



Growing Healthy Kids Columbus Coalition

___ Steering Committee

___ Full Coalition

Date: December 3, 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
Mary Sheehan, Columbus Public Health

Attendees: Jacalyne Adkins (OSU Extension), Mary Sheehan (CPH, HCHW), Lakitsha Johnson (CPH, Project Love), Amber Jones (CPH, CHC), Carolyn Bernard (CCS), Bobbi Shannon (YMCA), Ellen Hasiguchi (OSU Extension), Genevieve Sharron (OSU), Molly Stout (CPH, CHC), Barb Seckler (CPH, IAL), Kathy Kelly-Long (Broad St. Food Pantry), Pat Riederer (OSU Extension), Sue Wolfe (CD4AP), Patty Tumen (ECDI), Shelby Sutphen (CHA), Brittany Smith (CHA, OSU), Betsy Loeb (AfC), Carol Smathers (OSU Extension), Jennifer Erickson (CPH), Maxine Mendelson (CPH), Kahassai Tafese (Molina), Hannah Jones (Broad St. Food Pantry), Korrin Vanderhoof (OSU Extension), Phyllis Pirie (OSU PRC), Kate Whitman (Mt. Carmel)

Meeting at-a-glance:

- Program Updates
- Let's Move! Recognition
- Presentation of SSB Survey results and discussion
- Water First for Thirst Action Plan

Next Steps:

- Next meeting: **Tuesday, January 28, 2014 10:00am -11:30am** at Columbus Public Health, Room 119C.
- GHKC Coalition End of Year Survey will be sent out to all members. Summary of 2013 work will be presented at January meeting.

Announcements:

- Institute of Active Living will release community garden grants in February 2014. Awards up to \$4000 will be available for new or existing gardens.
- Molina Healthcare is hiring and over 300 positions are open.



Program Updates:

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>
<i>Sue Wolfe (CD4AP)</i>	-	-	<ul style="list-style-type: none"> - Continues to organize weekly produce distributions. - In Oct, started providing nutrition education to all participants in produce program. - Utilizing live streaming video technology, offered cooking demonstration to program participants conducted by OSU Wexner Medical Center chef. Prepared chicken minestrone soup. 	-	-
<i>Bobbi Shannon (YMCA)</i>	-	-	<ul style="list-style-type: none"> - 25 child care teachers were trained on the nutrition components of the Get Fit curriculum. Get Fit uses physical activity to teach other content areas such as math. 	-	<ul style="list-style-type: none"> - Met with United Way to work on getting consistent health messaging. Potential to bring statewide.
<i>Carol Smathers/Phyllis Pirie (OSU Extension/PRC)</i>	-	-	<ul style="list-style-type: none"> - Continues to analyze data collected in the Southside parent survey. Specific research questions related to SSB consumption and 	-	-



	-			practices complete. Preparing reports to share results with the community.		
Carolyn Bernard (CCS)	-	-	-	<ul style="list-style-type: none"> - Working with food services department to offer fruits and vegetables 2-3 times per week for pre-k snack. - Starting to offer water for snacks. Milk will continue to be offered at lunch. 	-	-
Lakitsha Johnson (Project Love)	-	-	-	<ul style="list-style-type: none"> - Approximately 25 new CCS parent consultants for 2013/14 school year participated in Growing Healthy Kids Columbus Speaker's Bureau training. They are now able to utilize the Speaker's Bureau kit resources in their schools. 	-	-
Betsy Loeb (Action for Children)	-	-	-	<ul style="list-style-type: none"> - Received Aetna grant which will fund AfC programming toward physical activity, nutrition, gardening and parent engagement. - Worked with Head Starts to get Water First for Thirst messaging in all of their centers. 	-	-
Patty Tumen (ECDI)	-	-	-	<ul style="list-style-type: none"> - Working with neighborhood partners in 	-	-

