



Early Ages Healthy Stages Coalition Coalition Kickoff Meeting

Date: March 11, 2016

Time: 9:00 am- 11:00 am

Location: Stephanie Tubbs Jones Health Center

I. Welcome and Introductions	
Discussion Points	<ul style="list-style-type: none"> • Over 40 different agencies, organizations, child care centers, family homes, and community leaders were represented at the first official meeting of the Early Ages Healthy Stages coalition! • Special thanks to Aviva Clayman, Cleveland Clinic Children’s and the Stephanie Tubbs Jones Health center for hosting the meeting. • Also, a huge thank you to the Mount Sinai Health Care Foundation for making our coalition possible with their generous financial support!
Conclusion/Actions	<ul style="list-style-type: none"> • N/A

II. Coalition Content- Early Childhood Wellness Plan	
Discussion Points	<ul style="list-style-type: none"> • Alison Patrick (CCBH) introduced the Early Childhood Wellness Plan by showing a video that was created in partnership with Ideastream. The video, titled “Ohio Healthy Programs,” provides an overview of the Wellness Plan and highlights some of the success stories that led to the plan for the coalition creation. • Alison Patrick presented an overview of the Cuyahoga County Early Childhood Wellness Plan. The Plan was developed out of the recognition that childhood obesity is a growing public health concern in Cuyahoga County and beyond. Five year olds who have a healthy weight are 4 times less likely to develop obesity by their teen years than five year olds who are overweight. A focus on early childhood health and wellness provides a perfect opportunity to help young children develop healthy habits that can serve as protective factors from obesity

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	<p>throughout their lifetime.</p> <ul style="list-style-type: none"> • The EC Wellness Plan was developed in 2015 by a task force of key stakeholders from Cuyahoga County. The Plan emphasizes impacting early childhood wellness behaviors in early care and education facilities among four domains; infant feeding, healthy eating, physical activity, and family wellness. Objectives for the plan are decided annually, and the overall plan will be revised every five years. • The strategies for the Wellness Plan implementation are two-fold. Funding from the Mt. Sinai Health Care Foundation will be used to support the Healthy Children Healthy Weights training, an Ohio-Approved healthy program that offers up to 15 hours of Step Up to Quality hours for early care and education programs who wish to participate. In addition to the training, Technical Assistance will be offered to help programs meet the goals of HCHW; improved healthy menus, establishing healthy policies, and providing opportunities for family engagement in health. Programs that complete the training and achieve these goals are able to apply for Ohio Healthy Program designation from OCCRRA. • The second strategy for the Wellness Plan implementation is the formation of the Early Ages Healthy Stages Coalition! The EAHS current, broad-thinking goals are: <ol style="list-style-type: none"> 1. Build partnerships among those who are passionate about improving the environments where young children in Cuyahoga County live, learn, sleep, and play. 2. Make the healthy choice the easy choice within early learning environments by advancing the goals and objectives of the Cuyahoga County Early Childhood Wellness Plan.
Conclusion/Actions	<ul style="list-style-type: none"> • The Ideastream “Ohio Healthy Program” video can be found online at https://www.youtube.com/watch?v=W01WctWx54s&feature=youtu.be • For detailed information about the Cuyahoga County Early Childhood Wellness Plan, please visit our website: http://investinchildren.cuyahogacounty.us/en-US/Early-Ages-Healthy-Stages.aspx

III. Coalition Capacity Building Activity	
Discussion Points	<ul style="list-style-type: none"> • Camille Herby (CCBH) introduced the activity. The activity objectives were three-fold: understand where “we”-as agencies and individuals fit into goals of the Wellness Plan; determine a baseline for coalition capacity; and build relationships with other coalition members with similar, or complimentary needs, resources, and skills • Large posters were placed around the room for each of the four Wellness Plan domains. Strategies identified in the plan for each domain were posted as well. Coalition members recorded what

