



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

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

CPH HCHW	Alyssa Dorsey
CPH HCHW	Ali Segna
CPH My Baby and Me	Debra Hall
CPH Strategic Nursing	Bob Holomuzki
Community Development for All People	Sue Wolfe
Franklin County Family and Children First	Carol Taylor
Mid Ohio Food Bank	Amy Headings
Mid Ohio Food Bank	Kerry McCarthy
Moms2B – OSUWMC	Carmen Clutter
Mt Carmel	Anne Callahan
Nationwide Children’s Hospital	Megan Gorby
OSU Extension	Carol Smathers
OSU Extension	Jenny Lobb
OSU Life Sports	Luke O’Quinn
Personal Fitness Navigators	Ricardo Wilson
YMCA	Stephanie Cedeno
YMCA	Megan Daniel
YMCA Head Start	Jess Rizzonelli

Agenda Item 1: Program Updates

Partner/Organization	Updates
Ali Segna	GHKC website has been updated with 2016 meeting schedule, meeting minutes, and coalition members. Also updated pages for the Water First for Thirst campaign, Healthy Celebrations and Snacks campaign, and Family Engagement Program. A coalition distribution list will be created with name, organization and

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

	<p>email address with permission from the individual. A first round list was passed around asking for permission.</p> <p>Ohio Healthy Program Train the Trainer took place on March 2 and 3. It included updates to physical activity, healthy eating, menus and policy trainings. New menu requirements effective July 1, 2016 include:</p> <ol style="list-style-type: none"> 1. No SSB (effective October 1, 2015) 2. Fried foods 1x/week (down from 2x/week) 3. Cereals with no more than 6g of sugar per a serving 4. No highly processed meats
Caro Smathers, OSU Extension	<p>New resource-article on GHKC published about beverage practices and policies.</p> <p>Putting together a working group to help disseminate Healthy Eating at Meetings guidelines, challenge is getting people to use the guidelines</p>
Jenny Lobb, OSU Extension	Developing materials (planning guide, catering guide, table tents, etc.) to support the Healthy Eating at Meetings guidelines
Megan Gorby, NCH	Working on community resource mapping for each primary care location for providers to give patients, i.e. Kroger tours, parks/rec, food pantries, produce markets, calendar for farmers markets, etc.
Deb Hall, My Baby and Me	Home visit program for children up to age 2, funding renewed for next 5 years.
Jess Rizonelli, YMCA Head Start	Has been working with Himes vending to get family style meals started. On Monday they will began with 3 of the 9 sites, Cherry Creek, Norton and Vaughn.
Stephanie Cedeno, YMCA	Healthy Eating and Physical Activity assessments completed, items are being purchased to help address gaps.
Amy Headings, MOFB	Evaluation project at Reeb Avenue center on change in food service to family style fresh food model, wanting to see impact on children.
Kerry McCarthy, MOFB	Working on backpack program and senior box; lots of inquiries from schools/head start. Currently working with HCHW to get fresh foods into child care centers.
Carol Taylor, FCFCF	<p>Provided training on impact of trauma on brain development; trains schools/childcare.</p> <p>Hosted Dr. Bruce Perry conference for 500 people last weekend, used healthy meal scorecard to evaluate meal and identified lots of room for improvement; however, offered water coolers (15 gallons) & cups; had to refill them both days. Purchased 300 soda cans, diet and regular, walked away with at least 3 cases both days. Policy/practice is tough.</p>
Anne Callahan, Mt Carmel Nursing Student	Working with Community Development for All People at Reeb Center.

