


Date	Post Copy	Link	Visual	Targeting
Monday 10/1	<p>Taking steps to Boost graduation rates, revitalizing the urban center, and helping to reduce crime. Klamath County is now working to increase access to fresh produce, and to address transportation needs along with curbing tobacco use among teens.</p> <p>@RobertWoodJohnsonFoundation</p>	<a href="https://rwjf.ws/2QN12yQ">https://rwjf.ws/2QN12yQ</a>		<p><b>Sex:</b> M-F  <b>Age:</b> 24-65+  <b>Interests:</b> Public Health, Oregon, Workplace Wellness, Health &amp; Wellness, Equal Opportunity, Health, Politics and Social Issues, Social Equality, Health Promotion, Healthy Lifestyle, Healthy Lifestyles, living healthy, Active Lifestyle, Community, Social Services, Environment, Education, Fresh Produce, Farmer's Market, Smoking/No Smoking, Pacific Northwest, Public Transportation, Social Services, Walking, Biking, Robert Wood Johnson Foundation</p>
Wednesday 10/3	<p>A good read on how we got here. "When it comes to promoting health, not all neighborhoods are created equal."</p>	<a href="https://bit.ly/2pyLu5H">https://bit.ly/2pyLu5H</a>	NA	<p><b>Sex:</b> M-F  <b>Age:</b> 24-65+  <b>Interests:</b> Oregon, Community Issues, Public Health, Health Promotion, Healthy Habits, Healthy Lifestyle, Healthy Lifestyles, Living Healthy, Healthcare, Active Lifestyle, Sports, Education, Physical Activity, Education, Biking, Bike, Cycling, Walking, Parents (All), Walkability, Black Lives Matter, Fresh Produce, Farmer's Market, Social Issues, Social Equity, Equality</p>
Friday 10/5	<p>"If you want a healthy community, you've got to take care of its heart." Learn more:</p>	<a href="https://bit.ly/2vxsfwQ">https://bit.ly/2vxsfwQ</a>	NA	<p><b>Sex:</b> M-F  <b>Age:</b> 24-65+  <b>Interests:</b> Public health, Health Promotion, Community Issues, Walking, Weight Loss (Fitness &amp; Wellness), Healthy Habits, Big Brothers Big Sisters of America, YWCA, Sports, Education, Oregon, Fitness and wellness, Exercise equipment, Diabetic Diet, Cooking, YMCA, Healthy Life, Healthy and fit, Fresh produce, Green living or Fresh &amp; healthy, Parents (All) Activism</p>

Monday 10/8	Good to see that Oregon is ahead of the national average for life expectancy. Find out where your community falls. @RobertWoodJohnsonFoundation	<a href="https://rwjf.w/s/2rNmBnd">https://rwjf.w/s/2rNmBnd</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Oregon, Public Health, Community Issues, Social Equality, Social Change, Local Government, Government, Healthcare, Social Equality, United States, Robert Wood Johnson Foundation
Wednesday 10/10	Oregon has a great reputation as a food mecca. How could our restaurants and food service providers dial-up access to healthy and fresh food for everyone?	<a href="https://bit.ly/2lN3XuH">https://bit.ly/2lN3XuH</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public Health, Healthcare, Obesity, McDonalds, Burger King, Fast Food, The Guardian, Soda, Coca-Cola, Soft Drinks, Pepsi, Diet Coke, Perrier, Wendy's, 7 Eleven, Community Issues, Health, Social Change, Social Movement, Equal Opportunity, Health & Wellness, Humanitarianism, Local Government, Health & Wellness, Oregon, Politics and Social Issues, Social Equality, Health Promotion, Diabetes Mellitus Type 2 Awareness
Friday 10/12	"The vision Rukaiyah Adams has for Albina looks a little like the neighborhood her grandmother lived in, where black and white people can live side by side without minorities getting pushed out."	<a href="https://bit.ly/2LKvi9Z">https://bit.ly/2LKvi9Z</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public Health, Black Lives Matter, Social Equality, Health & Wellness, Healthy, Environmental health, Oregon, Community Issues, Social Issues, Education, Parents (All), Social Change, African American (US), The Root (Magazine), Essence (Magazine), Human Rights
Monday 10/15	Way to go, @yodolphins! 🐬 This Salem school is ahead of the curve in meeting Oregon's new PE requirement. Staff have seen firsthand that PE can help academic performance.	<a href="https://bit.ly/2O6vgFT">https://bit.ly/2O6vgFT</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public Health, WeAreTeachers, Parents (All), Oregon, Community Issues, PBS, BuzzFeed, Social Equality, Health & Wellness, Education, Physical Exercise, Schools
Wednesday 10/17	@HealthyBlackWomenandGirls recognizes the importance	<a href="https://bit.ly/">https://bit.ly/</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+

