



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

May 24, 2016 10:00am - 11:30am
Columbus Public Health, Auditorium

Attendees:

A Mother's Love Play Café	Destiny Moody
Cardinal Health/Ohio Chapter of American Academy of Pediatrics	Kellee Gauthier
Children's Hunger Alliance	Mark Haynes
Children's Hunger Alliance	Matthew Frakes
Columbus City Schools	Brenda Wander
Columbus City Schools Pre-K Department	Carolyn Bernard
Community Development for All People	Sue Wolfe
CPH - Institute of Active Living	Barb Seckler
CPH - Institute of Active Living	Sonia Ivancic
CPH - Strategic Nursing Team	Bob Holomuzki
CPH - Strategic Nursing Team	Megan Colombo
CPH Creating Healthy Communities	Amber Jones
CPH HCHW	Alyssa Dorsey
CPH HCHW	Ali Segna
CUL Moler Head Start	Jovanna Tyree
CUL Southside Head Start	Joyce Grimes
Franklin County Public Health	Kristin Peters
Franklin Park Conservatory	Christie Nohle
Moms2Be	Carmen Clutter
Nationwide Children's Hospital	Megan Gorby
OSU Extension	Carol Smathers
OSU Extension Franklin County	Jenny Lobb
OSU LifeSports	Luke O'Quinn
Personal Fitness Navigators	Ricardo Wilson
YMCA	Stephanie Cedeno

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

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

All

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

Partner/Organization	Program Update
Ali Segna, GHKC	Coalition meeting dates will be sent out via outlook calendar through the end of 2016. Savor before you flavor coffee sign has been translated in Somali and Spanish and will be posted on HCHW website under Healthy Celebrations and Snacks. CPH all staff retreat to occur on June 1 st , HCHW, GHKC, and QWL will host a DIY Potluck trail mix bar to promote the Guidelines for Healthy Gatherings.
Jenny Lobb, OSU Extension Franklin County	Working on Produce prescription with Barb Seckler at CPH, targeting pregnant moms and parents of overweight children.
Ricardo Wilson, Personal Fitness Navigators	Teaching self-defense for the public at the Milo-Grogan Area Center for Arts.
Alyssa Dorsey, HCHW	Attended CCS Countdown to Kindergarten where over 800 people attended, great turn out and event. HCHW continuing to learn about new CACFP rules. First Neighborhood Pride event tomorrow, on Wellness Wednesday, Hannah will be presenting. Working with 6 childcare centers to apply for OHP. Still learning to navigate OCCRRA's new site.
Mark Haynes, Children's Hunger Alliance	CHA has hired a new coordinator, Matthew Frakes.
Matthew Frakes, Children's Hunger Alliance	New nutrition and physical activity coordinator with Children's Hunger Alliance.
Destiny Moody, A Mother's Love Special Needs DayCare	Upcoming event June 12, Southside Block Party, looking for food sponsors, toy giveaway, and local artists. Located in Southside initiative. Partially to celebrate Father's Day and to celebrate emerging businesses.
Kristin Peters, Franklin County Public Health	Working to connect schools with farm to school programming.
Amber Jones, Creating Healthy Communities	Implementing smoke free at St John Episcopal garden. Christie, from FPC, informed us that nicotine can have a negative effect on tomatoes and other nightshade family vegetables. Hoping to get more buildings nearby smoke free. Cbus Metropolitan Housing Authority hoping to go smoke free this summer.
Christie Nohle, Franklin Park Conservatory	Christie's updates saved for presentation later in the Coalition meeting.
Carolyn Bernard, CCS Pre-K Department	CCS has been borrowing the imagination playground from CPH. It has been so well received that CCS wrote a grant to purchase an imagination playground to belong to CCS. Countdown to Kindergarten on May 14 th had roughly 800 in attendance. Children learned how to go through the lunch line and were served a healthy lunch consisting of a turkey sandwich on whole wheat, milk, fresh fruits/veg, Gogurt and 100% juice frozen cups.

