



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.*

Minutes

February 23, 2016 10:00am - 11:30am
Columbus Public Health, Auditorium

CDCFC Head Start	Maria Villareal
CPH Creating Healthy Communities	Katie Stone
CPH Creating Healthy Communities	Dana Dorsey
CPH HCHW	Jamie Turner
CPH HCHW	Alyssa Dorsey
CPH HCHW	Jamie Turner
CPH HCHW	Ali Segna
CUL Moler Head Start	Jo Tyree
Franklin County WIC	Dawn Sweet
Franklin Park Conservatory	Christie Nohle
Joyful Beginnings	Shannele Hawkins
Local Matters	Victoria Strickland
Molina	Galen Roth
Mount Carmel Church Partnerships	Kate Whitman
Nationwide Children's Hospital	Megan Gorby
OSU Extension	Carol Smathers
OSU Extension	Jenny Lobb
OSU Life Sports	Kyle Resser
OSU Life Sports	Laura Sullivan
Personal Fitness Navigators	Ricardo Wilson
YMCA	Bobbi Shannon
YMCA Head Start	Jess Rizzonelli

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

Agenda Item 1: *Program Updates*

<i>Partner/Organization</i>	<i>Healthy Food Environment</i>	<i>Active Play Environment</i>	<i>Caring Environment</i>
Ali Segna	<p>OHP menu requirements will change effective July 1, 2016. Changes include: no highly processed meats, cereal 6g sugar or less, no more than 1 fried food per week.</p> <p>Infographic on healthy snacks at schools showed that 72% of parents are in favor of healthy snacks.</p> <p>Water First for Thirst is being used in Richland County, so the movement is ongoing.</p>		
Ricardo Wilson	<p>Currently teaching self-defense at a center for martial arts in the Milo Grogan area. The facility has a community garden. Folks can sign up for a plot and grow their own vegetables.</p>		
Victoria Strickland, Local Matters	<p>They have recently launched a training in partnership with Good4Growth on healthy celebrations. It is a half-day training. Three have been led so far.</p>		
Laura Sullivan, OSU Life Sports	<p>Partnered with Local Matters to have kids prepare a healthy meal together. The response from kids and parents was overwhelmingly positive.</p>		
Kyle , OSU Lifesports			
Katie Stone, CHC	<p>CCS is launching a messaging campaign for their staff on their wellness policy. They are focusing on Water First for Thirst.</p> <p>The Chronic Disease Prevention Advisory Board is meeting on March 10th in 119D.</p> <p>Fresh Foods Here program is underway in local corner stores increasing healthy food options. Currently working to be more strategic on store selection.</p>		
Dana Dorsey, CHC CPH	<p>Safe Routes to School is underway in several neighborhoods to increase walking and biking.</p>		
Dawn Sweet, WIC	<p>State is creating a new list of risk codes for participants. That is the focus for now.</p>		
Bobbi Shannon, YMCA	<p>Three programs are partnering with Good4Growth and participating in the Learning Collaborative for providers. The focus is on relationships and brain development.</p> <p>Partnership underway with Columbus Blue Jackets and PNC. Physical activity will be part of the program. I.e. one of the rewards is to go skating.</p> <p>The KIPP Charter School (Cassidy and Sunbury) opening up, YMCA will be operating the pre-k programs. There is a large garden which will supply the kitchen for school lunches. They are also composting.</p>		

Shannelle Hawkins, Joyful Beginnings	<p>Recently adopted a new policy and have changed the environment in the center. Menus are being modified and staff are registered for trainings.</p> <p>Will be applying for 4 SUTQ stars. Looking for a community partner to participate in their changes. If any agencies are interested, there is a form you can fill-out to support them.</p>
Kate Whitman, Mt Carmel Church Partnerships	<p>The HCHW key message posters and handouts have been distributed to many faith communities.</p> <p>The healthy Living Center is working with Gladden to provide cooking classes for children.</p>
Christie Nohle, FPC	<p>Planning for summer programs is underway.</p> <p>Healthy Harvest for families with children between 0-5 will begin July 9 and run through July 30. A digital flyer will be shared with the Coalition.</p> <p>Farmers Market will be expanded this year. Still no-fee for vendors. Starts June 1 every Wednesday from 3:30 to 6:30 and ends September 7.</p> <p>New Program: 8- week program working 20 hours a week at their own garden, which they will bring to the farmers market to sell. Job skills, gardening skills, composting, botany, etc.</p> <p>Veggie Snaps will be adding hopefully 3 more markets this year (totaling 14).</p>
Maria Villareal, CDCFC Head Start	<p>Worksite Wellness program is being launched. One meeting has been had. Staff talked about engaging teachers and families.</p>
Jovanna Tyree, CUL Head Start Moler (also representing Watkins)	<p>Watkins used Pay it Forward fund to host a family Friday event including smoothies. Parents gave positive feedback.</p>
Molina Community Engagement (Gabe Roth?)	<p>Transportation Vendor changed in November (benefit is the same: 15 round trips per year to get to medical appointments, WIC appts and JFS appts). The taxi system is not used anymore. The new vendor has a fleet of vehicles.</p> <p>He also coordinates the Smoothie Bike.</p>
Jess Rizonelli, YMCA Head Start	<p>Working with 9 different centers. Created sugar models for centers for educating parents.</p>
Megan Gorby, NCH	<p>Conducting “Touch Bases” with providers. Have been distributing healthy eating handouts (choose this, not that) and CHA DVDs to providers.</p> <p>Patient Centered Medical Neighborhood Mapping is underway so that patients can see resources in their area.</p>

