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## Growing Healthy Kids Columbus Coalition

\_\_\_\_ Steering Committee

\_\_\_\_  Full Coalition

Date: October 29, 2013 Time: 10:00 am – 11:30 am

Location: Columbus Public Health  
Meeting Room 119C  
240 Parsons Ave.  
Columbus, Ohio 43215

**Facilitators:** Cheryl Graffagnino, Columbus Public Health  
Jamie Turner, Columbus Public Health

**Attendees:** Ali Segna (CPH, HCHW), Kellee Gauthier (Learn for Life), Carolyn Bernard (Columbus City Schools), Grace Kolliesuah (CPH, Caring for 2), Mary Sheehan (CPH, MPH intern), Dr. Phyllis Pirie (OSU CPH PRC), Barb Seckler (CPH, IAL), Pat Reiderer (OSU Extension EFNEP), Hannah Jones (Broad St Food Pantry), Ellen Hashiguchi (OSU), Jacalyne Adkins (OSU Extension), Katherine Stone (CPH), Molly Stout (CPH), Ashley Russell (COSI), Kahanssai Tafese (Molina Healthcare), Betsy Loeb (Action for Children), Kate Whitman (Mount Carmel), Esther Gillet (WIC), Carol SMathers (OSU Extension), Elaine Tran (CPH), Jamie Turner (CPH HCHW), Cheryl Graffagnino (CPH HCHW), Jess Rizzonelli (Children's Hunger Alliance)

***Meeting at-a-glance:***

- Program Updates
- Tracking 2013 Progress and ECOPP
- Water First for Thirst Technical Assistance
- Water First for Thirst Action Plan

***Meeting Outcomes and Action Steps Identified for September Meeting:***

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***Next Steps:***

- Next meeting: **Tuesday, December 3, 2013 10:00am -11:30am** at Columbus Public Health, Room 119C.

**Announcements:**

- Next meeting is first Tuesday of December, not last Tuesday of November
- URL for the Growing Healthy Kids Columbus Facebook page changed to: [facebook.com/growinghealthykidscolumbus.com](https://www.facebook.com/growinghealthykidscolumbus.com)
- Like the Central Ohio Breastfeeding Coalition page



**Agenda Item 1: Program Updates**

<i>Partner/Organization</i>	<i>Supporting Breastfeeding</i>	<i>Supporting Physical Activity</i>	<i>Supporting Healthy Eating</i>	<i>Increasing Screening and Referral</i>	<i>Other</i>
<b>HCHW (Ali, Mary, Cheryl, Jamie)</b>		<ul style="list-style-type: none"> <li>- Held Learning Forum for childcare centers that went over menu planning, WFFT, and OHP.</li> <li>- 90 tricycles were given away to childcare centers and CCS pre-K classrooms.</li> <li>- In process of recruiting new centers for HCHW program</li> <li>- Starting first round of HCHW training series for childcare centers.</li> </ul>			
<b>Mount Carmel (Kate)</b>	<ul style="list-style-type: none"> <li>- Coordinating healthy trainings for faith based organizations to provide them background information and connect them to resources and organizations in the community. Topics covered include nutrition, diabetes, mental health, etc...</li> <li>- Sending out monthly newsletters focused on different health topics. November's newsletter will feature breastfeeding.</li> </ul>				
<b>WIC (Esther)</b>	<ul style="list-style-type: none"> <li>- Had breastfeeding presentation at 10/16. Had information on how to talk to pregnant mothers, encourage breastfeeding, and introduced resources for new mothers.</li> <li>- WIC is hiring peer mothers who have been through the program.</li> </ul>				
<b>OSU Extension (Ellen, Jacalyne)</b>			<ul style="list-style-type: none"> <li>- Organized a "Food Day" at Granville Middle School where students got to learn about different foods and where they come from.</li> <li>- Ellen has been keeping the WFFT facebook updated.</li> <li>- Working on pre-survey to gather information on the</li> </ul>	<ul style="list-style-type: none"> <li>- Continuing evaluation of parent survey to inform the work of the coalition.</li> </ul>	



			current beverage environment at childcare centers. - Served only water and 100% juice at their most recent Advisory Committee meeting.		
<b>Broad St Food Pantry</b>		- Had the HCHW active play kit come for each produce giveaway.	- Held two produce giveaways where they served water only.	- Will be having a health event in November and the NCH health-mobile will be there.	
<b>Columbus City Schools (Carol)</b>		- Received 60 tricycles and helmets from CPH. - Pre-K initiative is drafting new policies on physical activity.	- Working on technical assistance models and policies for healthier snacks. - Got tomato plants that students will be planting in the spring. - Working on pre-K and staff meeting standards for nutrition and beverages.	- Nursing PLC (Professional Learning Community) will adapt WFFT as its message for 2014.	
<b>Institute of Active Living (Barb)</b>			- In talks with city about implementing more “Smart Tap” water fountains in the city that will include spouts that can more easily fill water bottles. IAL will try to get city to create water fountains in our target zip codes and put on WFFT messaging.		
<b>Action for Children (Betsy)</b>		- Creating evaluation tool to measure collective impact of local obesity prevention efforts	- Collaborating with Head Start to bring WFFT message into their centers.		
<b>COSI (Ashley)</b>		- Get Active Play Day this month was successful.			