Joyce Grimes, CUL Southside and Watkins Head Start	Renewed partnership with Eat Play Grow with SNAP-ED, once a week for education with kids. Watkins/Southside has been in the garden, talking about how to care for plants. Involved with Mid-Ohio Food Bank to receive fresh produce.
Carmen Clutter, Moms2B	Began billing Medicaid for case management services, hoping to move towards a more stable funding than grant funding
Stephanie Cedeno, YMCA	Two mobile food programs, brand new, two locations on southwest side of Columbus, provide lunch starting June 6.
Luke, OSU LifeSports	Registration for summer camp is complete, registered 600 kids, offering 9 sports. Teach social skills using sports as the primary tool.
Sue Wolfe, Community Development 4 All People	New initiatives include Nationwide Children's Hospital healthy neighborhoods/healthy families program to engage families. 1st birthdays hosting two new people employed with CelebrateOne to reach more families.
Barb Seckler, Institute of Active Living	Distributed Veggie SNAPS cards to Coalition members. Produce Prescription partnership w/ Franklin County Extension, PSEC piece, trying to hook up clinical healthcare with farmers markets. 34 families will be seen by doctors and other community organizations who will help families participate in farmers market, planning to evaluate program. OSU Waterman Farm to Fork on August 11 to showcase urban agriculture, ticket price \$50. Mayor Ginther to do family ride on a trail in hilltop area will be in August.
Carol Smathers, OSU Extension	Wrapping up research project across 7 states looking at Coalitions. Putting findings/best practices into online learning modules, will share information once complete. Extension acquired smoothie bike, will attend events and lessons per request.
Bob Holomuzki, CPH Strategic Nursing Team	Strategic Nursing has finished vaccinations initiative with CCS. Currently working on Southside for health education. Used healthy gathering scorecard for strategic nursing team and scored pretty well. Scorecard got other people thinking about what to bring at next party
Megan Gorby, Nationwide Children's Hospital	Community resource maps are out in the community. Writing grant to focus on Latino family, free Spanish speaking program each month open to public.
Kelley Gauthier, Ohio Chapter of American Academy of Pediatrics	Working w/ Good4Growth which focuses on three components: nutrition, physical activity, and relationship building. Completing a pilot study working with childcare centers. In addition to reaching the childcare side, OAAP is reaching pediatrics with a program focused on clinic visit and helping families make changes.

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

Ali Segna

Mount Carmel Church Partnerships – Purchased large water pitchers for their office to promote Water First for Thirst.

CDCFC Head Start – Hosted a Dancing with Scarves Activity with Head Start children and staff to promote An Hour a Day to Play. Teachers instructed the children to use their imagination pretending the scarves were kites flying up high in the sky while playing music.

10:35am – 10:50am Franklin Park Conservatory

Christie Nohle

FPC updated the Coalition about many of the summer events. Christie noted that FPC can be hired for private groups if desired and mentioned that the Conservatory membership offers many discounts for classes. In

addition, low income families can get in for free the first Sunday of every month. Low income families also have the option to purchase a family membership for \$25.

- Farmers Market at Conservatory begins on June 1st and will run every Wednesday evening from 3:30-6:30 till September 7th. Farmers market is local produce by the season, has doubled in size since last year, and offers a diagram of seasonal foods by week. Veggie SNAPS program is available at 11 farmers markets across the city. New markets added include Dublin, Westgate, North Market, and NWC. FPC offers cooking demonstrations at a few farmers markets.
- FPC is working with Central Ohio Workforce Investment Cooperation and Neighborhood House to gather 10 teens 15-18, who will tend their own garden. The teens will have a market booth at the FPC farmers market, learn entrepreneurial skills, and will do some cooking demos.
- Healthy Harvest Program is in its 4th year thanks to a grant through Cardinal Health. Families come to Conservatory on 4 consecutive Saturdays for 2 hours to participate in cooking demos, explore the garden, harvest what they want to take home, go home with large canvas market bag full of produce, talk about preserving the harvest and how to save fruits/vegs that are starting to go bad. FPC is looking for low income families with at least one child between the ages of 0-5.
- Free event on June 25, Pollinator Palooza will have food trucks, educational opportunities dealing with pollinators (bats, bees, butterflies, ants, wasps), and free crafts.
- Christie distributed a list of classes offered through FPC including culinary, horticulture, health and wellness (tai chi), glass blowing, etc. FPC also hosts numerous summer camps.

