2Ed70CX</a>		<b>Sex:</b> M-F <b>Age:</b> 21-65+ <b>Interests:</b> Public Health, Oregon, Active Lifestyle, Cholesterol, Diabetic diet, Fitness and wellness, Healthy diet, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, healthy living, Weight loss (Fitness & wellness) weight loss (fitness and wellness), exercise, farmers market, fresh produce, Cooking, walking, AARP, outdoor enthusiast
Wednesday 3/21	The reason gentrification has a bad rap is due to the inequity between race and housing.	<a href="http://npr/2nQmxSH">http://npr/2nQmxSH</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 21-65+ <b>Interests:</b> Public Health, Oregon, Active Lifestyle, ACLU Nationwide, Activism, American Civil Liberties Union, Anti-discrimination, Anti-racism, Black Lives Matter, Civil and political rights, Racial equality, Social equality, Social justice, United States, War on Poverty, The End of Poverty, Economic inequality, social inequality, politics and social issues
Friday 3/23	Misconception: Most people will spend their older years in a nursing home or assisted-living facility. #PlaceMattersOR	TBD		<b>Sex:</b> M-F <b>Age:</b> 21-65+ <b>Interests:</b> Public Health, Oregon, Active Lifestyle, exercise, farmers market, fresh produce, Cooking, walking, AARP, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, healthy living, social equality, health promotion, primary healthcare, caregiver, healthcare, Baby boomers, Senior citizen, Retirement community, Elderly care, Grandparents, Assisted living, retirement home, Old age

Monday 3/26	Happy Spring Break! Where in Oregon will you explore next? #PlaceMattersOR	NA		<b>Sex:</b> M-F <b>Age:</b> 21-65+ <b>Interests:</b> Public Health, Oregon, Parks, Active Lifestyle, exercise, farmers market, fresh produce, Cooking, walking, AARP, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, healthy living, social equality, health promotion, ADA
Wednesday 3/28	Q: What if you could see into Oregon's future? A: In Woodburn, you already can.	TBD	NA	<b>Sex:</b> M-F <b>Age:</b> 21-65+ <b>Interests:</b> Public Health, Oregon, Latino Culture, Activism, Woodburn OR, population growth, Community, Community issues, family, Latino, politics and social issues, Politics, education, Telemundo, Hispanics (US – All), LATINA, Spanish language, community and social services, ACLU Nationwide, American Civil Liberties Union, Anti-discrimination, Anti-racism, Racial equality, Social equality, Social justice, United States
Friday 3/30	"It is a matter of external inequity, not innate difference—racism, rather than race."	<a href="http://bit.ly/2GxTYRQ">http://bit.ly/2GxTYRQ</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 21-65+ <b>Interests:</b> Public Health, Oregon, community and social services, ACLU Nationwide, American Civil Liberties Union, Anti-discrimination, Anti-racism, Racial equality, Social equality, Social justice, United States, Activism, politics and social issues, Politics, AA, REHAB, Clean and Sober, Women for sobriety, substance abuse and prevention, Black Lives Matter