	<p>programs/resources they are currently providing to the community, what skills/knowledge that they have for the domain, and what needs they have related to the domain. Participants recorded thoughts and ideas during 2 short breakouts; one where they brainstormed based on their organizations capacity, one where they brainstormed based on individual capacity.</p> <ul style="list-style-type: none"> At the conclusion of the breakouts, Camille introduced the Call to Action for Community Partners. This document provides more detail into the current community needs and opportunities related to building an early childhood wellness coalition in Cuyahoga County. The Call to Action includes a Commitment Form, in which partners may provide information about the objectives from the Plan that they are currently working on or able to contribute. It also provides information on how involved each member is able to be in coalition activities.
Conclusion/Actions	<ul style="list-style-type: none"> Camille Herby will compile all of the information from the Capacity Building Activity to present to the coalition at the next meeting. A draft is attached to this email. Please complete your Call to Action form as you are able. The Form can be found online at https://www.surveymonkey.com/r/EAHSCalltoAction. Note: This is in no way a “contract” to which you or your organization will be held accountable. It simply gives us an idea of the scope of projects that the coalition will be able to address based on capacity and interest.

IV. Member Update: Urban Health Initiative- RaisingHealthyKidz.org	
Discussion Points	<ul style="list-style-type: none"> Amy Sheon (Case Western Reserve University School of Medicine) provided a demonstration of the new website for early childhood health information: RaisingHealthyKidz.org. RaisingHealthyKidz.org provides resources to help early care and learning providers improve nutrition and physical activity in their centers and homes, and to help parents support these efforts The website will become a clearing house for online information related to early childhood nutrition, physical activity and healthy growth for parents and child care and education providers. All of the resources will be vetted by graduate students in nutrition at Case Western Reserve.
Conclusion/Actions	<ul style="list-style-type: none"> For more information about the site, visit www. Raisinghealthykidz.org If you have any ideas about the site, or have any resources that can be added, please contact Amy Sheon at ars17@case.edu

V. General Updates	
Discussion Points	<ul style="list-style-type: none"> • Aviva Clayman (Cleveland Clinic Children’s) noted that the Cleveland Clinic’s Mobile Unit is interested in expanding their use of the Units for children’s well visits, physicals, and immunizations over the summer. CC is looking to have the mobile units visit early childhood centers and facilities during the summer. If any coalition members are interested in taking advantage of this great resource, they should contact Aviva at claymaa@ccf.org. • Jodi Mitchell (Health Action Council) provided information regarding a number of upcoming trainings and recent research that support the goals of EAHS. Parenting at Mealtimes and Playtime workshop information, Institute of Medicine Brief on Obesity in Early Childhood, and Robert Wood Johnson brief on the Impact of the First 1,000 Days are attached to this email. • Alison Patrick showed examples of new materials about early childhood wellness that were developed to coincide with the Wellness Plan. These rack cards are available to coalition members to be distributed throughout the community. The Materials Order Form is attached to this email with directions for ordering materials. • Camille Herby will be holding a Healthy Children Healthy Weights training at the Cuyahoga County Board of Health on April 12,13,19,and 20 (session 1) and May 4 (session 2 and 3). A flyer with more information is attached to this email.
Conclusion/Actions	<ul style="list-style-type: none"> • If you have any other updates, or questions regarding those above, contact Camille at ccearlyages@gmail.com, 216-201-2001 x 1514.

VI. Next Meeting	
Discussion Points	<p>Please save the date for the next meeting of the EAHS Coalition:</p> <p style="text-align: center;">April 8, 2016 9:00 am- 10:30a am At the Children’s Museum of Cleveland 3813 Euclid Ave (New Midtown location!) Cleveland, OH 44115</p>
Conclusion/Actions	<ul style="list-style-type: none"> • Keep an eye out for registration information coming early the week of March 28. • If you would like to host a future meeting of the EAHS coalition, please contact Camille Herby at 216-201-2001 x 1514, or ccearlyages@gmail.com • If you have a program, event, or initiative that you would like to present to the coalition as a Member Update Agenda item, contact Camille at ccearlyages@gmail.com , 216-201-2001 x1514.

Minutes Prepared by: Camille Herby