



## Early Ages Healthy Stages Coalition September Meeting Minutes

Date: September 8, 2017

Time: 9:00 am- 11:00 am

Location: Cleveland Clinic Crown Centre

<b>I. Welcome and Coalition Updates</b>	
<b>Discussion Points</b>	<ul style="list-style-type: none"> <li>• Special thanks to Mt. Sinai and St. Luke’s hospitals for making our coalition and Ohio Healthy Programs work possible!</li> <li>• Welcome back everybody! EAHS is welcoming two new interns, Amber Jones and Priya Nalluri, both are MPH students at Case Western.</li> <li>• New EAHS 2017/2018 theme: Plug in and charge up! This year the theme of this coalition will reflect our goal of being an resource for families and ECE providers where they can “charge up” and take advantage of all the support, services and tools we provide so they can go on to provide the best and healthiest environment for their children to grow and thrive. Special thanks to Dannette Davis from CMHA HIPYPY for the inspiration.</li> </ul>
<b>Conclusion/Actions</b>	<ul style="list-style-type: none"> <li>• Welcome back!</li> <li>• If you have any ideas for or about the new 2017/2018 theme contact Camille</li> <li>• We are always looking for meeting speakers and locations. If you would like to present or host a meeting, contact Camille or Alison.</li> <li>• Jodi Mitchell announced that Nestle is making its “Healthy Steps for Healthy Lives” curriculum and materials available to Cleveland Metropolitan School District and I wanted to also make it available to early care providers if they would be interested in the K-3 and family engagement materials. The online version is available for review at <a href="http://www.nestleusa.com/nutrition/healthysteps">http://www.nestleusa.com/nutrition/healthysteps</a> and includes materials for K-3 and 3-6 as well as family engagement materials. This curriculum was produced in partnership with the NEA Foundation.</li> <li>• Printed materials may be obtained through <a href="mailto:Jodi.mitchell@us.nestle.com">Jodi.mitchell@us.nestle.com</a>. Please specify the materials you would like to order (Materials for Grades K-3, Materials for Grades 3-6, and/or Family Materials) as well as the language and quantity. The Family Guides are available in English and Spanish.</li> </ul>

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	<ul style="list-style-type: none"> <li>• Lynne Eirons announced that Veggie U will be hosting its annual Food and Wine Fundraiser on September 30 at the 925 Building at 7 pm. If you are interested in attending, tickets may be purchased here: <a href="http://www.veggieu.org/food-wine-gala-2017">http://www.veggieu.org/food-wine-gala-2017</a></li> <li>• Joan Spoerl emailed to let us know that The Literacy Cooperative is sponsoring an Ohio-Approved free training on language and literacy development for ECE providers on September 22 from 9-12. Registration is limited. Register here: <a href="https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eeheea_s0097afe57&amp;oseq=&amp;c=&amp;ch=">https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eeheea_s0097afe57&amp;oseq=&amp;c=&amp;ch=</a></li> </ul>
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**II. Cleveland Clinic School Based Health Care Updates**

<b>Discussion Points</b>	<ul style="list-style-type: none"> <li>• EAHS Members Genevieve Falconi and Angela Bailey, and Loree Rudd presented on updates, as well as future plans and directions of the Cleveland Clinic’s mobile health care unit and related school based health care visits.</li> <li>• The mobile unit has been partnering with schools around the Cleveland area to provide a mobile medical home to children and families.</li> <li>• The School Health team creates MOUs with the schools to allow services that are available to children in the district.</li> <li>• Staff within the mobile unit provides check-ups, screenings, and vaccinations to children and make referrals to specialists when necessary.</li> <li>• The first on-site School health clinic in Lakewood High School opening later this year.</li> <li>• Over the past year, Cleveland Clinic school health mobile units have partnered with CEOGC Head Start to provide services to preschool aged children. The mobile unit will begin services at William Pat Day Head Start and Green Road Head Start in September. Early Ages Healthy Stages will support this initiative as we are able!</li> <li>• Because of discussion at an EAHS meeting, the mobile units will now include lead screenings, which is an important measure for the CEOGC Head Start teams.</li> </ul>
<b>Conclusion/Actions</b>	<ul style="list-style-type: none"> <li>• If you are interested in learning more about the Cleveland Clinic School Health Program, contact Angela Bailey or Loree Rudd.</li> </ul>