Alyssa Dorsey, HCHW CPH	<p>Five centers have applied for OHP thus far in 2016.</p> <p>March trainings are scheduled for teachers. Menu and policy trainings will be offered by OCCRRA Health Promotions Consultants.</p> <p>Hilltop and Linden area will be targeted for recruitment in the Spring.</p>
Jenny Lobb, OSU Extension	Discussions going on at her faith community about a possible wellness initiative.
Caro Smathers, OSU Extension	<p>Will be meeting with the Ohio Dept of Education including the head of the USDA Summer Feeding Program who wants to connect with local farmers markets to bring fresh produce to summer feeding sites.</p> <p>A group of 4H Youth “Healthy Living Advocates” promoting Water First for Thirst among other messages went to Washington DC last week. They taught three sessions of Water First for Thirst using a “teaspoons of sugar” activity including policy discussion. The Levels of Community Change game was used.</p> <p>Working with CCS to submit a Farm to School grant proposal in the fall.</p>

10:00am – 10:30am Member Introductions and Program Updates

All

10:30am – 10:40am Healthy Celebrations in the News

Jamie Turner

- Continue discussion of *Healthy Celebrations* and *Make Snacks Count*

Carol Smathers

Two Commit to be Fit (10 TV) video clips were shown. The clips featured HCHW program and YMCA North Branch on Healthy Valentine Celebrations.

Carol discussed the definitions of “snacking”, “snack foods”, etc. Questions she asked the Coalition: what is the difference between finishing your meal and snacking? What are snack foods?

- They come in a bag
- They are not good for you.
- We want to think about snacking differently so that snacks are healthy and wholesome and the right amount.

A chart comparing the sodium content of chips was shared (see right). The slide was created by Frito Lay to show that “chips get a bad rap”. They tried to show that graham crackers have more sodium than chips. This was shared to remind us that it’s not always obvious what is high in sugar and salt.

LEADING FRITO-LAY PRODUCTS	AVERAGE SERVING OF COMMON FOODS*	AVERAGE SERVING OF COMMON SNACKS*
Tostitos Restaurant Style Tortilla Chips (120mg/oz)	Fruit yogurt (140 mg/cup)	Trail mix (170mg/ ½ cup)
SunChips Multigrain Snacks Original (120 mg/oz)	Whole wheat English muffin (155mg/half)	Microwave popcorn (120mg/3 cups)
Ruffles Potato Chips (160 mg/oz)	White bread (170 mg/slice)	Graham crackers (190mg/2 sheets)
Fritos Corn Chips (160 mg/oz)	Angel food cake (210mg/piece)	Wheat crackers (225 mg/oz)
Lay's Classic Potato Chips (180 mg/oz)	Ready-to-eat corn flakes cereal (265 mg/cup)	Goldfish-shaped cheese-flavored crackers (240mg/oz)
Doritos Nacho Cheese Tortilla Chips (180 mg/oz)	Plain bagel (380 mg/3oz)	Snack mix [pretzels, rye chips, mini breadsticks, wheat crisps] (380mg/ 2/3 cup)
Cheetos Crunchy Cheese Flavored Snacks (290 mg/oz)	Cottage cheese (460 mg/4oz)	Pretzel sticks (560mg/oz)

A Potential Healthy Snack Scorecard was shared. Carol created the chart showing: Snack categories: Multiple Food Groups, Grains and Proteins, Fruits and Vegetables, Appropriate Serving Sizes and water. Scores were 0, 1 or 2. The scorecard was shared as an initial draft. Feedback from the Coalition was solicited.

What would count as 0 for fruits and vegetables?

Zero for fruits and vegetables could include: fried, syrupy, in pies, or no fruits and vegetables.

What do we think of the concept?

- Helpful.
- Could each food group have its own point?
- More categories.
- Something at the end when you add it up.
- An indication of a healthy score (i.e. 8 or 10).
- There could probably be a bottom line.
- OSU Extension used this and scored snacks and gave them a percent.
- Could be done so that points are taken away.
- The fruit juice should include the serving size.

