



Growing Healthy Kids Columbus

VISION: *Columbus is a community in which all children have daily opportunities for active play and access to nutritious foods that lead to children entering kindergarten ready to live, learn and play at their best.*

December 6, 2016 10:00am - 11:30am
Columbus Public Health, 119C

Attendance

Organization	Member
CPH –Growing Healthy Kids Columbus	Ali Segna
CPH – Creating Healthy Communities	Dana Dorsey
Personal Fitness Navigators	Ricardo Wilson
CPH – Healthy Children, Healthy Weights	Alyssa Dorsey
CPH – Healthy Children, Healthy Weights	Hannah Bills
Nationwide Children’s Hospital	Megan Gorby
Children’s Hunger Alliance	Mark Haynes
OSU Extension	Carol Smathers
OSU Life Sports	Luke O’Quinn
CPH – CDC PHAP, Chronic Disease Prevention	Elise Fester
Franklin County Family and Children First Council	Carol Taylor
Institute for Active Living	Barb Seckler
Franklin Park Conservatory	Christie Nohle
Franklin County W.I.C.	Dawn Sweet
Mount Carmel - Faith Partnership	Kate Whitman
Access to Care	Amanda Hofer
Children’s Hunger Alliance	Cara Chase
CCS	Carolyn Bernard

2016 STEERING COMMITTEE MEMBERS:
Carolyn Bernard, Columbus City Schools
Megan Gorby, Nationwide Children’s Hospital
Mark Haynes, Children’s Hunger Alliance
Ali Segna, Columbus Public Health
Bobbi Shannon, YMCA of Central Ohio

Carol Smathers, Ohio State University Extension
Dawn Sweet, Franklin County WIC
Jamie Turner, Columbus Public Health
Rebecca Wade-Mdivanian, Ohio State University Life Sports
Maria Villareal, CDCFC Head Start
Matthew Yannie, United Way of Central Ohio

Topics

10:00am – 10:10am **DIY Trail Mix Bar** All

10:10am – 10:40am **Member Introductions and Program Updates** All

- Highlights
- New resources/education
- Policy, system and/or environmental changes
- Challenges or barriers

Partner/Organization	Program Update(s)
Ali Segna, GHKC	Applied for NACCHO Model practice award for GHKC; Healthy Gatherings kits in 50+ city department buildings; Ohio Food and Beverage Guide Toolkit recently released – adapted 2 resources from Healthy Gatherings campaign (DIY Taco Bar and Scorecard)
Dana Dorsey, CPH CHC	Franklinton Cycle Works Bike Share Program – 4 worksites got bikes, formed coalition of sites and Cycle Works to create Bike Friendly Franklinton, focused on policy change and community outreach around biking; Fresh Foods Here Veggie SNAPS program Holiday launch around the South side; Healthy Columbus ran with Healthy Gatherings kit, created branded material to add to kits focused specifically on meetings and catered events; CDC CHC visit – really liked DIY Potluck idea!
Ricardo Wilson, Personal Fitness Navigators	Youth boxing program has been popular, using as an opportunity for water intake education (noticed community members aren't hydrating in general)
Alyssa Dorsey, HCHW	Scheduling January childcare provider trainings; area YMCAs looking to become Ohio Healthy Program; HCHW just applied for NACCHO Model Practice Award
Hannah Bills, HCHW	Over the course of 2016, worked with 52 sites total, 22 of which received Ohio Healthy Program designation; HCHW recently attended FCFCFC Building Better Lives Training – strategies for understanding effects of trauma and child abuse on brain
Megan Gorby, NCH	Trained school-based health practitioners to be able to deliver weight management services at school, in order to reach children who face barriers getting to appointments at the clinic
Mark Haynes, Children's Hunger Alliance	Vendors of CHA afterschool programs often can't make deliveries when the weather is bad, looking to keep shelf-stable meals on hand – used to be defined as protein plus two fruit (fruit cup, fruit juice), now defined as all food groups, CHA figuring out shelf-stable veggie options
Carol Smathers, OSU Extension	Proposal on the work of GHKC Coalition was accepted as a breakout session for the 9 th Biennial Childhood Obesity Prevention conference in San Diego, CA.
Luke O'Quinn, OSU Life Sports	Recently ran basketball clinics (70 kids) and a Gymnastics clinic; they continue to offer healthier meals and have created resources that tell kids why they're getting the food they are – education through handouts and at-home activity
Elise Fester, CPH CDP	Safe Routes To School meetings in Linden, Valleyview and Weinland Park
Carol Taylor, FCFCFC	Training OSU graduate students in social work program— focus initially on trauma, shifted to obesity and ACES, led to research project idea to be conducted at local ES linking academics and health; beginning work with Job and Family Services afterschool vendors to highlight activity importance in programming