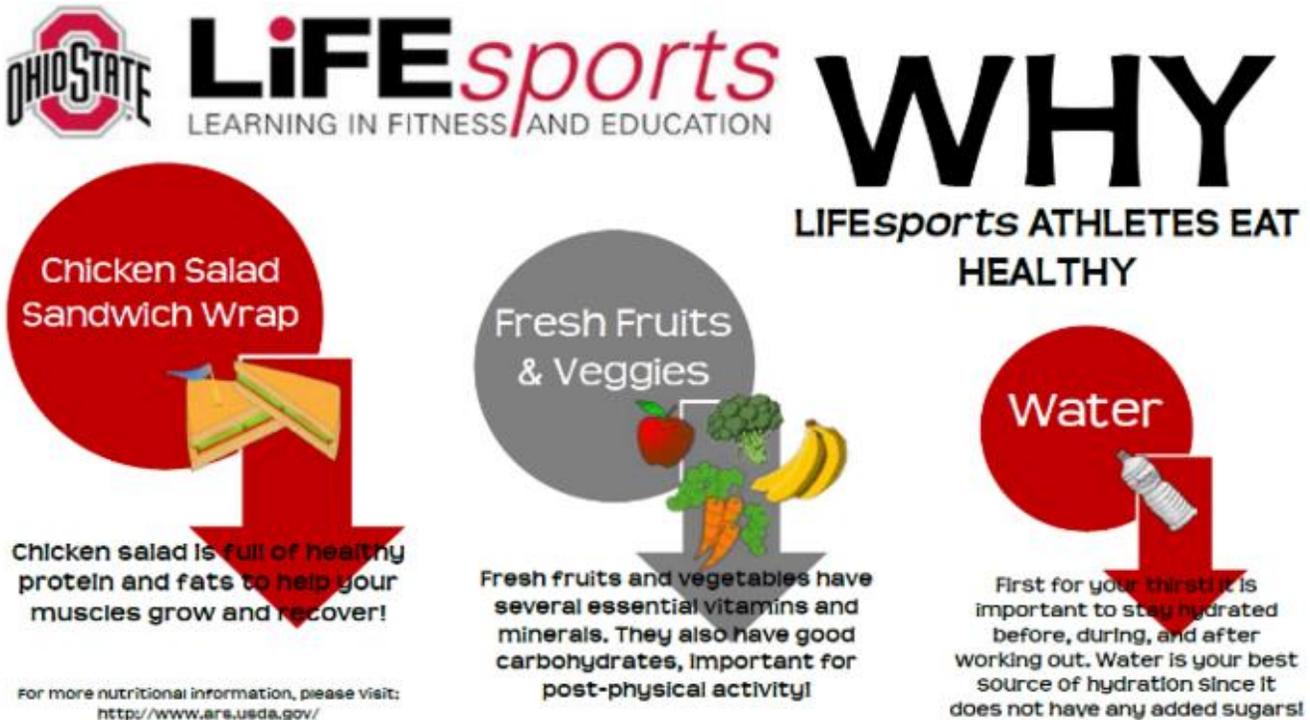
Sue Wolf, CD4AP	<p>First birthdays parties - next one is Saturday, May 7, 3 pm at CD4AP. Pregnant women and families with kids up to 15 months are welcome.</p> <p>Has formed a partnership with Moms2Be - south side group will be moving their meetings into CD4AP to grow.</p> <p>Conversations have begun with Mount Carmel Health about increasing access to prenatal care on South side</p>
Carmen Clutter, Moms 2 Be	Dietitian lactation counselor, weekly meetings, 70 women/week, provide healthy snacks/childcare/transportation
Luke O'Quinn, OSU Life Sports	Clinic hosted an event with Local Matters on healthful eating on a budget for 15 families. Upcoming track event for 100 families, planning for supper camp.
Ricardo Wilson, PFN	Putting in a garden in the Milo-Grogan Area Center for Arts, teaching stick fighting.
Bob Holomuzki, CPH Strategic Nursing	South Side health screenings and health education, working in new faith-based. Produce market giveaways and many activities happening at Reeb center. Challenge - working all over, from one place to the next.
Alyssa Dorsey, HCHW CPH	<p>Completing OHP trainings for roughly 50 people in March. Hannah is at YMCA doing OHP trainings today.</p> <p>Hannah represented HCHW at the OSU Early Head Start event last Thursday where Mayor Ginther and President Drake were in attendance. They announced that OSU would be offering free tuition for 100 early education students.</p>
Creating Healthy Communities (absent)	New resources include a Water First for Thirst pamphlet, Fresh Foods Here post cards, posters, magnets, and POS promotional materials.
Columbus City Schools (absent)	Ali shared the photo sent by Carolyn Bernard of the food table at the transition to kindergarten meeting. The table included water, fruit, Cheez-its and healthy food messaging – Water First for Thirst, Healthy Celebrations, and Make Snacks Count.