10:50am – 11:00am Farm to Preschool

Carol Smathers

- OSU Extension Farm to Preschool is a version of the K-12 Farm to School program. Farm to Preschool focuses on the 3 C's: community, cafeteria, and classroom. Extension is focused on these age groups because young children are forming preferences early on and consume many of their daily calories while at childcare. An advantage preschool and childcare have over K-12 schools is that they are open in the summer, during prime growing season. Preschools and childcares can get local produce during the summers and their purchase volume is perfect for local producers. CACFP funds can be used to buy seeds/equipment for gardening under certain situations. Centers also have the ability to have taste test events, take kids to farms, and to have a farmer or chef present at the center.
- Common challenges with gardening that Extension hears is that a garden will require more labor or more staff to tend to it, there is resistance due to lack of knowledge, and that it will be costly to create a garden. Fortunately, OSU Extension can help alleviate some of the resistance and concern when it comes to creating a garden at the preschool or childcare.
- Resources from OSU Extension include seasonal growing charts for Ohio, curriculum, garden information, parent garden information, how to use local sourcing, seasonal menus/recipes. Other resources include USDA, farmtopreschool.org, Cheryl Graffagnino from CPH, and Bill Dawson from Franklin Park Conservatory.
- Barb Seckler from CPH mentioned that Healthy Children Healthy Weights received funding to provide garden kits for child care centers this summer. Jenny Lobb announced the School Garden Conference "Getting Back to Our Roots" through Franklin County Extension.

11:00am – 11:05am Activity Break

Ricardo Wilson

11:05am – 11:15am CACFP Final Rules

Ali Segna

Ali presented the Child and Adult Care Food Program (CACFP) final rules. These rules will be effective October 1, 2017 and are for all licensed early care providers, including the state of Ohio who follows CACFP set standards. Summary of rules are as follows:

- Infants:
 - Infants has been split into two age groups: 0-5 months and 6-11 months
 - Infants 0-5 months old will be served only breastmilk or formula
 - Solid foods are introduced at 6 months of age with flexibility to introduce solid foods before and after 6 months when requested by a parent or guardian.
 - Requires a vegetable and/or fruit to be served at snack
 - Allows ready-to-eat cereals as a grain for snack
 - Whole egg permitted to be served at breakfast and lunch
 - Juice is no longer allowed to be served
 - Cheese food or cheese spread is no longer allowed to be served
- CACFP will include all children up to age 18 if enrolled in afterschool. The following requirements are for children ages 1 to 18...
 - For fruits and vegetables:
 - Combined fruit and vegetable component is now a separate vegetable component and separate fruit component
 - Option to serve two vegetables at lunch and supper instead of one vegetable and one fruit
 - Limits service of juice to once per day
 - For Grains...
 - At least one serving of grains per day must be whole grain-rich
 - Grains-based desserts no longer count towards the grains component
 - Breakfast cereals must contain no more than 6 grams of sugar per dry ounce
 - For Meat and meat alternatives:
 - Cheese, cottage cheese and yogurt will be allowed as a meat and meat alternative
 - Cheese foods or spreads will no longer be included
 - A meat and meat alternatives will be allowed to be served in place of the entire grains requirement at breakfast a maximum of three times per week.
 - Requires yogurt to contain no more than 23 grams of sugar per 6 ounces.
 - Tofu counts as a meat alternate
 - New milk requirements include:
 - Unflavored whole milk must be served to 1 year olds;
 - unflavored low-fat or fat-free milk must be served to children 2 through 5 years old;
 - and unflavored low fat, unflavored fat-free, or flavored fat-free milk may be served to children 6 years old and older
 - Frying is not allowed as a way of preparing foods on-site

11:15am – 11:30am Artificial Sweeteners: Part 1

Ali Segna

Ali presented her findings on FDA approved non-nutritive sweeteners and current recommendations from National Professional Associations. Please see **Table A** for a summary of brand names, sweetness intensity levels, acceptable daily intakes and The Center of Science in the Public Interest stance.

The following are current recommendations set from the following National Professional Associations:

- Academy of Nutrition and Dietetics - It is the position of the Academy of Nutrition and Dietetics that *“...consumers can safely enjoy a range of nutritive and nonnutritive sweeteners when consumed within an eating plan that is guided by current federal nutrition recommendations, such as the dietary*

guidelines for Americans and the Dietary Reference Intakes, as well as individual health goals and personal preference.”

