



Early Ages Healthy Stages Coalition Coalition Kickoff Meeting

Date: May 13, 2016

Time: 9:30 am- 11:00 am

Location: Cuyahoga County Public Library- Parma Branch

I. Coalition Member Update: The Cuyahoga County Public Library, Sue Kirschner	
Discussion Points	<ul style="list-style-type: none"> • Thank you to Sue Kirschner and the staff at the Cuyahoga County Public Library for hosting our meeting in their beautiful new space. Sue highlighted opportunities that families and early care and education providers could take advantage of at the many branches of the Cuyahoga County Public Libraries. <ul style="list-style-type: none"> ○ Toys Collection and toy lending libraries: Go to home page: www.cuyahogalibrary.org and open the tab "SERVICES" then click on "Toys and Story Kits" where they can view info and pictures of toys. ○ There will be many events taking place at the libraries this summer! Sue showed us a copy of the brand new Program Guide that gave information about events and summer reading programs at the libraries. Summer Reading Program and the new Program Guide are available by clicking on the tab "EVENTS" where they can find info about the Summer Reading Program and view the Program Guide.
Conclusion/Actions	<ul style="list-style-type: none"> • To view available toys and story kits for children in your care, visit: http://www.cuyahogalibrary.org/Services/Toys-and-Story-Kits.aspx • To view the upcoming events in your area, visit: http://www.cuyahogalibrary.org/Events.aspx • If you have any questions about programs at the Library, or are interested in volunteering your time at the Library, contact Sue Kirschner at skirschner@cuyahogalibrary.org

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II. Upcoming Opportunities for EAHS

Discussion Points

- EAHS will not have full coalition meetings in July and August. We will have our last meeting for the spring on June 10 and kick-off the new school year on September 9!
- While we will not be formally meeting as a large group, we will still have opportunities to get more involved with coalition deliverables over the summer. Over the past few meetings, we have been doing lots of group work to complete an assessment of our knowledge, skills, capacity, and needs. From the information that you provided, we have determined that the following “opportunities to get involved” will be our first projects to take on as a coalition.
 - **June Gardening Meeting:** The June meeting will be all about fresh healthy foods and ways that families and early care and education providers can grow or access these foods by taking advantage of our many resources.
 - **Community Resource Guide Task Force:** From the information provided, we have learned that while we are resource rich in our County, these resources are not always easy to access or well-known to all of us! Starting in June, we will convene a task force that will begin gathering information about all of the resource out there for young children as they relate to the domains of our plan (infant feeding, healthy foods, physical activity, and family wellness). Once we have the information gathered, we will work together to create a Community Resource Guide that we can give to families, providers, and agencies that interact with young children. The Task Force will decide what the Guide will look like and how it will be disseminated.
 - **EAHS Website and social media work group:** Thanks to our funders at the Mount Sinai foundation, we have funding needed to support the creation of a website for the coalition. Our goal is for the website to help community members understand our mission and goals, *as well as, to be a useful tool for Coalition member to communicate with one another.* No web design experience is necessary to participate- if you have any ideas about what would be useful to you as an online resource, this group is for you!
 - **Cleveland Clinic Mobile Unit Summer Events:** Aviva Clayman from the Cleveland Clinic Children’s reported that the they are interested in getting the mobile check-up and immunization units out into the community as much as possible over the summer. Many coalition members have mentioned that they would like to get involved in getting the mobile units to reach young children through their early care and education providers. We are hoping that a group of coalition members would help in planning some mini “health fairs” around the mobile units. The number of events and the direction of the events will be decided by those who participate in the work group. This is an amazing opportunity for

	us to create an EAHS message and get our ideas, skills, and resources out into the community!
Conclusion/Actions	<ul style="list-style-type: none"> • A sign-up sheet was passed around during the meeting for individuals and organizations to sign up for one of more opportunities. There was huge interest....THANK YOU to all who signed up! • Meetings for the above groups will only occur once or twice a month, with a call-in option always available. Everyone's opinion is valuable! Even simply reading ideas and providing feedback over email is an important way to contribute. • If you would like to sign up for one of the above workgroups, please call or email Camille (ccearlyages@gmail.com, 216-201-2001 x1514.)