10:30am – 10:35am - Updates: Pay-it-Forward Award Winners

Community Development for All People – Hosted a cooking demo with nutrition education components for first birthday families, 8 moms attended. They made healthy crock-pot recipes - minestrone soup and applesauce – and discussed how to introduce new foods to babies. BPA free storage containers were provided to participants to encourage them to cook at home and a drawing for a crock-pot.

YMCA – Family Engagement Event at West Central School in Hilltop – included a MyPlate lesson and activity, a physical activity (relay), and a frozen yogurt bar with healthy toppings (granola, coconut flakes, blueberries and strawberries) – 6 kids & 2 parents participated – leftover funds will be used to plan a second activity at the same site in May

OSU Life Sports – Strength & conditioning clinic was held in February and, with the help of 40 volunteers, they used the award money to make food (chicken salad wraps) instead of ordering pizza. Funds were leveraged with a produce donation (kiwi, apples, carrots, etc.) from the Mid-Ohio Food Bank. A flier went home with parents explaining why they served the foods they served (see below).



10:35am – 10:45am Coffee Table Tents

Feedback from last meeting: 1) make it a positive message, 2) point out that sometimes coffee doesn't taste bad black (doesn't need sweetener)

Message we are proposing is "Savor Before you Flavor". A mock-up flier/table tent has been designed and was presented at the meeting. Feedback: 1) like the infograph look, 2) suggest changing "recommends a maximum daily intake of added sugars" to "recommends no more than", 3) suggestions for what to do if you still need maybe 1 sugar, is there a healthy option or way to slowly reduce sugar intake in coffee, 4) add "if you can't eliminate it, how low can you go?", 5) suggest natural flavors, like cinnamon 6) what about non-flavored creamers and powdered creamers – say sugar sweetened creamers instead of flavored

Sample policy language shared from New York (bolded bullet point was added):

Standards for Hot beverage (e.g. coffee) Vending Machines

The following criteria must be met:

- All beverages must be < 25 calories per 8oz.
- If stocking condiments:
 - Milk/creamer product must be 1% or non-fat
 - Sugar and sugar-substitutes are acceptable
 - **Educational signage must be present at point of sale/service on recommended daily intake of added sugar**
- All beverages and condiments must contain <0.5 grams of trans fat per serving.

Carol mentioned that the topic of artificial sweeteners was brought up at the last steering committee meeting. What would the coalition want to know about artificial sweeteners? What questions (if any) are people asked about artificial sweeteners within their organizations? Do we want to have a common message or stance around this topic? Coalition members would like:

- Simple, easy-to-understand articles about the science of artificial sweeteners
- An overview of the differences between artificial sweeteners
- Education around different words for sugar and other sweeteners in order to teach people how they can consume sweet items in moderation (monk fruit)
- How does your body react to it
- Sources for non-nutrition people
- More education for community, lots of kids drinking Gatorade instead of pop.

Ali shared that current evidence is inconclusive. The American Academy of Pediatrics is currently not taking a stance at this point.

10:45am – 11:00am – Scorecards

Scorecards to evaluate the healthfulness of snacks and gatherings were created after the idea was brought up at the last meeting. Scorecards may be used as an evaluation tool, used as a talking point, or help in planning a healthier environment at a meeting or event. Definitions for each parameter and more specific instructions on how to use the scorecards will follow, but preliminary feedback is welcome now. Coalition members were asked to use the scorecards at the next meeting or event they attend and report back at next month's meeting. Photos are also appreciated and to please email them to Ali before next month's meeting, events and locations will remain anonymous.

