





Date	Post Copy	Link	Visual	Targeting
Monday 3/4	Many people experience social isolation in the winter, especially in the Pacific Northwest. How can we weave a tighter social fabric in our communities?	https://rwjf.ws/2NgGfSW	NA	Sex: M-F Age: 24-65+ Interests: Public Health, Pacific Northwest, seasonal affective disorder, Fitness and Wellness, Oregon, living healthy, physical exercise, happiness, winter, mental health professional
Tuesday 3/5	HOLD for JTC share	TBD	NA	Sex: M-F Age: 24-65+ Interests: TBD
Wednesday 3/6	Most of us see ourselves as "not racist," yet we unknowingly reproduce racist outcomes and live segregated lives. How have the places you've lived been shaped by race?	http://bit.ly/2FRfAdT	NA	Sex: M-F Age: 24-65+ Interests: public health, healthy living, racial equality, social equality, health and wellness, health promotion, urban planning, black history, gentrification, anti-racism, racism in the United States
Friday 3/8	Today is #InternationalWomensDay. Are there policies in support of women that have benefitted your community? #BalanceforBetter #IWD2019 @InternationalWomensDay	NA		Sex: M-F Age: 24-65+ Interests: Public health, Oregon, health promotion, women's health, women's rights, feminism, everyday feminism, radical feminism, black feminism, international women's day, activism
Monday 3/11	Happy Daylight Saving Time! More daylight means there's more time for outdoor activities. What are you looking forward to? ⚙️🕒 #placemattersOR	NA		Sex: M-F Age: 24-65+ Interests: Public Health, Healthcare, Health, Oregon, Health & Wellness, Health Promotion, food, fitness, wellness, health & wellness, Walmart, Fast food, Fast food restaurants, New Seasons, Whole Foods, gentrification, social equality
Tuesday 3/12	HOLD for JTC share	TBD	NA	Sex: M-F Age: 24-65+ Interests: TBD

Wednesday 3/13	Sugar-sweetened beverages are the largest source of sugar in the American diet. A soda tax in Berkeley is cutting soda consumption in half.	http://bit.ly/2tDu8GM	NA	Sex: M-F Age: 24-65+ Interests: Public Health, Social Responsibility, Parents (all), Health Promotion, Active Lifestyle, Fitness and Wellness, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, Education, Community Issues, Oregon, Coke, Pepsi, soda, diet coke, Whole Foods, New Seasons Market, Fred Meyer
Friday 3/15	Which affects health more -- DNA or zip code? You may be surprised.	https://nbcnews.to/2Tcl99G	NA	Sex: M-F Age: 24-65+ Interests: Community Issues, Public Health, Health Promotion, Education, Oregon, NPR, The New York Times, diversity, cultural diversity, social equality, racial equality, income, parents,
Friday 2/15	For each of us, our place in Oregon—our address, income, the color of our skin—affects how healthy we can be. When we make better places, we build better lives. (will be translated to Spanish)	NA	NA	Sex: M-F Age: 24-65+ Interests: Public Health, Oregon, Community, Health & Wellness, Equal Opportunity, Health, Health Promotion, Healthy Lifestyle, Healthy Lifestyles, living healthy, Active Lifestyle, Community, Social Services, Environment, Portland, community issues, parents (all), Spanish language, racial equality, Spanish speakers only.
Tuesday 3/19	HOLD for JTC share	TBD	NA	Sex: M-F Age: 24-65+ Interests: TBD
Wednesday 3/20	This is no accident. Food companies intentionally market to communities who don't have access to fresh food.	https://nbcnews.to/2Wbxq0Y	NA	Sex: M-F Age: 24-65+ Interests: Public Health, Social Responsibility, Parents (all), Health Promotion, Active Lifestyle, Fitness and Wellness, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, Education, Community Issues, Oregon, Fast food, junk food, McDonald's, Wendy's, Whole Foods, New Seasons Market, Fred Meyer

Friday 3/22	A powerful insight from a parent. "I want his world view and perspective to be broader than the four-block radius where he grew up."	https://nyti.ms/2ANGj7M		Sex: M-F Age: 24-65+ Interests: Public Health, Social Responsibility, Parents (all), Health Promotion, Active Lifestyle, Healthy Habits, Healthy Life, Healthy Lifestyle, Healthy Lifestyles, Education, Community Issues, Oregon, United States, motherhood, pregnancy, New Mom, Black history, black history month, gentrification
Monday 3/25	Americans tend to view and treat older adults as no longer productive in society. "Elderspeak" can be damaging to mental health and well-being.	http://bit.ly/2FTe9MZ		Sex: M-F Age: 24-65+ Interests: Public Health, Healthcare, Health, Oregon, Health & Wellness, Health Promotion, food, fitness, wellness, health & wellness, Walmart, retirement, AARP, retirement community, successful aging, mental health, health care provider
Tuesday 3/26	HOLD for JTC share	TBD	NA	Sex: M-F Age: 24-65+ Interests: TBD
Friday 3/29	What does purposeful community revitalization look like? And how can it help families that need healthy neighborhoods the most? This is one community that tried to find out.	https://n.pr/2H3M1GJ	NA	Sex: M-F Age: 24-65+ Interests: Community Issues, Public Health, Social Equality, Oregon, Schools, cultural diversity, education, teacher, diversity training, , Black history, black history month, gentrification, racial equality, anti-racism