



## Early Ages Healthy Stages Coalition March Meeting Minutes

Date: May 11, 2018

Time: 9:30 am- 11:30 am

Location: Warrensville Heights Library- Cuyahoga County Public Library

<b>I. Welcome and EAHS Updates</b>	
<b>Discussion Points</b>	<ul style="list-style-type: none"> <li>• May was our last meeting for EAHS this year for 2017/2018. This is also Camille’s last meeting before leaving the Board of Health to move to Rochester, NY.</li> <li>• We presented outcomes from Priya Nalluri’s Public Health Capstone with Case Western Reserve University. Priya worked with CCBH over the past year for her public health practicum and Capstone and has now moved to Columbus to start dental school at OSU.</li> <li>• Priya’s Capstone examined the Ohio Healthy Programs database to see if we have seen statistically significant improvements in menu changes, healthy policy strength and comprehensiveness. Priya also looked to see which categories of ECE programs were more likely to have lower scores for their policies (indicating a that they had the most need for the program) as well as those programs that were more likely to see the most changes to their policy books (indicating where the intervention is most successful).</li> <li>• Since starting Ohio Healthy Programs in Cuyahoga County, 122 sites have reached designation. We have served 6,716 children.</li> <li>• The data show that there have been a statistically significant increase in the number of healthy policies, whole fruits, vegetables and whole grains (WG went from 10 to 17 servings after the intervention); as well as a statistically significant decrease in fried foods and servings of juice.</li> <li>• The analysis shows that lower star-rated (0,1 and 2 star programs) are more likely to have lower policy scores and are the group that would need the OHP intervention most. This reiterates our goal to work with all programs, regardless of star rating, and will help us look for more opportunities to engage lower-rated programs in the future.</li> <li>• We also learned that 3 star programs and home based programs are most likely to see the most positive changes to their policy books for Ohio Healthy Programs. Cuyahoga County is one of the few counties that are directly serving home-based providers. We know that our home providers are great champions for OHP and now we have the data to show it! These results let us know that working with home-based programs provides a great return on investment for Ohio Healthy Programs!</li> <li>• Priya also created maps of OHP sites, showing that a majority of OHP sites are serving communities where there are higher rates of poverty and unemployment and WIC enrollment.</li> </ul>

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	<p>We have also learned that a majority of our sites are serving families in food deserts. This goes to show that we have a very successful intervention that, in most cases, is serving the communities that need it most.</p> <ul style="list-style-type: none"> <li>• Camille also presented a family engagement Activity Guide related to how healthy snack activities can be used to increase kindergarten readiness skills and improve family bonding. The toolkit is the first of hopefully many. Most of the resources used can be ordered for free on Team Nutrition and the activity can be implemented by administrators, teachers or parents.</li> </ul>
<b>Conclusion/ Actions</b>	<ul style="list-style-type: none"> <li>• Priyas maps can be found on our website at: <a href="http://earlyageshealthystages.com/about-us/ohio-healthy-programs/">http://earlyageshealthystages.com/about-us/ohio-healthy-programs/</a></li> <li>• The PowerPoint with data analysis of Ohio Healthy Programs can be found at: <a href="http://earlyageshealthystages.com/wp-content/uploads/2018/05/5-11-18-Presentation.pdf">http://earlyageshealthystages.com/wp-content/uploads/2018/05/5-11-18-Presentation.pdf</a></li> <li>• Family Engagement Activity Guides are available at: <a href="http://earlyageshealthystages.com/wp-content/uploads/2018/05/Snack-Time-Fun-Family-Engagement-Activity-Template.pdf">http://earlyageshealthystages.com/wp-content/uploads/2018/05/Snack-Time-Fun-Family-Engagement-Activity-Template.pdf</a></li> <li>• If you would like to create a family engagement Activity Guide for our website, contact Camille and we will send you the template!</li> </ul>