Barb Seckler, Institute for Active Living	Community Garden Planning, grant opportunities through Columbus Foundation website due in February/March, culminating in early April "Earth Day" celebration
Christie Nohle, Franklin Park Conservatory	Planning for next summer; one program Nature School involves 8 weeks of one week sessions engaging preschoolers in nature for 2 hours
Dawn Sweet, Franklin County WIC	Farmers Market Grants – results to come soon; OSU Economics professor to help WIC develop better info for clients; knows of a dietetics intern with a need for community rotation position
Kate Whitman, Mount Carmel Church Partnership	Visual displays to depict amounts of sugar, salt, etc. in certain foods for faith based communities
Amanda Hofer, Access to Care Intern	No updates
Cara Chase, Children's Hunger Alliance	First meeting! Dietetic Intern
Carolyn Bernard, CCS	Screen time survey administered; healthier snacks implemented in schools; Linden Park Collaborative – innovative setting, new 'natural' playground

10:40am – 10:50am End of Year Survey

Carol Smathers

Members were given time to complete the end of the year survey. An electronic copy of the survey will be sent out via survey monkey to the GHKC distribution list. Please complete the survey by January 6th, 2016.

10:50am – 11:00am Breaking News

Ali Segna

- **Channel 6 news clip featuring coalition member, Jenny Lobb** – Our own Jenny Lobb was interviewed by a reporter from ABC 6 this past month; apparently Morgan Spurlock, creator of the documentary *Supersize Me*, opened a restaurant in Columbus, so ABC 6 wanted an "expert opinion" on whether fast food is getting healthier. Jenny did described PSE changes that have led to more choices for consumers (water and milk as default beverages in kids meals, menu labeling, etc.) but those statements were not included in their clip! Morgan Spurlock's Holy Chicken fast food pop-up with honest marketing shed light on empty claims and buzzwords used in the food industry to imply healthy eating (often referred to as health halos).
- **Since 2013, 6 fast food chains have committed to offering only sugar-free beverage options in their kids meals** (water and unflavored milk), 5 more commitments expected to come soon.
- **Soda taxes make clean sweep at ballot box 4 cities** Voters in four U.S. cities showed their clear support for taxes on sugary drinks, despite tens of millions of dollars in spending against the ballot measures by the beverage industry. In California, San Francisco, Albany and Oakland approved a penny-per-ounce tax on sodas and other sugary beverages, such as flavored teas, and sports and energy drinks, while Boulder, Colorado, voters approved a 2-cents-per-ounce tax.
 - Group had differing opinions on whether this trend will continue in coming years, depends on new administration's values: revenue generation or policy cuts.
- **Advertising is influencing snacking habits** – *Randomized Exposure to Food Advertisements and Eating in the Absence of Hunger among Preschoolers* is a new study that examines the effects food advertisements have on the snacking habits and diets of preschool aged children. The research for this study involved 60 children ages 2-5 years from New Hampshire and Vermont. Each child was given a filling snack before they were asked to watch a 14 minute children's program. During the program, children were provided free snacks. One program had food advertisements and one did not. The authors found that the children viewing the program with food ads ate more snacks during the program than those without the food ads. Read the full study here to learn more.

- Advertisers deliberately creating associations between food and entertainment (thanks to simultaneous limbic and cortex firing creating a neural link). This study highlights an unhealthy ‘double-whammy:’ as kids are not only eating more, but doing so because of a sedentary activity.

11:00am – 11:05am Activity Break

Ricardo Wilson

- Ideally, everyone should be taking a 2-3 minute “cortical brain break” every 30 min

11:05am – 11:30am Healthy Gatherings: Step-By-Step Guide

Dana Dorsey

- Looking specifically for feedback on **content** (wording and pictures), not formatting
- How you see it working for your organization, could you hand this to just anyone?

Feedback:

- DIY Potluck: options seem possibly high carb?
There is a balance – all potluck sign-up sheets emphasize fruits and veggies and include a vegetarian option
- Go smoke free – train organizers to monitor compliance: too harsh for celebration? Who is training?
Perhaps offer helpful responses to non-compliance in guide, suggest providing consistent reminders instead, emphasize need for indoor *and* outdoor signage. Ask Amber Jones for suggestions on specific language.
- Savor Before You Flavor: bullets should read **0-6** teaspoons to reinforce the ‘no more than;’ signage (or other visual aid) to reinforce what ‘6 teaspoons’ looks like or reframe in terms of number of sugar packets or other relatable measure.
- Perhaps adjust “meetings, events and celebrations” wording to better include congregations or other faith-based groups
- Plan regular activity breaks: add **every 30 to 60 minutes** specification
- Pictures of resources: if kept, mention that ‘resources are available’ on front of guide or place examples in specific column along the side of the sheet. Or just use regular stock photos – **mock-up and send to group** to see which the better option is. Perhaps two guides: community (photos) vs. organization (resources) version

Next Steps: Please complete the 2016 GHKC End of Year Survey by Friday January 6, 2016.

Next Meeting: January 31, 2017, 10:00am-11:30am Columbus Public Health, 119C.