- American Heart Association and American Diabetes Association joint statement - “*...there is insufficient data to determine conclusively whether the use of NNS to displace caloric sweeteners in beverages and foods reduces added sugars or carbohydrate intakes, or benefits appetite, energy balance, body weight or cardiometabolic risk factors.*”
- Health and Medicine Division (formally known as the Institute of Medicine) - “*...does not support artificial sweetener use in children because artificially sweetened beverages have been shown to displace milk and 100% juice at mealtimes.*” *In addition, the IOM stated that more research is needed on the effectiveness of artificial sweeteners for weight management and the more studies are needed on safety effects when artificial sweeteners are consumed over many years starting in childhood or adolescence.*”
- American Academy of Pediatrics - “*Due to limited studies in children, the AAP has no official recommendations regarding the use of noncaloric sweeteners.*”
- Questions:
 - Does frying foods on site include pre-fried foods? – No, only deep frying as a way of food preparation is disallowed. Participants may still fry up eggs, stir fry vegetables or saute in light oil, just no deep frying. Pre-fried foods are addressed in best practices as having no more than one a week.
 - Does this apply to all child care? – These standards apply to all child care programs participating in CACFP across the U.S. The state of Ohio requires that all licensed early care providers follow CACFP standards, so this is YES to the state of Ohio.
- **Homework:** What questions do you have about artificial sweeteners?
 - What about safety/recommendations of sugar-free chocolate and other sugar-free foods?
 - What is in diet coke and other diet drinks (ex. Coke Zero)?
 - Who is Center of Science and the Public Interest?
 - Would like to hear research on women consuming artificial sweeteners while pregnant?
 - Monk fruit is listed on some fruit cups. CSPI recommends caution, should we be concerned?
 - What sweeteners are appropriate in what methods (i.e. baking, cooking)?
 - Are liquid drops and different? – Ali responded no
 - Please send slides with notes.

Homework: Please respond about your organization being included on the advocacy letter.

Next Meeting: June 28, 2016, 10:00am-11:30am Columbus Public Health, Auditorium

Table A

FDA Approved Non-Nutritive Sweeteners and CSPI Recommendations

Sweetener	Regulatory Status	Examples of Brand Names Containing Sweetener	Multiplier of Sweetness Intensity Compared to Table Sugar (Sucrose)	Acceptable Daily Intake (ADI) mg/kg of body weight/day	Number of Tabletop Sweetener Packets Equivalent to ADI*	Center of Science in the Public Interest (CSPI)
Acesulfame Potassium (Ace-K)	Approved as a sweetener and flavor enhancer in foods generally (except in meat and poultry)	Sweet One®, Sunett®	200 x	15	23	AVOID
Advantame	Approved as a sweetener and flavor enhancer in foods generally (except in meat and poultry)		20,000 x	32.8	4,920	Information unavailable
Aspartame	Approved as a sweetener and flavor enhancer in foods generally	Nutrasweet®, Equal®, Sugar Twin®	200 x	50	75	AVOID
Neotame	Approved as a sweetener and flavor enhancer in foods generally (except in meat and poultry)	Newtame®	7,000-13,000 x	0.3	23 (sweetness intensity at 10,000 x sucrose)	SAFE
Saccharin	Approved as a sweetener only in certain special dietary foods and as an additive used for certain technological purposes	Sweet and Low®, Sweet Twin®, Sweet'N Low®, Necta Sweet®	200-700 x	15	45 (sweetness intensity at 400 x sucrose)	AVOID
Sucralose	Approved as a sweetener in foods generally	Splenda®	600 x	5	23	CAUTION
Certain high purity steviol glycosides purified from the leaves of <i>Stevia rebaudiana</i> (Bertoni) Bertoni	≥95% pure glycosides Subject of GRAS notices for specific conditions of use	Truvia®, PureVia®, Enliten®	200-400 x	4**	9 (sweetness intensity at 300 x sucrose)	PROBABLY SAFE
<i>Siraitia grosvenorii</i> Swingle (Luo Han Guo) fruit extracts (SGFE)	SFGE containing 25%, 45% or 55% Mogroside V is the subject of GRAS notices for specific conditions of use	Nectresse®, Monk Fruit in the Raw®, PureLo®	100-250 x	NS***	ND	CAUTION

* Number of Tabletop Sweetener Packets a 60 kg (132 pound) person would need to consume to reach the ADI. Calculations assume a packet of high-intensity sweetener is as sweet as two teaspoons of sugar.

**ADI established by the Joint FAO/WHO Expert Committee on Food Additives (JECFA)

*** NS means not specified. A numerical ADI may not be deemed necessary for several reasons, including evidence of the ingredient's safety at levels well above the amounts needed to achieve the desired effect (e.g., as a sweetener) in food.

Resources: 1. U.S. Food and Drug Administration. Additional Information about High Intensity Sweeteners Permitted for use in Food in the United States.

<http://www.fda.gov/food/ingredientspackaginglabeling/foodadditivesingredients/ucm397716.htm>, web access April 21, 2016.

2. Center for Science in the Public Interest. It's Sweet...But is it Safe? <http://www.cspinet.org/new/201312311.html>. Web access March 25, 2016.