**III. Early Ages Healthy Stages Strategic Plan Presentation**

<p><b>Discussion Points</b></p>	<ul style="list-style-type: none"> <li>• EAHS members Allison Patrick, Camille Verbofsky, and Mary Bailey presented EAHS’s new and updated strategic plan.</li> <li>• Our plan reflects the culmination of the strategic planning process that coalition members took on over the past year. Together, we chose 5 Key Priorities for early childhood wellness; healthy foods are available, there are safe places for active play, social emotional needs are met, health care is accessible, and families are engaged.</li> <li>• The plan includes success stories from coalition members to highlight the success that we have achieved thus far.</li> <li>• We hope to achieve our goals and objectives through a series of smaller sub goals and specific and time-bound objectives.</li> <li>•</li> </ul>
<p><b>Conclusion/Actions</b></p>	<ul style="list-style-type: none"> <li>• New and updated EAHS Strategic Wellness Plan with new and updated goals and objectives is now available in detail on the website home page at <a href="http://www.earlyageshealthystages.com">www.earlyageshealthystages.com</a>. Alison and Camille are working on getting printed copies for interested coalition members.</li> <li>• Email <a href="mailto:ccearlyages@gmail.com">ccearlyages@gmail.com</a> if you would like us to bring copies of the Wellness Plan to you for the next meeting. Additionally, a PDF copy will be attached to this email.</li> <li>• Priya will be working on outcomes measure to help us track and evaluate our successes in achieving our goals and objectives.</li> <li>• At our October meeting, we will form or work groups and get to work on reaching our Priority Goals!</li> </ul>

<p><b>IV. Changes to the Child and Adult Care Food Program (CACFP)</b></p>	
<p><b>Discussion Points</b></p>	<ul style="list-style-type: none"> <li>• The USDA has reviewed and revised the CACFP meal pattern requirements to better align with the Dietary Guidelines for Americans (DGA) and to address the current health status of children and adults because of shifting dietary needs. <ul style="list-style-type: none"> <li>○ Increased added sugar, sodium and saturated fats intake, while fruit, vegetable, and dairy consumption has decreased. Additionally 1 in 3 children are overweight or obese, often due to poor nutrition or lack of physical activity has led to the call to change the dietary recommendations.</li> </ul> </li> <li>• Because of the change in habits and needs arising from this shift, DGA has five new overarching guidelines <ul style="list-style-type: none"> <li>○ Follow a healthy eating pattern across the lifespan</li> <li>○ Focus on variety, nutrient density, and amount</li> <li>○ Limit calories from added sugars and saturated fats and reduce sodium intake</li> <li>○ Shift to healthier food and beverage choices</li> <li>○ Support healthy eating patterns for all</li> </ul> </li> <li>• <b>CACFP operators must implement updated meal requirements by October 1<sup>st</sup>, 2017.</b></li> <li>• Overview of CACFP updates</li> </ul>

