



Growing Healthy Kids Columbus

VISION: *Columbus is a community in which all children live in a smoke-free environment, have daily opportunities for active play, and have access to nutritious foods so they enter kindergarten ready to live, learn and play at their best.*

Minutes

March 26, 2019 10:00am - 11:30am
Columbus Public Health, 119C

Attendance

Organization	Member
Children's Hunger Alliance (CHA)	Laura Poland
Children's Hunger Alliance (CHA)	Michelle Hoffman
Columbus City Schools (CCS)	Carolyn Bernard
CPH – CDC PHAP, Chronic Disease Prevention	Lyana Delgado
CPH – Creating Healthy Communities (CHC)	Dana Dorsey
CPH – Creating Healthy Communities (CHC)	Katie Stone
CPH – Growing Healthy Kids (GHK)	Hannah Bills
CPH – Growing Healthy Kids (GHK)	Alyssa Dorsey
CPH – Growing Healthy Kids Columbus Coalition (GHKC)	Ali Segna
CPH - Local Food Action Team (LFAT)	Maya Rizkala (Intern)
CPH – Safe Routes to Schools (SRTS)	Katie Swidarski
Mount Carmel Hospital Systems	Chris Evans
Nationwide Children's Hospital	Anne Goodman
Franklin Park Conservatory (FPC)	Christie Nohle
OSU – Extension	Carol Smathers
YMCA of Central Ohio – Early Head Start (EHS)	Claudette Bailey

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

All

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

STEERING COMMITTEE MEMBERS:
Carolyn Bernard, Columbus City Schools
Alexis Tindall, Nationwide Children's Hospital
Laura Poland, 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
Hannah Bills, Columbus Public Health
Rebecca Wade-Mdivanian, Ohio State University Life Sports
Maria Villareal, CDCFC Head Start
Lory Sheeran Winland, American Heart Association

Partner/Organization	Program Updates
Ali Segna	Registration for the Chronic Disease Prevention Network Forum is open. Link will be sent out, event takes place April 11 th from 8 – 12 here at CPH. We will be one of the breakout sessions presenting on Food and Beverage Targeted Marketing.
Lyana Delgado	In Atlanta last week for PHAP graduation. Noticed that no other Chronic Disease prevention work is addressing targeted marketing and there was a lot of interest in our work.
Dana Dorsey	Shared brief explanation of Stroll and Roll. Currently developing training and technical assistance related to active transportation and physical activity for families and staff of child care.
Laura Poland	Back in OHP!
Anne Goodman	Symposium coming up on April 18 th .
Michelle Hoffman	Beginning OHP process again with family care providers.
Carol Smathers	Shared update on accepted proposal for CoIIN work related to Farm to ECE work statewide. Have objectives around procuring, teaching and growing local foods at settings for early care and education. Claudette shared interest in increasing involvement in Farm to ECE
Claudette Bailey	Have done I Am Moving I Am Learning training with staff. Had federal review recently. Gearing up for Family Fun Day and trying to figure out how to navigate healthy foods to serve at this event. This generated discussion around healthy options to serve at this event. Carolyn Bernard shared what was served at last year's event for PreK "graduation": turkey wraps, broccoli, frozen gogurts, frozen juice cups instead of snow cones, etc.
Swid	Currently working on quality of life issues in the neighborhood and constant traumas that require priority, making it hard for residents to make lifestyle changes. Trying to find ways to weave in physical activity to cope with stress.
Maya Rizkala (Intern)	Shared she is working on Farm to ECE training.
Alyssa Dorsey	Spoke with Chris from CCS related to Farm to ECE and meeting with Kristin Peters for additional input in creating Farm to ECE training.
Carolyn Bernard	Just had GHK team provide Healthy Gatherings training for PreK staff. Related to Farm to ECE training: major barrier in schools include that classrooms cannot eat foods from the garden due to lack of compartmental sinks. In order to address the installation of two compartment sinks in future schools may need to reach out to Ohio Schools Commission. Carolyn interested in joining the meeting with Chris to discuss Farm to ECE work.
Chris Evans	No updates
Katie Stone	Will be looking at zoning regulations around schools. In process of updating tobacco policy for city of Columbus employees. Partnering with CD4AP and Nationwide Hospital related to Southside work.
Christie Nohle	Been to many conferences recently, gearing up for summer work.

10:30am – 10:40am Breaking News

Lyana Delgado

- **Columbus Takes a Stand for Kids' Health**
 - "It may take a village to raise a child, but when most of the village is offering your child a cupcake or soda, that's a problem."

