


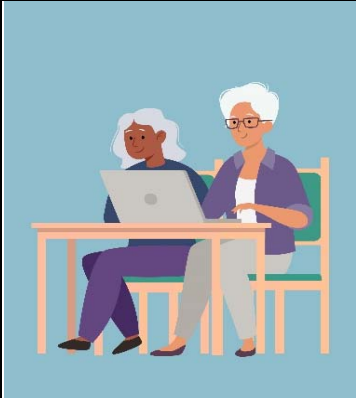







Date	Post Copy	Link	Visual	Targeting
Thursday 12/2	Happy holidays from Place Matters Oregon! 🎄	N/A		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Tuesday 12/7	Adelante Mujeres is committed to making healthy food accessible for the whole community. Read more on how these vouchers helped not only families, but also vendors. 🍎🍰	<a href="https://bit.ly/3DdNq6S">https://bit.ly/3DdNq6S</a>	 <p><b>How Food Vouchers Impact a Farmers Market — Adelante Mujeres</b></p> <p>Adelante Mujeres is committed to making healthy food accessible for the whole community. In the 2021 farmers market season, \$52,440 was...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Tuesday 12/7	Adelante Mujeres se compromete a hacer que los alimentos saludables sean accesibles para toda la comunidad. Lea más sobre cómo estos cupones ayudaron no solo a familias, sino también a los vendedores. 🍎🍰	<a href="https://bit.ly/3DdNq6S">https://bit.ly/3DdNq6S</a>	 <p><b>How Food Vouchers Impact a Farmers Market — Adelante Mujeres</b></p> <p>Adelante Mujeres is committed to making healthy food accessible for the whole community. In the 2021 farmers market season, \$52,440 was...</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*  Targeting Spanish speaking audience.

Thursday 12/9	Loneliness has become more intense over the past year for many elders and this may compromise their health. Join this conversation with the @JosephineCommunityLibrary to share ideas for connection during this time of heightened isolation. @oregon.humanities	<a href="https://bit.ly/3D7RCGc">https://bit.ly/3D7RCGc</a>			Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Tuesday 12/14	Our friends at @HealthGov are looking for experts in physical activity and with older adults to help develop guidelines for physical activity. Help them out here:	<a href="https://bit.ly/3r5eCCv">https://bit.ly/3r5eCCv</a>			Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Thursday 12/16	Black and Latino communities have higher rates of diabetes and obesity due to targeted advertising. Fast-food advertising adds another layer to health inequities that can be passed down over generations. Learn more here.	<a href="https://bit.ly/3vkCuCi">https://bit.ly/3vkCuCi</a>	 <b>How Junk Food Ads Target Kids of Color</b> For Black and Latino communities that already have higher rates of diabetes and obesity, fast-food advertising adds		Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

Tuesday 12/21	Check out this article on bike safety and rethinking transportation in cities. Children are biking together to school for safety and exercise. Hop aboard the Bike Bus and read more here about a fun, healthy idea we could use here in Oregon. 🚲♀🚲	<a href="https://n.pr/3wLJMja">https://n.pr/3wLJMja</a>	 <p><b>It started with 5 families. Now hundreds are biking to school together in Barcelona</b></p> <p>On Fridays, kids and parents hop on their bikes and join the bicibús, or bike bus, traveling to three schools along its route. It</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Thursday 12/23	Umatilla tribal member Acosia Red Elk is a dancer in Indigenous Enterprise, a modern dance troupe with participants from several Native American tribes. Their traditional dances with a modern twist have a healing effect that is both mental and physical. Read more here.	<a href="https://nyti.ms/3D7RRB6">https://nyti.ms/3D7RRB6</a>	 <p><b>A New Kind of Native American Dance Troupe</b></p> <p>Indigenous Enterprise is rooted in tradition but also has hip-hop influences, discernible in footwork, bounce and especially attitude.</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*
Tuesday 12/28	Food nourishes us, but it does so much more. When we don't have enough healthy food, we have poorer physical and mental health, and children have worse health and educational outcomes. Read more on food security here: 🥕🥔 #placemattersoregon	Link to PMO blog.	Image from PMO blog.	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*

Tuesday 12/28	Spanish PMO blog post.	Link to PMO blog.	Image from PMO blog.	Sex: M - F Age: 18-55 Location: Oregon Interests: PMO General Audience*  Targeting Spanish speaking audience.
Thursday 12/30	Children are more likely to face food insecurity than adults and it's often linked with poverty, malnutrition and obesity. Read the State of Childhood Obesity Report and find data for Oregon by clicking here.	<a href="https://bit.ly/3FYNYiQ">https://bit.ly/3FYNYiQ</a>	 <p><b>2021 Report: From Crisis to Opportunity</b>            The annual State of Childhood Obesity report from the Robert Wood Johnson Foundation includes the latest data and policy recommendations.</p>	Sex: M - F Age: 18-55 Location: Oregon Interests: 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