Initial feedback:

- What is lean meat definition? - This will be established once the parameters are set
- Why is there a separate vegetarian category? – Still working on this. It was also discussed to change the parameter to meeting dietary needs of the attendees.

11:00am – 11:05am - Activity Break

Ali Segna & Alyssa Dorsey led the group through the “as if” activity from the Ring of Fun book

11:05am – 11:15am Where are celebrations held and what is on the menu?

- **COSI** – LiveWell menu for kids is good, but beverages include milk (possibly chocolate) & Capri Sun – could be an opportunity for advocacy
- **Columbus Zoo & Aquarium** – typical menus (hotdogs, cheeseburgers, chicken nuggets, etc.) Whole fruit is available but not easy to find. Tap water is free, but this is not advertised.
- **Chiller**- party menu includes pizza, cake and ice cream
- **Magic Mountain** – birthday party package includes hot dogs or pizza with unlimited soft drinks
- **Lazer Craze** – parties include unlimited soft drinks - can add cake, nachos, pizza and/or chips
- **Star Lanes** – party package: cheese pizza and fries replenished for 1 hour + unlimited soft drinks
- **Sky Zone** – party package: 2 large 1 topping pizzas + 3 pitchers soda
- **Columbus Bowling Palace** – party packages: large pizza + pitcher soft drink (group) or hot dog, chips and soft drink (per person)

- **Gahanna Lanes** - Birthday party package: \$14.95 for 1 large pizza & 1 pitcher of soda
- **Glow Putt** - website reads “ask us about pizza and custom glow putt birthday cakes”
- **World of Bounce** - Family Fun Night every Wednesday from 6-9 pm - \$30 admission for 2 adults & 2 children includes a large pizza & drinks
- **Skate Zone 71** – All private parties include 1 slice of pizza per person & unlimited drinks. Website reads:

When it comes to feeding hungry skaters, we at Skate Zone 71 know that what matters most is variety and flavor. Our kid-friendly menu has everything from pizza to dessert. Grown-ups can feel young again, by indulging on an array of fantastic treats such as ICEES, COTTON CANDY & SNOW CONES!

It's important to fuel those active bodies while skating and playing games, so we have several party packages available for any occasion. Our Family meal combos are perfect ways to feed the entire Family while having fun at Skate Zone 71. It doesn't stop at the cafe though, you can always check out the front counter for sweet treats and candy bars!

11:15am – 11:30am Advocacy Letter

Idea came from a national effort from the Center of Science in the Public Interest. They are sending letters to nationally known restaurant chains to encourage them to take sugar-sweetened beverages off of kids’ menus. As a coalition, we would like to model this effort at the local level and target venues where kids eat, celebrate and play.

A letter was drafted and distributed to coalition members at the meeting. Points to consider:

- How to sign? A second page listing all of the coalition organizations? Some members may need to seek permission or approval from others in their organization prior to being listed. – Ali will redraft the letter. Once finalized she will email it out asking for those who would like to be listed to reply back.
- Add website and/or links to resources?
- Create logo or sticker that venues could display if they take part in the initiative? If so, would we want to monitor the menus of those who take part to make sure that they follow through?
- Do we start with just sugar-sweetened beverages? Or do we target kids’ menus as a whole? Research-base is very strong for sugar-sweetened beverages, and we don’t want to overwhelm venues with too many changes at once.
- We could emphasize the point that offering pitchers of water instead of soda could save money in addition to improving the health of children.

Homework: Use a scorecard at the next gathering you attend and provide feedback with score and photo of the food offered. Please email photos and score to Ali by Tuesday April 19th (events and organizations will remain anonymous), email: amsegna@columbus.gov

Next Meeting: April 26, 2016, 10:00am-11:30am Columbus Public Health, Auditorium