- Defining the issue: obesity epidemic in Columbus and SSB consumption linkages to obesity
 - Addressing Health Inequities: WFFT campaign, launch of the Targeted Marketing Initiative
 - Creating Policy Change: partnership with ChangeLab, moving from the planning and programming phase to policy implementation, Policy Playbook
- **American Academy of Pediatrics and American Heart Association endorse suite of policies to reduce kids' consumption of sugary drinks**
 - <https://www.usatoday.com/story/opinion/2019/03/25/higher-taxes-sugary-drinks-improve-kids-health-pediatricians-column/3260988002/>
 - <http://newsroom.heart.org/news/american-academy-of-pediatrics-and-american-heart-association-endorse-suite-of-policies-to-reduce-kids-consumption-of-sugary-drinks>
 - <https://twitter.com/Voices4HK/status/1111327948072775680/photo/1>
 - <https://twitter.com/Voices4HK/status/1110927665639366656/photo/1>
 - The American Academy of Pediatrics and the American Heart Association, just released a [landmark joint policy statement](#) endorsing public health measures — including excise taxes, limits on marketing to children, and financial incentives for purchasing healthier beverages — designed to reduce kids' consumption of sugary drinks.
 - Not only do they want a tax, but they are asking for federal nutrition assistance programs, better labeling, and changes to children's menus.
 - In the United States, [40,000 deaths every year](#) are attributed to heart problems caused specifically by consuming too many sugary drinks.
 - Twenty years ago, for example, it was quite rare for one of our younger patients to be diagnosed with Type 2 diabetes, but now type 2, fatty liver disease, and high cholesterol are fairly common with young people.
 - “Public Policies to Reduce Sugary Drink Consumption in Children and Adolescents,” will be published in the April 2019 issue of Pediatrics and published online March 25.
 - **How Big Tobacco Hooked Children on Sugary Drinks**
 - <https://www.nytimes.com/2019/03/14/health/big-tobacco-kool-aid-sugar-obesity.html>
 - Researchers combing through archives discovered that cigarette makers had applied their marketing wizardry to sweetened beverages and turned generations of children into loyal customers.
 - All 3 created by Big Tobacco, they used their expertise in artificial flavor, coloring and marketing to heighten the products' appeal to children.
 - Part of a resettlement between major cigarette companies to recoup smoking-related health care costs. Using child-tested flavors, cartoon characters, branded toys and millions of dollars in advertising, the companies cultivated loyalty to sugar-laden products that health experts said had greatly contributed to the nation's obesity crisis.
 - Hawaiian Punch was sold as a cocktail mixer for adults and came in only two flavors. After purchasing the brand in 1963 from the Pacific Hawaiian Products Company, R.J. Reynolds rebranded the beverage for children, according to company documents.
 - Went from 2-16 flavors.
 - Cigarette companies were frequently introducing new flavored products, and many of the chemicals that went into cherry-scented chewing tobacco and apple-flavored cigarettes found their way into children's drinks

- **“American Food” Aisle Globally**
 - <https://www.buzzfeed.com/daves4/american-food>
- **World Water Day – March 22**
 - https://www.worldwaterday.org/wp-content/uploads/2019/02/WWD2019_factsheet_EN_vs4_29Jan2019.pdf
 - Sustainable Development Goal 6 (SDG 6) includes a target to ensure availability and sustainable management of water for all by 2030. By definition, this means leaving no one behind.
 - Around 4 billion people – nearly two-thirds of the world’s population – experience severe water scarcity during at least one month of the year.
 - 2.1 billion people live without safe water at home.
 - How did you spend World Water Day?
 - How have we made water more readily and freely available?

10:40am – 10:45am Activity Break

All

10:45am – 11:30am Data for Change

Ali Segna

Members discussed shared values and desired outcomes on the drafted policy “cultivating an environment of health and wellness in celebrations where children live, learn and play”.

Report out on discussions:

- Laura – Room rentals, sporting events, rec centers (where children play) -> promoting policies for healthy celebrations in these places. Practicing what we preach as adults, healthy potlucks, work with event planners on how to make a healthy celebration (using myplate as a framework)
- Hannah – roots of what celebrations are about, depending on the group/org (classroom/school district), everyone has a different understanding of what healthy means. Trauma is very prevalent in many of the neighborhoods and schools served. Celebrate based on caring about each other, we celebrate because we care and appreciate one another. Give groups tools to do this outside of serving healthier foods but rather building human connection that builds resiliency (trauma-informed and culturally competent). What does healthy mean to you, and how can we come together to create this?
- Ali – trauma-informed care, self-regulation and self-reflection. Build children up to succeed. Opportunities for free play.
- “Well-abration”

All responses were collected and are saved under “2019_3_26_Shared Values and Desired Outcomes”.

Next Meeting: Tuesday April 21, 2019, 10am-11:30am Columbus Public Health, Room 119D

Next Steps: What messages or campaigns are already being used to promote Healthy Celebrations?