<b>II. Partner Spotlight: Northeast Ohio Breastfeeding Coalition, Libby Svoboda and Lisa Fiorilli</b>	
<b>Discussion Points</b>	<ul style="list-style-type: none"> <li>• The NEO Breastfeeding coalition started a little over 2 years ago. Camille was able to get in touch with Libby and Lisa through a connection from OECHN.</li> <li>• Like EAHS, the NEO Breastfeeding Coalition has seen some great success in a short period of time, due to the passion and enthusiasm of their coalition members.</li> <li>• As we have similar goals related to the health and overall wellness of young children and families, we hope to work together moving forward.</li> <li>• NEO Breastfeeding coalition has worked to create a breastfeeding support data base that was made a priority by the Ohio Breastfeeding Alliance: <a href="http://www.ohiobreastfeedingalliance.org/database.html">http://www.ohiobreastfeedingalliance.org/database.html</a></li> <li>• They also have lots of resources to support a mom’s choice to breastfeed in public and educate the community about breastfeeding laws.</li> <li>• We have identified future opportunities for partnership as follows: <ul style="list-style-type: none"> <li>○ Providing more up-to-date information and local resources during Ohio Healthy Programs training and technical assistance for childcare providers</li> <li>○ Making recommendations to existing Ohio Healthy Programs breastfeeding friendly policies for child care programs, or recommending new policies that aren’t yet addressed</li> <li>○ Developing a “Breastfeeding Friendly Checklist” tool that early care providers can use to improve healthy, breastfeeding normative environments</li> <li>○ Action steps to new Breastfeeding Licensing Requirements</li> <li>○ Creating a “Breastfeeding Friendly Childcare” designation and window cling/poster at the local or state level</li> <li>○ Collaborating on future breastfeeding events and messages, including Breastfeeding Run our family engagement social marketing campaign for National Breastfeeding Month in August</li> <li>○ Connecting our coalitions to share resources, information and skills more broadly</li> </ul> </li> </ul>

	throughout Cuyahoga County/ Northeast Ohio
<b>Conclusion/ Actions</b>	<ul style="list-style-type: none"> <li>We need your support to keep this collaboration moving forward over the summer! If you would like to be involved with the Northeast Ohio Breastfeeding Coalition, contact Libby at <a href="mailto:mary.svoboda@uhhospitals.org">mary.svoboda@uhhospitals.org</a> or Lisa at <a href="mailto:lfiorilli@swgeneral.com">lfiorilli@swgeneral.com</a></li> <li>We will also be looking for support on creating a social media toolkit (and possible parent activity guide) for National Breastfeeding Month in August. If you are interested in helping out, contact Theresa Henderson at <a href="mailto:thenderson@ccbh.net">thenderson@ccbh.net</a></li> </ul>

<b>I. Coalition Member Updates and Summer Plans</b>	
<b>Discussion Points</b>	<ul style="list-style-type: none"> <li>First, a very sincere thanks for all of the kind words and well wishes as I am leaving CCBH and work with the EAHS coalition! I am so grateful for all that I have learned and for the opportunity to get to know all of you!</li> <li>The Centers for Children and Families: Tabitha Taylor- The Centers is now including prenatal services as part of their home visiting programming. They are also providing on site dental screenings and treatment through a partnership with Case Dental. The Centers team is particularly interested in getting involved with NEO Breastfeeding Coalition!</li> <li>Fundamentals Menorah Park: Missy Altman- Have been using the MyKidsDay App with their families for family engagement and program updates. They were also awarded one of the EAHS Garden scholarships!</li> <li>Little Achiever’s Learning Center: Regine Willis- Regine has been filling in for her mom, Robbie on the coalition! They have been working on many family engagement events and are really working to do more Father’s Events. Regine is also getting her MPH at Case and is working with some of our former interns!</li> <li>WIC: Liza Ickes- WIC is starting their Farmer’s Market Nutrition Program with mom’s that are enrolled in WIC that will run from June through September! WIC is supporting breastfeeding month in August with the NOLA Milk Run. <b>WIC Outreach staff members are available over the summer to meet with mom’s groups at centers! They are looking for outreach opportunities and can also provide free handouts. If you are interested, call Liza at <a href="mailto:lickes@metrohealth.org">lickes@metrohealth.org</a></b></li> <li>Horizon Old Brooklyn: Tori Cirino: Horizon is gearing up for their kindergarten boot camp to get families enrolled and ready for kindergarten. They were awarded one of the EAHS garden grants and will use the money to improve their garden, create a farmer’s market for the kids, and connect families to perfectly imperfect produce. <b>They will have a Mobile Food Panty with free healthy foods and produce that anyone can take advantage of on May 24<sup>th</sup> from 4:30-6 at their Old Brooklyn location- 4138 Pearl Rd, Cleveland 44109.</b></li> <li>Education with Imagination: Cheryl Johnson- EWI has been busy celebrating screen free month! The children chose activities and parents signed pledges and got involved in the screen free fun! EWI has also received the EAHS garden grant and</li> </ul>

will use the funds to build a greenhouse on sight. They are hoping to find ways to extend the growing season and continue to add gardening into their curriculum.