III. Guest Speaker: Dr. Emia Oppenheim, CHIPRA Early Childhood Obesity Prevention Coordinator, ODH	
Discussion Points	<ul style="list-style-type: none"> • While national trends are decreasing, Ohio is not seeing a decrease in obesity among 2-5 year olds. Intervening early, when children are younger than 5, helps young children establish habits that promote health and have a lifetime impact. <ul style="list-style-type: none"> ○ In 2014, 15.7% of 2-5 year olds were overweight; 13% were obese. • Ohio Department of Health, Early Childhood Obesity Prevention Program's goal is to systematically promote healthy eating and active living habits for young children. • Five Reasons Why Early Childhood Action is Important: <ul style="list-style-type: none"> ○ Children are gaining weight younger and carrying that weight into kindergarten. Children who enter kindergarten overweight are 4 times more likely to become obese by the 8th grade than their peers who have a healthy weight. ○ Obesity prevention efforts focused on 2-7 year olds have been shown to have a lasting impact on children into their adult lives. ○ It is easier to impact the habits from 0-5 years old than it is to change habits in adulthood. ○ Preferences for food and levels of activity are set by the time a child is 2-3 years old. ○ Early intervention can lead to decreased health risks later in life. • ODH systematic obesity prevention strategies focus on areas where young children live, learn, and play. <ul style="list-style-type: none"> ○ Start young when habits are forming ○ Focus on the community to reach a large number of families ○ Work state-wide in high risk areas ○ Initiatives tailored to change policies, systems, and environments ○ Consistent messaging • Many of the initiatives that we are doing here in Cuyahoga County come from the ODH Early Childhood Obesity Prevention Program, including;

	<p>Ohio Healthy Programs, Healthy Children Healthy Weights, Parenting at Meal and Play Time, and Creating Healthy Communities</p> <ul style="list-style-type: none"> • What can we do to support ODH's efforts locally? <ul style="list-style-type: none"> ○ For agencies and organizations: meet the providers and families where they are ○ See what they are doing right and look for teachable moments based on what is going well ○ Ohio Healthy Programs training implemented county-wide ○ Early care and education providers can work to become Ohio Healthy Programs designated ○ Adopt Healthy Eating Physical Activity standards for the worksite ○ Join Ohio Early Childhood Health Network! If we get enough members, there is a possibility for us to host a meeting here in Cuyahoga County!
Conclusion/Actions	<ul style="list-style-type: none"> • Dr. Oppenheim's presentation is attached to this email. • For questions or to get involved in the Early Childhood Health Network, contact, Emia Oppenheim at emia.oppenheim@odh.ohio.gov

IV. Ohio Healthy Program Training Updates	
Discussion Points	<ul style="list-style-type: none"> • We have been busy training since our coalition began in March! Because of coalition member support and positive feedback, we are able to celebrate the following successes: <ul style="list-style-type: none"> ○ As of March, 2016- over 20 centers and 25 home providers in Cuyahoga County have been reached through the Ohio Healthy Program training! ○ 10 centers or home providers have participated in the Technical Assistance process. They all have applied (or are in the process of applying) for OHP designation! ○ Parma Preschool, Lexington Bell Community Center, and Temple Emanu El are participating in a family engagement pilot project with Nemours and OCCRRA for preschool families! We are very excited to see the results of their hard work! ○ Also worth noting, ALL of the CEOGC Head Start sites are designated Ohio Healthy Program. THANK YOU, Cheryl Jensik and the CEOGC administrators for all of your efforts in achieving this goal! ○ Over the summer, we will be training ALL of the Catholic Charities Head Start sites and hope that they will all be OHP designated by the fall.
Conclusion/Actions	<ul style="list-style-type: none"> • Great work everyone. Your passion and enthusiasm for the young children that you serve is a true inspiration. • If you would like your center/home to become an Ohio Healthy Program, contact Camille at 216-201-2001 x1514 or cherby@ccbh.net to set up training.

V. General Updates	
Discussion Points	<ul style="list-style-type: none"> Joan Spoerl (Cleveland Associate for the Education of Young Children) announced that the CAEYC's Annual Spring Candidate Forum will be on Monday, May 16. Abbie Klein (Starting Point) and Jackie Saggio (Parma Preschool) reminded us that March into Kindergarten is in full swing. We hope that all of our EAHS providers are working to get children registered for kindergarten early. For more information, visit: http://www.marchintokindergarten.com/ Michelle Connavino (Pre4Cle) informed us that Pre4Cle Executive Director, Katie Kelly, will be a featured panelist for a national web-cast about efforts to expand universal pre-K. To register to view the FREE webcast and support Katie, visit: https://www.eventbrite.com/e/national-voices-local-efforts-lessons-learned-about-universal-pre-k-tickets-25389838691
Conclusion/Actions	<ul style="list-style-type: none"> If you have an event or update that you would like to go out to the coalition before the June 10 meeting, contact Camille at ccearlyages@gmail.com

VI. Next Meeting	
Discussion Points	<p>Please save the date for the next meeting of the EAHS Coalition:</p> <p style="text-align: center;">June 10, 2016 9:30 am- 11:30 am Cleveland Food Bank 15500 South Waterloo Rd Cleveland, OH 44110</p> <p>To register, visit: http://www.signupgenius.com/go/30e054ba9a62ca6f85-eahs1 or contact Camille at ccearlyages@gmail.com, 216-201-2001 x1514</p>
Conclusion/Actions	<ul style="list-style-type: none"> Our June meeting will be all about gardening and making sure our young children are getting plenty of healthy, fresh food. Many children go hungry during the summer months... we will learn ways to take advantage of our growing season and community resources to be sure that are children are getting the healthy foods they deserve! 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.