



Early Childhood Working Group February 10, 2015

Early Childhood Working Group, 3:00 pm, Don Chisholm First Floor Conference Room

Partner Spotlights

Wyandotte County WIC, Nancy Sanchez

WIC received a new grant for “Willow comes to WIC”, sponsored by Pepsi Co, specifically with the goal of increasing fruits and vegetable consumption with WIC families. There is a kit with a monthly topic, including a puppet to teach families about fruits and veggies and growing through the garden. WIC recipients in Wyandotte County use 88% of fruits and vegetable checks, compared with 30-40% at other sites across the nation, so they are already doing well in this area prior to the program.

An additional 15 month grant is just beginning that includes partnership with 18 agencies across Wyandotte County. The focus will be zip codes 66101 and 66102. The target is to work with 50% of WIC families and 50% community members to increase the consumption of fruits and vegetables and increase breastfeeding rates. WIC is connecting with Healthy Communities Wyandotte and efforts of the Healthy Campus at 10th and State that borders the two zip codes.

HeadStart Staff Wellness- Erica Boyle, YMCA Headstart

YMCA as a whole has adopted 12345 Fit-tastic! Erica, as health coordinator for HeadStart focused on staff wellness for HeadStart. Staff members signed up to participate and each individual received a tracker sheet for staff wellness with categories for fruits/vegetables, water, physical activity, and sleep. With grant funding, Erica provided pedometers and a juicer/ninja to promote fruits and vegetable consumption (it was so popular, she also bought one for the site). The program started with 10 staff and ended up with 30 staff. They have zumba and hip hop classes during the day at breaks, and converted one room to include a treadmill and exercise equipment for staff. They have partnered with University of Missouri, Extension with classes every Wednesday from 6-7:30 p.m. (Examples were learning how to read labels, eating fresh foods on a low budget, cooking class, etc.) The goal was to improve the modeling with staff, and staff are now starting to educate parents. A recent example was a teacher giving parent recipes for making their own baby food and showing the parent how reading labels. Next steps are now education and classes for parents.

Healthy Lifestyles Initiative and Childcare settings, Emily Meissen-Sebelius, Healthy Lifestyles Initiative

An overview of the HLI was provided with details about the methods used by partners participating in this effort to improve policies and practices to increase the numbers at a healthy weight. MAPPS for Change is the title of the methods used and helps provide a framework to engage our partners in adapting HLI to what makes the most sense for their organizations. The elements of this framework includes:

- M- Consistent use of message - 12345 Fit-Tastic!
- A- Consistent assessment of weight status and behaviors.
- P- Customized healthy weight plan for all.
- P- Policies and environments that enable healthy eating and active living.
- S- Statistics or collecting and analyzing key measures to track progress and support process improvement.

Two pilot sites will be helping incorporating the HLI this year in Wyandotte County (Project Eagle/Educare and El Centro Academy). The HLI hopes to learn more from these sites about the most important supports needed and ideas for replication at other sites.

Children’s Services Commission-Subcommittee on Childhood Obesity, Deborah Markenson, Weighing In

A Subcommittee on Childhood Obesity was formed, as part of the existing Children’s Services Commission in Missouri, to make recommendations to the Commission on policy actions to improve children’s health. The Subcommittee consisted of a diverse group of stakeholders and experts from state agency to university to healthcare professionals. The group made 5 recommendations, which were designed to 1) be actionable by the state legislature or governmental agencies; 2) reasonable to achieve in the next 2 years; 3) impactful as supported by the evidence and 4) have the potential to be statewide in reach. The recommendations embrace the dual strategies of both prevention and treatment.

Recommendations:

1. *Update child care licensing rules on nutrition, physical activity, and screen time. Provide support to meet new standards.*
2. *Establish an Office for Student Wellness to maintain expectations for health and physical education curricula. Modify school accreditation by including a voluntary health component. Provide support to implement best practices and school wellness policies.*
3. *Reimburse licensed professionals with specialized training to provide evidence-based weight reduction programs through Medicaid.*



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4. *Establish Centers of Excellence to provide and improve access to evidence-based weight management services, and to build community-based capacity for treatment and prevention.*
5. *Establish a Commission to oversee implementation, study effectiveness, and provide a forum for education and future actions.*

In fall 2014, the draft recommendations were presented at four public forums across the state, in which valuable public testimony was gathered and used to finalize the approaches. The recommendations were presented to the Children's Services Commission on December 1, 2014 and a final version of the full report will be issued in the coming month. Missouri's statewide obesity conference, "Changing the Future of Childhood Obesity: Aligning and Amplifying Statewide Efforts", will showcase the recommendations and explore ways to implement.

Discuss of projects for this group:

- Connecting resources and facilitating partnerships through identifying and compiling the supports that exist to support families and programs
 - Identifying linkages between programs. For example, what is available to Head start and childcare? As centers, teachers and families get more education about the importance of these issues, are there needed supports to link with?
 - Identifying and compiling a list of nutritionists and dieticians that can support childcare providers. (One success story/example was partnering with a WIC dietician that can meet families at the center or at their home to come up with individual plan for each child and family.)
 - Compile existing list of community resources from Weighing In and from this group's membership and have the group review the list and determine if we want to develop a repository.
- Bringing questions and issues to this group and using the meetings as a forum/open floor to talk about issues, get ideas (i.e. think tank of experts)
 - Building connections to use each other services/resources in this group (i.e. visiting one another's sites; getting to know each other better through networking)
- State or regional policy efforts that this group can support? (more discussion at next meeting). For example, Kansas Action for Children will be pursuing regulatory changes for screen time and nutrition child care standards in Kansas. Missouri is considering similar actions as reported through MoCan/Children's Services Commission recommendations. What would be the role of this group?
- Additional information/conversation:
 - Assessments are provided in many setting, but a gap exists in a clear process or system of how to support families and connect them with resources and track what is measurable.
 - Lack of resources for children who are underweight (under 5th percentile)

Meeting Frequency and Next Meeting:

- Group decided to meet every other month (can cancel as needed).
- We will have a separate networking time before the meeting (not part of agenda) 2:30-3:00 for networking and 3-4:30 meeting

Next meeting: Tuesday, April 7th, 2015

2:30-3:00- Networking

3:00-4:30- Meeting Time

Don Chisholm Building, Conference Room
610 E. 22nd St. Kansas City, Mo 64108