	<ul style="list-style-type: none"> <li>○ Promote and support breastfeeding for infants, and policies that similarly increase the ease of breastfeeding. On site breastfeeding is now reimbursable.</li> <li>○ Focus on fruits and vegetables. Fruits and vegetables are no longer separate meal components. Two vegetables can be served at lunch and supper. Juice should be 100% juice and only served once per day to children one and older.</li> <li>○ Provide at least one servings of whole grain-rich grains per day. This is also a requirement of Ohio Healthy Programs. Breakfast cereals must contain no more than 6 grams of sugar. Grain-based desserts (cookies, brownies, cereal bars) are no longer allowed foods.</li> <li>○ USDA encourages all CACFP sites to serve only lean meats, nuts, and legumes. Tofu is now creditable as a meat substitute. Yogurt, and other lean meats is now creditable at breakfast in place of grains up to 3 times per week.</li> <li>○ Serve only non-processed cheeses or choose low-fat or reduced-fat cheeses</li> <li>○ Water must be made available to children at all times. Flavored milk is not allowed for children ages 2-5. Low fat or fat free milk must be served to children over 2. Whole milk must be served to children between ages 1 and 2. Milk substitutes may only be given with a doctor's note and must be fortified with calcium, protein, and vitamins A and D.</li> </ul>
<b>Conclusion/Actions</b>	<ul style="list-style-type: none"> <li>● CACFP nutrition guidelines have been updated to reflect changing dietary needs and must be implemented by October 1<sup>st</sup>, 2017.</li> <li>● A more detailed guide to the changes and side-by-side comparison of the old requirements to the new requirements is available at: <a href="https://www.fns.usda.gov/cacfp/meals-and-snacks">https://www.fns.usda.gov/cacfp/meals-and-snacks</a></li> <li>● Additional information about CACFP changes can be found here: <a href="https://healthykidshealthyfuture.org/cacfp/">https://healthykidshealthyfuture.org/cacfp/</a></li> <li>● Programs that are using Ohio Healthy Programs menu guidelines should meet or exceed new CACFP requirements. If you have questions about OHP and the new food program, contact Camille any time!</li> </ul>

<b>V. Maternal and Child Health Transportation Survey Results</b>	
<b>Discussion Points</b>	<ul style="list-style-type: none"> <li>● Allison Patrick, CCBH, reported on some updates on a 2012 and 2017 study looking at relationship between healthy food access and pre-term births, and found that overall The percentage of preterm births in Cuyahoga County to women living in food deserts has remained unchanged and the risk of having a preterm birth has increased even though more healthy food outlets have been added.</li> <li>● Allison also reported the findings of a recent transportation survey that was distributed to EAHS members and well as other community partners. The respondents of the survey were separated into three categories; community members, community organization, and health</li> </ul>

	<p>care provider. The majority of the respondents responded that the transportation in their neighborhood were “poor” or “fair”, as compared to “good” or “excellent”. When analyzed by category, there was a disparity between community members and community organizations/health care providers. A higher percentage of community organizations (78.5%) and health care providers (75%) rated neighborhood walkability as poor or fair compared to actual community members (52.3%). Further research is needed to understand why this difference in perceptions exists. Additional questions found that lowering the cost of public transportation and increasing safety could potentially make public transport more appealing to use. Moreover, making the public transportation easier and safer for mothers and their young children to use may also be a future priority.</p>
<b>Conclusion/Actions</b>	<ul style="list-style-type: none"> <li>• Healthy food access is still a continuing issue for our communities! Good to Go Foods is a new program that can offer affordable healthy foods at your childcare program to help address this issue, and focus groups are being conducted to gain feedback about this program.</li> <li>• There is a disparity in perception of neighborhood walkability and public transportation between those that live in the community and community organizations and healthcare providers. Future research may be focused on understanding why this difference of perception exists.</li> <li>• Improving public transportation through lower fares, improving safety and ride-ability for mothers and children may increase use and appeal.</li> </ul>

<b>VI. Next Meeting</b>	
<b>Discussion Points</b>	<p style="text-align: center;">Please save the date for the next meeting of the EAHS Coalition:  October 20th, 2017  9:00 am- 11:00 am  Location: Louis Stokes Head Start</p>
<b>Conclusion/Actions</b>	<ul style="list-style-type: none"> <li>• If you would like to host a future meeting of the EAHS coalition, please contact Camille Herby at 216-201-2001 x 1514, or <a href="mailto:ccearlyages@gmail.com">ccearlyages@gmail.com</a></li> <li>• 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 <a href="mailto:ccearlyages@gmail.com">ccearlyages@gmail.com</a> , 216-201-2001 x1514.</li> <li>• We need your help! October, November and December are “Bring a Friend” months for EAHS meetings. You will be entered into a raffle for every new coalition member that you recruit. The raffle will take place at our December meeting. Remember, Life is a team event.</li> </ul>

**Minutes Prepared by: Priya Nalluri**