10:40am – 10:45am Updates: Pay-it Forward Award winners and article summary

Ali Segna

- CUL Watkins held a Heart Healthy Family Night. Activities included heart healthy necklaces with Cheerios, build your own body skeleton activity, dumbbells and stretch bands and a smoothie bar. They also had a guest speaker who talked about healthy snacks and demonstrated the sugar content in popular drinks.
- YMCA Valentine's Party included a photo booth, healthy snacks, decorating Valentine's bags, an experiment on candy hearts involving water and vinegar.
- CDCFC Head Start – one center celebrated fruits and vegetables around the world and explored the food using all five senses. Supporting activities continued for the next five days. The children sorted the fruits. Explored fruits such as star fruit, plantains, breadfruit, green papaya, mangoes, guava, and dragon fruit.
- Article Summary – Hannah created a guide of the articles shared last month. That will be shared.
- Points of Key Evidence for Key Messages – has been finalized and will be sent out with the minutes.

10:45am – 10:55am Healthy Beverage Advocacy

Carol Smathers

Carol shared that there's a movement to take soda off the kids menus at national chain restaurants.

- Center for Science in the Public Interest and other advocacy groups are sending letters.
- Research shows that children chose the default option (so by changing the default to not include soda we're making a huge difference).

- 2015 Article in Obesity which followed restaurants that had made menu improvements showing that milk purchases went up, strawberry and vegetable sides went up, soda sales went down but the profit did not go down.
- Could we look at what is being served in central Ohio and be the advocacy voice?
- Hannah put together a list which we will share at the next meeting.
- Coalition was invited to observe “where do the families you serve go to eat?”
- Homework: Look at what is being offered where children gather. Email pictures to Ali.
- (General Mills has taken out artificial flavorings of their cereals in the USA)

10:55am – 11:00am Activity Break

Ricardo Wilson

11:00am – 11:20am Coffee Stations

Ali Segna

Ali received photos that Coalition members sent about coffee stations.

Offices

Meetings

Events

- Ricardo shared the syrups available at the Starbucks at the Veterans Administration Hospital. He observed people drinking sugary coffee and eating sugary pastries in the morning and the afternoon. The sugar content was of concern.
- Jamie showed a photo of coffee next to soda
- Carol shared a photo of coffee served with whipped cream and marshmallows.
- Ali mentioned the presentation and how the coffee at events looked more appealing than the coffee in our offices.
- Ali looked at national recommendations and shared several possible “warning signs”
 - “Adding 3 teaspoons of sugar to your cup of coffee is like eating 2 chocolate chip cookies.”
 - “1 teaspoon of sugar equals 1 Dum Dum” (sucker)
 - “Safety Warning: Drinking beverages with added sugar contributes to obesity, diabetes and tooth decay” this is the warning label used by New York on sugary drinks.
- Berkeley and San Francisco have made progress – SF has banned all sugary drinks for schools, rec centers and public facilities. They also passed legislation that there has to be a warning on all SSB advertisements. i.e. 20% of the space has to be the warning label. This is the first legislation of that kind that we know about.
- Ali shared recommendations:
 - Harvard: 12 grams of sugar per 12 oz serving is RED (drink rarely) = 2 teaspoons of sugar per cup.
 - New York beverage vending standards: 25 calories or more per cup = RED = 1 teaspoon per 8oz

Question to the Coalition: What do we do about coffee?

- The dum dum is more impactful than the warning label.
- The dum dum is preferred because it’s not fear-based
- Something more positive like “sugar facts” or “did you know?”
- The quality of the coffee makes a difference. Paying a little more for good quality coffee might save you for money on creamer and sugar.
- Include the benefits of drinking coffee black.

- Potential recommendations to the event planner: to put out a sign about what kind of coffee you're drinking.
- A list of alternatives to sweetening coffee.
- The Coalition prefers the AHA guidelines. Change the language to “no more than” instead of “maximum”.

What presentation: (Table tents, stickers, magnets?)

- Something laminated
- Table Tent

11:20am – 11:30am St. Stephens's Food Pantry *Making the Environment Match the Message* Katie Stone

Katie shared St Stephen's Food and Nutrition Center experience changing their environment to match the message.

- They created a “healthy Environment Memo” which was posted in their center. It stated in nice language what their policies were on activity and nutrition.
- Their waiting room which was empty was turned into a messaging center with posters from USDA, MyPlate and Water First for Thirst.
- Photos were shared showing unhealthy options such as candy bars and teddy grahams which were under posters on healthy nutrition.
- They served fruit kabobs at their Aqua center launch.
- The bulletin board created was specific to the season and to what was offered at the pantry at that time.
- The MyPlate pantry resource was given to clients.
- Market-like food display tables were obtained from Kroger. Produce was displayed when people first walk in.
- Produce consumption was observed to have increased.
- Portion control was used when unhealthy foods were donated.
- Shannele shared that she used to work at St Stephens and years ago the environment looked different and the focus was on donated pastries, etc. She is pleased to see that the focus is now on fruits and vegetables.

Homework: Where are celebrations held for young children and what is on the menu? Please submit a photo or example to Ali by Tuesday March 22nd, email: amsegna@columbus.gov

Next Meeting: March 29, 2016, 10:00am-11:30am Columbus Public Health, Auditorium.