

City of Columbus Early Childhood Obesity Prevention Coalition
Steering Committee _____ Working Group 1
_____ Working Group 2 X Full Coalition

Date: October 30, 2012 Time: 10:00 am – 11:30 am

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

Facilitators: Cheryl Graffagnino, Columbus Public Health
 Autumn Trombetta, Columbus Public Health

Attendees: Shelby Sutphen (CHA), Jenni Steckowski (CPH, HCHW), Jamie Turner (CPH, Creating Healthy Communities/Safe Routes to School), Jacqueline Broderick-Patton (CCS), Grace Kolliesuah (CPH-Caring for 2), Sheri Sheterom (Caring for 2 RN), Kate Whitman (Mt. Carmel, Parish Nursing), Megan Wilneff (HCHW Graduate Intern), Dianne Holdridge (National Center for Urban Solutions (NCUS)), Carlotta Penn (Rec and Park/ APPS), Bobbi Shannon (YMCA), Sarah Huber (student), Heather Hollern (HCHW dietetic intern)

Meeting at-a-glance:

- Program Updates
- Unveiling new MyPlate Placemat
- 2012 Annual Outcomes Collection
- ACHIEVE Healthy Policies for Healthy Children Outcomes and Next Steps

Meeting Outcomes:

- New MyPlate Placemats have been printed. They are available for distribution, but we would like to track how they are used, and what people think of the placemats.
- The 2012 Annual Outcomes Collection survey is currently being developed. The survey will be disseminated in November and will collect data on major 2012 achievements that related to the Plan.
- The ACHIEVE project recruited 10 organizations to create healthy policies for healthy children in the zip codes 43205, 33206, and 43207. To date, 32 policies have been implemented. An after action conference has been scheduled to discuss program sustainability and a toolkit with resources will be created and piloted with the 10 organizations in January 2013.

Next Steps:

- Next meeting: **Tuesday, December 4, 2012 10:00am -11:30am** at Columbus Public Health, Room 119E, combined November and December meeting
- Coalition members will brainstorm new names for the coalition and add their suggestions to the survey tool that will be going out in November
- The Steering Committee will create a survey tool to begin collecting 2012 achievements that relate to the ECOP plan. Members are tasked with compiling their 2012 achievements
- Tuesday, November 13th from 10am-Noon is the ACHIEVE After Action Conference. CHART members are strongly encouraged to attend

Announcements

- If you are interested in submitting a poster for the November 28th Infant Mortality summit, please contact Grace Kolliesuah at GMKolliesuah@columbus.gov. Posters are due Nov. 2, 2012
- Ali Segna has food pyramid pocket charts available for free. Contact AMSegna@columbus.gov

Agenda Item 1: Program Updates

Partner/Organization	Supporting Breastfeeding	Supporting Physical Activity	Supporting Healthy Eating	Increasing Screening and Referral	Other
Grace Kolliesuah(CPH, Caring for 2)			Grace has changed the menu for community events to be healthier. The December community event will also have healthier options		
Cheryl Graffagnino		The ACHIEVE project has implemented 32 policies in 10 community organizations in the areas of healthy eating, physical activity, and breastfeeding support. We are still following up with 3 centers, so the policy number should increase.	Cheryl can offer support and assistance to any organization who is working to provide healthier menu options at events. She asks that you provide a menu of what you would serve, and then she or dietetic interns can assist in improving the menus.		
Carlotta Penn (Rec & Parks/APPS)		On Oct. 20 th , she helped sponsor a hip hop dance battle from 7pm-Midnight. Over 500 people attended and everyone was dancing and being active			
Ali Segna	Ali has received funding to complete follow-up yearly evaluations with childcare centers. So far, over the past two years she has worked to implement policies and improve menus in 60 local child care centers				
Autumn Trombetta (CPH, HCHW)	Autumn's former position (program manager II) has been posted and she is looking for great candidates. The prenatal breastfeeding survey was distributed and closes the end of this week. The subcommittee will then analyze the results and an applicable training for nurses on healthy prenatal weight gain will be developed The Coalition logo has been updated. Instead of a red apple, it is an orange. There was concern that the symbol looked too similar to Columbus City School's logo				

Agenda Item 2: Unveiling the New MyPlate Placemat

This is the first attempt at changing the MyPlate graphic. Before, we were using the placemat created by New York. The ultimate goal is to have this placemat translated into Spanish and Somali. Initial coalition member's thought and feedbacks are below:

- The back page showing all of the pictures of actual foods is very useful
- The x's on the foods to eat less of are very healthy. Sometimes people might just glance at the pictures and the x's still allow for a negative connotation without having to say "Don't eat this" like in the New York placemat
- For future edits, we could make each of the hands a different race/ethnicity to increase the cultural relevance of the placemat
- We could add a note about the recommended plate size, or add the ruler back in to show an appropriate plate size
- Having real food on the plate is really important because everyone might not relate to the colored sections of the plate. However, we are trying to promote consistent messaging and that's why the colored sections were kept in.
- We could add a picture of collard greens because they are very prevalent in the African American diet
- We could change the wording of "fresh and frozen are best" to "Choose fresh and frozen foods more often. Look for canned vegetables with no salt added"

These placemats are available for distribution, but Columbus Public Health would like to track how they are being used, and what people think of them so we can make improvements in the future. Please contact Cheryl Graffagnino CLGragagnino@columbus.gov or Jenni Steckowski JSSteckowski@columbus.gov

Agenda Item 3: 2012 Annual Outcomes Collection

As a reminder from the last coalition meeting, Columbus Public Health will develop and disseminate a survey to collect major achievements that relate to the Plan for 2012. The survey will open from mid-November to December and a report will be created to share results at the January coalition meeting. Other items that will be included in the survey are:

- **Coalition Logo-** A logo has been created to symbolize the coalition's vision, mission and scope. The logo will be asked to be approved/not approved
- **New Coalition Name-** Options created at the last coalition are listed here, and the survey will have a place to add in a new coalition name. We need approve the name by the new year, because the 2013 call to action will require both our logo and name to be on materials
 - Growing Healthy Kids Columbus- tagline "A healthy weights starts at an early age"
 - Central Ohio Healthy Weight Outcomes- tagline " Eat. Live. Be. Well"
- **Steering Committee Annual Call to Action-** In 2013, the coalition will be focusing its efforts on a Water First for Thirst campaign. Survey questions will be collected on what coalition members are currently doing and what they would like to do in 2013 regarding support for water first and eliminating/reducing sugar-sweetened beverages

Agenda Item 4: NACCHO ACHIEVE Updates

1. The ACHIEVE grant ended on Sept. 29, 2012 and chart members are now working to report outcomes and discuss ways to sustain and expand the program.
2. The ACHIEVE after action conference is scheduled for Tuesday, November 13, 2012 from 10am-Noon at Columbus Public Health, conference room 119A.
3. Currently, **32** policies have been implemented. Policies include adopting nutrition standards at community events, establishing tobacco free policies, and no sugar-sweetened beverages at community events. We are still following up with 3 centers to collect their written policies.
4. Cheryl is still figuring out the best way to recruit volunteers for the Speaker's Bureau. There will be recruitment in November, and hopefully a training in January

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