

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

Date: July 31, 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  
   Jenni Steckowski, Columbus Public Health

**Attendees:** Candice Taylor (Mt. Carmel Health System), Shelby Sutphen (CHA), Jamie Turner (CPH, Healthy Communities/Safe Routes to School), Esther Gillet (CPH, WIC), Dawn Sweet (CPH,WIC), Grace Kolliesuah (CPH-Caring for 2), Sharon Soliday (Caring for 2 RN), Ashley Martin (CUL), Andrea Lourie (NCH, FeeDIn Study), Gladys Murray (Chi Eta Phi Sorority), Bob Holumuski (CPH, Strategic Nursing Team), Hailey Stroup (UWCO-Health Impact)

**Meeting at-a-glance:**

- Program Updates
- ACHIEVE Updates
- THE Plan Visual-coalition feedback
- Plate Planner- coalition feedback
- Letter of recognition nominations

**Meeting Outcomes:**

- The CHART has approved the Eldon Ward branch YMCA to participate in the ACHIEVE project
- The plan visual was presented to the coalition for feedback
- The updated plate planner was presented to the coalition for feedback
- Two organizations were nominated to receive letters of recognition from the coalition (Columbus Metropolitan Library's Ready to Read Program, and Rec and Parks' Cap City Nights Festival)

**Next Steps:**

- Next meeting: **Tuesday, August 28, 2012 10:00am -11:30am** at Columbus Public Health, Room 119E
- Suggestions to the plan visual and plate planner will be sent to CPH communications department
- Letter of Recognition nominations will be sent to Steering Committee for approval

**Announcements:**

- Columbus Public Health Farmer's Markets: **August 2<sup>nd</sup>, 9<sup>th</sup>, and 16<sup>th</sup> from 10AM-2PM**
- African American Men Wellness Walk- **Saturday, August 11<sup>th</sup> 8AM to 1PM** in Livingston Park
- Neighborhood Pride Healthy Wednesday Event: **September 19<sup>th</sup>** in Marion Franklin, 2935 Bulen Ave. Mayor's Neighborhood Pride Block Party, **Saturday, August 18<sup>th</sup>, 10AM-3PM**, at Columbus Commons.
- Lakewood Hospital comes to Central Ohio to share lessons learned on becoming a breastfeeding-friendly hospital- **Thursday, August 23<sup>rd</sup>, 1PM-3PM** at the Mother's Milk Bank, 1132 Hunter Ave.

**Agenda Item 1: Program Updates**

<b>Partner/Organization</b>	<b>Supporting Breastfeeding</b>	<b>Supporting Physical Activity</b>	<b>Supporting Healthy Eating</b>	<b>Increasing Screening and Referral</b>	<b>Other</b>
<b>Shelby Sutphen (CHA)</b>		CHA rolled out a “Healthy and Fit” physical activity kit designed to increase structured physical activity in home child care	CHA is hiring a staff member to work on a new program focusing on environment and policy in child care. Still accepting applications		
<b>Jamie Turner (CPH/Creating Healthy Communities/SRTS)</b>		Columbus City Schools has adopted a SRTS curriculum that requires 20-30 min of physical activity daily  The Get Moving Summit hosted Mark Fenton, who gave Central Ohio a call to action to prevent the simultaneous epidemics of poor nutrition and physical inactivity			
<b>Esther Gillet (CPH/WIC)</b>	August 1 <sup>st</sup> -7 <sup>th</sup> is World Breastfeeding Week! Esther spoke at a City Council meeting and accepted a city resolution on breastfeeding. There will be a breastfeeding booth at the CPH Farmer’s Markets. Peer helpers will be facilitating BF classes at local libraries				
<b>Dr. Andrea Lourie (NCH, FeedDIn Study)</b>			The FeedIn study has started running its first group. For more information about this study or if you know families that are interested in participating, please contact Dr. Eneli 614-722-		

			4824, or Dr. Lourie at 614-722-3503		
<b>Gladys Murray (Chi Eta Phi Sorority)</b>					Gladys is involved in diabetes and blood pressure screening in the community. She is also involved in a teen program that calculates BMI and screens blood pressure
<b>Autumn Trombetta (CPH/HCHW)</b>			Autumn has been collaborating with Community Development for All People (CD4AP) to implement peer health coaching and the HEAL initiative		
<b>Jenni Steckowski (CPH/HCHW)</b>			HCHW provided Imagination Playground and plate planners to Neighborhood Pride Event. Provided PA equipment at Bike Columbus Family event. Provided PA equipment to CD4AP for their Party on the Plaza		

**Agenda Item 2: NACCHO ACHIEVE Update**

1. CHART has approved 3 applications and is recruiting 5-7 more organizations to participate in the ACHIEVE project:
  - a. Columbus Urban League
  - b. Community Development for All People
  - c. CPH Southside WIC Clinic
  - d. **NEW!**-Eldon Ward Branch of YMCA
2. CHART has completed initial technical assistance visits with Southside WIC and CD4AP
3. Speaker's Bureau Kit should be completed by mid-August; has 3 components:
  - a. PowerPoint presentation
  - b. Health fair kit
  - c. Active play kit

**Agenda Item 3: THE Plan Visual**

1. The coalition came to consensus that the vision should be on the plan visual, but there was discussion on how the vision should be presented:
  - a. The vision as it stands is lengthy and it would be a lot of words at the top of the visual
  - b. Suggestions were to place the vision on the bottom as a "Why" Section
2. Coalition members liked the updates made from the last discussion, and after the vision is added to the visual, it will be ready to be disseminated

**Agenda Item 4: New Plate Planner Placemat**

1. New place mat is being developed that corresponds to USDA MyPlate and was provided to Coalition for feedback:
  - a. For the front, in the blank space for information the Coalition liked the idea of having something visual (i.e. actual examples of sample plates of food that are culturally relative aka Hispanic, Somali, etc.)
  - b. Add a ruler and/or plate sizes like the previous plate planner
  - c. Add that the plate planner was developed by the Coalition, not HCHW
  - d. Concern over if someone printed the plate planner on 8X11 that the plates would not be to scale; could have disclaimer in fine print
  - e. For the water symbol on front; just add the word water to match the other sections
  - f. Could add a food safety section to front page
  - g. On back page, foods to eat less often:
    - i. Add a candy category and picture (lollipops, chocolate bars)
    - ii. Add a chips/fried foods category and picture (chips)
    - iii. Add a sugary cereal category (bowl of cereal)
    - iv. Take pizza category off
    - v. Take white rice category off
    - vi. Add a fast food category (picture of burger, fries, and soda together)
    - vii. Add a hotdog category; remove the sausage category
  - h. Many coalition members liked how the old planner had a comparison of foods to eat more/less of on the back page, so you could see the direct link (i.e. eat less white bread, eat more 100% whole wheat bread).

**Agenda Item 5: Letter of Recognition Nominations**

1. The Coalition approved two nominations to be sent to the Steering Committee to write letters of recognition for Columbus Metropolitan Library's Ready to Read Program and Columbus Recreation and Park's Cap City Nights Festival
  - a. Ready to Read program includes books that promote and support physical activity and healthy eating. Their mobile bus included books that promoted PA, healthy eating, and breastfeeding
  - b. Cap City Nights Festivals offer the following to the participants:
    - i. Health and fitness workshops

- ii. Health screenings
- iii. Live entertainment that included cultural dancing
- iv. Fresh fruit, vegetables, and water
- v. Bouncy castles
- vi. Rock climbing wall