	that black women take time for self-care. #GirlTrek	<a href="#">2xLIMgD</a>		<b>Interests:</b> Community Issues, Public Health, Health Promotion, Education, Physical Activity, City Planning, Urban Planning, Infrastructure, Health & Wellness, Culture, Social Equality, Oregon, United States, PBS, The New York Times, Black Lives Matter, Social Equality
Friday 10/19	Shout out to the City of Hood River and Crook County for winning @AARPOregon grants to make streets and walkways easier for their residents to enjoy physical activity!	<a href="https://bit.ly/2xDP6Hb">https://bit.ly/2xDP6Hb</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public Health, Oregon, Hood River, Public Transport, Pollution, transit, Portland, Bus, Environmentalism, commuters, Road Cycling, Pacific Northwest, The New York Times, Walkability, Walking, Parks and Recreation Education, Biking, Bike, Fitness and Wellness, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, Physical Exercise, Walking, Athletics, Walkability, Hiking, Blue Zones
Monday 10/22	The challenges that rural communities face are substantial. "Rural counties now rank the worst among the four major U.S. population groupings." Learn more:	<a href="https://on.wsj.com/2vGVkFU">https://on.wsj.com/2vGVkFU</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public Health, Oregon, Wall Street Journal, The New York Times, Workplace Wellness, Health & Wellness, Equal Opportunity, Health, Politics and Social Issues, Social Equality, Health Promotion, Healthy Lifestyle, Healthy Lifestyles, living healthy, Active Lifestyle, Community, Social Services, Environment, Education, Walkability, Global Warming, Community Issues
Wednesday 10/24	Celebrate our NW trails that are accessible to all! 🚲	<a href="https://bit.ly/2NCCVoS">https://bit.ly/2NCCVoS</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public Health, Physical Exercise, Native American Culture, Social Equality, Hiking, Walking, Oregon Trails, Pacific Northwest, ADA access
Friday 10/26	Excessive alcohol use is the 3rd leading cause of	<a href="https://bit.ly/">https://bit.ly/</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+

	preventable death in Oregon. "Partially because it is such a commonly used substance, heavily marketed and glamorized in pop culture, Americans' comfort with and acceptance of alcohol is high."	<a href="#">2KJ9sb_r</a>		<b>Interests:</b> Public Health, Social Responsibility, Parents (all), Health Promotion, Farmers Market, AA, Politics and Social issues, Health Promotion, Active Lifestyle, Fitness and Wellness, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, Mental Health, Education, Community Issues, Oregon, Alcohol, United States, Pop Culture, Wine
Saturday 10/27	A wealth of knowledge awaits at the 2018 Oregon Place Matters Conference. #LeadingTogether	NA		<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Public Health, Social Responsibility, Parents (all), Health Promotion, Farmers Market, AA, Politics and Social issues, Health Promotion, Active Lifestyle, Fitness and Wellness, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, Mental Health, Education, Community Issues, Oregon, Alcohol, United States, Social Equality, Social Equity, Education, The New York Times, City Planning, Public Transit, Physical Exercise, Biking, Walking
Monday 10/29	Ontario parents and teachers are looking for ways to reduce childhood hunger, such as onsite vegetable gardens and updating traffic patterns going into schools for students to pass by the breakfast area. What is working in your community?	<a href="https://bit.ly/2BuKEj0">https://bit.ly/2BuKEj0</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> Fresh Produce, Farmer's Market, WeAreTeachers, Parents (All), Community Issues, Breakfast, Hunger-Free Oregon, Social Equity, Community Issues, Social Issues, Public Health
Wednesday 10/31	How do most businesses think of age as a strength or weakness? Learn about four companies that are developing programs for older Americans.	<a href="https://nyti.ms/2taxbZr">https://nyti.ms/2taxbZr</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 24-65+ <b>Interests:</b> New York Times, The Oregonian, Community Issues, Aging, Social Equality, Community, Social inequality, Social services, Workplace health promotion, Politics and social issues