


Date	Post Copy	Link	Visual	Targeting
Tuesday 9/1	Our friends @jennybrusounlikelyhikers are an Oregon-based diverse community of underrepresented people who enjoy the outdoors. People of size, BIPOC, queer, trans, non-binary and people living with disabilities share their stories on their new podcast. Check it out here:	<a href="https://jen.nybruso.com/podcast/">https://jen.nybruso.com/podcast/</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 18-55 <b>Location:</b> Oregon <b>Interests:</b> PMO General Audience*
Friday 9/4	Changing our physical settings - like adjusting walk signals to allow more time to cross intersections helps older adults stay active in their community. #HealthyAgingMonth Learn more about how place matters to our health on our new website 📍	<a href="https://bit.ly/3iSow38">https://bit.ly/3iSow38</a>	Link to animation: <a href="https://www.dropbox.com/s/ee0j1dfe9u5cede/Crosswalk%20Animation%20v2.mp4?dl=0">https://www.dropbox.com/s/ee0j1dfe9u5cede/Crosswalk%20Animation%20v2.mp4?dl=0</a>	<b>Sex:</b> M-F <b>Age:</b> 18-55 <b>Location:</b> Oregon <b>Interests:</b> PMO General Audience*
Wednesday 9/7	#DYK: The 2020 Census deadline has been extended to Sept. 30. Don't forget to complete your census form. If you want your household to be counted as Native, your "Person 1" must identify as Native and check only one race (NA/AN). #ProudToBeCounted #NativesCount #WeCountOregon #Census2020 #Repost @NAYAPDX	<a href="https://bit.ly/2XmeAan">https://bit.ly/2XmeAan</a>		<b>Sex:</b> M-F <b>Age:</b> 18-55 <b>Location:</b> Oregon <b>Interests:</b> PMO General Audience*
Wednesday 9/9	For many in rural Oregon a trip to the supermarket is a matter of miles, not minutes. Especially in the long, empty spaces of Eastern Oregon, the local store is among the “anchor” institutions. 🥕🍅	<a href="https://bit.ly/2Bch9hz">https://bit.ly/2Bch9hz</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 18-55 <b>Location:</b> Oregon <b>Interests:</b> PMO General Audience*
Monday 9/14	Black women experience high levels of chronic stress from systematic racial bias, resulting in an infant mortality rate more than double that of other races in the U.S. Some solutions: bias training for health care providers, access to doulas and improved maternity care.	<a href="http://bit.ly/2SkR8GD">http://bit.ly/2SkR8GD</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 18-55 <b>Location:</b> Oregon <b>Interests:</b> PMO General Audience*

Wednesday 9/16	People living with disabilities are underserved by today's digital products - including maps. @GoogleMaps is changing that.	<a href="https://bit.ly/3hf61p7">https://bit.ly/3hf61p7</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 18-55 <b>Location:</b> Oregon <b>Interests:</b> PMO General Audience*
Wednesday 9/23	Indigenous communities have experienced devastating effects from Covid-19 as well as ongoing food insecurity. Despite it all, the Navajo Nation is reconnecting with the land through food sovereignty -- a global effort to give people control of their food supply and fight chronic disease. Gardeners grow healthy foods connected to their traditions, reviving old methods of cultivation.	<a href="https://nyti.ms/3lIEmW2">https://nyti.ms/3lIEmW2</a>	NA	<b>Sex:</b> M-F <b>Age:</b> 18-55 <b>Location:</b> Oregon <b>Interests:</b> PMO General Audience*
HOLD – prediabetes blog	In Oregon, 1 in 3 adults has prediabetes, and most don't know it. Changing this requires more than a few people making healthier choices. Fortunately, that is exactly what's happening right now in Tillamook County. In our latest blog, read about their efforts to reshape food, school and other important systems to improve the health of their community:	[direct link to blog]	TBD	<b>Sex:</b> M-F <b>Age:</b> 18-55 <b>Location:</b> Oregon <b>Interests:</b> PMO General Audience*

#### **\*PMO General Audience:**

New parents, parents (all), education and libraries, activism, American Diabetes Association, anti-racism, arthritis awareness, CDC Tobacco Free, CDC, community development, community service, disability rights movement, empowerment, equal opportunity, gender equality, Fred Meyer, health promotion, healthy habits, healthy life, motivation, non-profit organization, Oregon, Portland Oregon, public health, racial equity, social equality, social movement, tobacco, urban area, urban planning, walking, workplace healthy promotion, workplace wellness, fitness and wellness, beer, wine, cooking

#### **\*Arthritis Audience:**

Arthritis awareness, arthritis foundation, fibromyalgia awareness, fibromyalgia network, obesityhelp.com, Rheumatoid arthritis awareness, Rheumatoid arthritis information, Rheumatoid arthritis support, Rheumatoid arthritis warrior, the arthritis society, the obesity society, walking, weight watchers, physical exercise

#### **\*Asthma Audience**

Parents (all), cleaning and maintenance services, construction and extraction, installation and repair services, construction laborer, construction manager, air pollution, air purifier, air quality index, allergy, American lung

association, Asthma and Allergy Foundation of America, Asthma and Allergy Friendly, carpentry, electronic cigarette, health effects of tobacco, national eczema association, obesityhelp.com, smoking, the obesity society, tobacco, weight watchers, construction.