<p>Pat Riederer (OSU EFNEP)</p>	<ul style="list-style-type: none"> - Trained 15 new educators to promote and educate on breastfeeding and formula feeding through the Eating Smart Being Active for Healthy Pregnancy curriculum. 	<p>-</p>	<p>-</p>	<p>- Offering nutrition curriculum at Urban League After School Academy.</p>	<p>-</p>
<p>Kate Whitman (Mount Carmel)</p>	<ul style="list-style-type: none"> - Will be adding a breastfeeding support group. - Promoted breastfeeding in the Mount Carmel monthly newsletter. 	<p>-</p>	<p>- Opened a new resource center on its west campus with a large demonstration kitchen</p>	<p>-</p>	<ul style="list-style-type: none"> - Holding trainings for faith based organizations to connect them to community resources. - HCHW and GHKC speakers bureau will be featured.
<p>Shelby Sutphen (Children's Hunger Alliance)</p>	<p>-</p>	<p>-</p>	<ul style="list-style-type: none"> - Recorded eight 3-5 minute info-tainment videos with WOSU, Cooking Caravan and Ohio Health. Videos cover topics like healthy beverages. - HCHW messages will be included in a toolkit that will go out to partners. 	<p>-</p>	<ul style="list-style-type: none"> - Recruiting more home care providers in Cardinal Health priority zip codes.



<i>Hannah Jones (Broad St. Food Pantry)</i>	-				<ul style="list-style-type: none"> - Nutrition education for adults will resume in January. - Held a health event with the NCH mobile truck present. - SNAP-Ed classes will be offered starting in January. 	-
<i>Columbus Rec and Parks</i>	-			<ul style="list-style-type: none"> - Promoting HCHW messages at their facilities. 	-	-



Agenda Item 2: Let's Move! Blog Shout Outs – Barb Seckler

- Columbus was honored by Let's Move! Towns, Cities, and Counties in the big city category for its health promotion efforts.
- Water First for Thirst (WFFT) was recognized in the Let's Move! Blog. In addition to WFFT, the blog also highlighted Healthy Children, Healthy Weights.
 - o A city in Louisiana called Columbus Public Health asking about WFFT and may want to champion it in their city.

Agenda Item 3: Presentation of SSB Survey results and discussion – Carol Smathers

- Carol presented the results and takeaways of the OSU PRC Sugar Sweetened Beverage (SSB) Survey conducted in the Southside and Near East neighborhoods in Columbus (43205, 43206, 43207). This results of this survey can be used to describe SSB consumption in children in the zip codes surveyed
- Just over 300 parents of children ages 2-5 interviewed. This sample parents were randomly selected from a list provided by Nationwide Children's Hospital.
- Some takeaways from the survey results include:
 - o The majority of SSB's are consumed in homes
 - o It is difficult to serve just water at celebrations
 - o The more rules/strategies used to control SSB consumption, the less likely children are to consume them.
 - Modeling is the most effective strategy to prevent SSB consumption.
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Agenda Item 4: Water First for Thirst Action Plan

The last 20 minutes of the agenda was focused on dividing the coalition into small groups to discuss ideas for the Water First for Thirst Campaign based on the parent survey results presented by Carol.

Ideas for WFFT:

- Spreading the message among faith based organizations.
- WFFT messaging can go with smoke-free policies that the CPH Creating Healthy Communities team is trying to encourage at rental properties.
- We should empower child care providers to talk to parents about beverages that they are serving at home. WFFT needs to be made applicable to parents and framed in a way that they will actually implement it. An example of how to frame WFFT to parents can be to tell them if children drink juice throughout the day they may not eat their meals and snacks.
- Banning soda/SSB's at education/workshop environments.



Growing Healthy Kids Columbus Coalition Action Plan for 2013 Water First For Thirst Campaign

Audience	Tools	Action	Timeline	Responsible Party/Partners
Parents of children age birth to 5	Healthy Children, Healthy Families curriculum (existing tool)	Include Water First Campaign into curriculum	Ongoing	OSU Extension EFNEP
Pregnant Women	Healthy Children, Healthy Families curriculum	Include tips on making water more appealing	Ongoing	OSU Extension EFNEP
Children birth to 5	<ul style="list-style-type: none"> Mascot for Water First for Thirst (needed tool) CPH water bottles (have some bottles, but need more) 	<ul style="list-style-type: none"> 		
Choice Providers (e.g. those who decide what beverages are offered)	Water First for Thirst Toolkit (posters, power point presentation, one pager) (existing tool)	Spread message to Head Start centers	November, December 2013	Action for Children
Caregivers/Providers	<ul style="list-style-type: none"> Water First Posters (existing tool) Water pitchers (existing tool) Sample healthy vending language (existing tool) 	<ul style="list-style-type: none"> Provide water at all workshops for providers and internal meetings Establish healthy vending policy 	ongoing	Action for Children
Other	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"> Display on vending machines Hand out magnets at community events Post flyers at libraries and Rec. centers 	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