		- Planning a Get Active Family Day in January.			
<b>Molina (Kahassai)</b>		- Donated jump ropes at the Fall Fest in Columbus Commons.	- Worked with Shepard's Place produce giveaway by distributing water and sponsoring tents. - Donated WFFT water bottles with the WFFT logo		
<b>Caring for 2 (Grace)</b>			- Had event for Caring for 2 graduates and one for infant mortality and served only water.		
<b>Children's Hunger Alliance (Jess)</b>		- Continuing working on bringing HCHW curriculum into home care settings. - Putting year one report together. 36 providers have done 3 house visits. There have been 90 policies put in place and 50 menu changes.			
		- YMCA Eldon Ward chosen to be part of the YMCA-USA Diabetes Prevention Program and has received funding to make changes around physical activity and nutrition.			



### **Agenda Item 2: Tracking 2013 Progress and ECOPP**

Annual report beginning to be developed and a list of accomplishments of organizations in the GHKC Coalition will be compiled coded by where each accomplishment falls under according to the Early Childhood Obesity Prevention Plan (ECOPP).

Discussion on how we can better capture data and survey coalition members on our progress:

- Only target survey monkey to people who do not attend as many meetings.
- Suggestion to have two versions of survey: one that is more detailed for those who do not attend and another that is less detailed for those who are consistent.
- Questions brought up: How long should the survey be? Time window to complete survey?
  - Members do not want the survey to be longer than 10 minutes. No decision was made on how long the survey should be active.
- There could be a survey after each meeting to capture progress of those who did not attend.
  - A mid-point evaluation is another option.
- Should we distinguish between regular vs. not regular attendees and send out different surveys?
- Reengage organizations who do not come as much in the framework of the four keys areas.
  - How else can the organizations get involved?
    - Re-think ways they can help without going to meetings.
- Survey format suggestion: individualized reports for each partner organization so they know what they did for the year, and then ask them if they have anything to add.
- Opt in email rather than opt out at the end of the year. Tell organization to reply if they want to say in the coalition.

### **Agenda Item 3: Water First for Thirst Technical Assistance**

- Cheryl briefly summarized that they GHKC steering committee met to talk about a WFFT technical assistance model.
  - The main issue that they found was: what's the ask for organizations that we are trying to connect with through WFFT TA? The group is trying to figure out what we want out of the organizations that we're engaging.



<b>Growing Healthy Kids Columbus Coalition Action Plan for 2013 Water First For Thirst Campaign</b>				
<b>Audience</b>	<b>Tools</b>	<b>Action</b>	<b>Timeline</b>	<b>Responsible Party/Partners</b>
<b>Parents of children age birth to 5</b>	Healthy Children, Healthy Families curriculum (existing tool)	Include Water First Campaign into curriculum	Ongoing	OSU Extension EFNEP
<b>Pregnant Women</b>	Healthy Children, Healthy Families curriculum	Include tips on making water more appealing	Ongoing	OSU Extension EFNEP
<b>Children birth to 5</b>	<ul style="list-style-type: none"> <li>• Mascot for Water First for Thirst (needed tool)</li> <li>• CPH water bottles (have some bottles, but need more)</li> </ul>	<ul style="list-style-type: none"> <li>• Farmer's Market Events at CPH-Immunization clinic to promote Water First for Thirst</li> </ul>	July and August 2013	Project LOVE with assistance from HCHW (water bottles)
<b>Choice Providers (e.g. those who decide what beverages are offered)</b>	Water First for Thirst Toolkit (posters, power point presentation, one pager) (existing tool)	Present to Area Commission and Barrack Recreation Center	Summer 2013	CPH Strategic Nursing Team
<b>Caregivers/Providers</b>	<ul style="list-style-type: none"> <li>• Water First Posters (existing tool)</li> <li>• Water pitchers (existing tool)</li> <li>• Sample healthy vending language (existing tool)</li> </ul>	<ul style="list-style-type: none"> <li>• Provide water at all workshops for providers and internal meetings</li> <li>• Establish healthy vending policy</li> </ul>	ongoing	Action for Children



<b>Other</b>	Logo for water first for car magnets, fridges, etc. Logo could also go on campaign flyers (logo draft has been made, but not final)	<ul style="list-style-type: none"> <li>• Display on vending machines</li> <li>• Hand out magnets at community events</li> <li>• Post flyers at libraries and Rec. centers</li> </ul>	Starting in July 2013 and ongoing	HCHW
	Water First for Thirst Webpage (needed tool)	Post any relevant information and tools to the site	August 2013	HCHW can host the web page