**EWI has a monthly Mobile Food Pantry with free healthy foods and produce that anyone can take advantage of- they distribute produce the 4<sup>th</sup> Wednesday of each month from 1-3 pm at their site at 12002 Miles Ave, Cleveland, 44105.**

- Cleveland Public Library: Sandy Nosse- CPL has their Kindergarten Club that teaches families skills in Kindergarten Readiness up and running at many branches across the city. There is also dinner for families during these events. Summer Reading club is starting too, a great way to keep kids reading and prevent “summer slide.” CPL is starting a new program called On The Road to Reading, where they have story time at interested Day Care Centers. **If you are interested in hosting an On the Road to Reading Program or getting families engaged in reading programs, contact Sandy at [sandy.nosse@cpl.org](mailto:sandy.nosse@cpl.org)**
- Cleveland Child Care: Patti Jelenik- CCC has been scheduling Kindergarten visits to get students enrolled and ready for kindergarten. They have also received EAHS garden grant funding and will use the funds to add a berry garden and take children off site for farm to child care experiences. Patti was chosen to be one of two mentors for Step Up to Quality and will be helping programs improve their star rating!
- Empowered and Poised: Leah Berdysz- Leah is celebrating the one year anniversary of Empowered and Poised, a non-profit that supports leadership and healthy development for girls. They are hosting a leadership workshop on June 5<sup>th</sup> for 4<sup>th</sup>-6<sup>th</sup> grade girls in Orange. **Leah is looking for local experts to share advice to girls and parents of girls on health, development, leadership, etc. on their blog. They are also looking to get involved with school age girls and have programming available. If you are interested, contact Leah at [hello@empoweredandpoised.com](mailto:hello@empoweredandpoised.com)**
- Cleveland Montessori: Terri Stahl- Cleveland Montessori is gearing up for summer camp activities. They are also planning for the annual D’Light Run which honors that passing of a former student. The run takes place on May 26 at 8 am and is family friendly event. All of the proceeds go toward student scholarships. **You can register for the annual D’Light Run at <https://www.eventbrite.com/e/dlight-5k-fun-run-1-mile-walk-tickets-45281555351>**
- Noodle Soup: Jodi Yuhas- Noodle Soup is working on children’s books related to health topics (nutrition, activity, social emotional, etc.) and a healthy curriculum that can be used in an ECE classroom! **Currently they are looking for ECE programs to pilot the curriculum. If you are interested in doing a pilot with the Noodle Soup Healthy ECE curriculum, contact Jodi at [jodi@noodlesoup.com](mailto:jodi@noodlesoup.com)**
- Mom’s First: Nickol Calhoun- Nickol has been recently hired at Mom’s First and attended her first coalition meeting this month. This summer she will be preparing for the Mom’s First Baby Buggy Walk on Sept 27. **Nickol is looking for partners to create resource tables for parents at the Walk on Sept.27- she is looking for traditional and more out-of-the-box participants. If you would like to have a table at the Baby Buggy Walk, contact Nickol at [ncalhoun@city.cleveland.oh.us](mailto:ncalhoun@city.cleveland.oh.us)**
- CEOGC: Cheryl Jensik- CEOGC’s Minority Health fairs for minority health month in

April were a great success. Many EAHS members had tables. CEOGC is working with Theresa to re-certify all of their programs with OHP- this is the 3<sup>rd</sup> year running that ALL CEOGC sites have renewed in OHP! Both George Forbes and Louis Stokes received garden grants and are looking to improve their on-site gardens and extend gardening efforts to families.

- Mary Lou McManus- Working as a nutrition coach for Ease@Work and has started a new contract with early care and education programs in Miami Valley- hoping to take OHP and EAHS ideas out into other counties!
- Whole Vision, LLC: Sara Continenza- Whole Vision is working to continue their great work with school gardens at CMSD schools. Sara is also working on a project for farmer's markets called Care-A-Van that will bring many healthy resources to farmer's markets to create a one stop shop for health and increase traffic to farmer's market sites.
- Sandy's Darlin' Munchkins: Cassandra Thompson- Sandy's children and families have had a very successful National Screen Free week and are only breaking from their pledges to watch the Cavs- something we totally understand! Sandy has been working with partners at Oxford Elementary on a community garden project with school age children in addition to her garden at her site. Sandy also received a garden grant from EAHS. Her families are so into gardening that they helped her write the grant!
- Pre4Cle: Akanni Thomas- Akanni is gearing up for a summer of community events. Pre4Cle will be out in the summer getting families registered for high quality preschool sites in the city of Cleveland. They will be at the Public Square Splash Pad events every Friday! **If you have an event that Pre4Cle might be interested in, contact Akanni at [Akanni.thomas@starting-point.org](mailto:Akanni.thomas@starting-point.org).**
- Early Childhood Options/ National Black Child Development Institute Cleveland: Ava Lucky- Over the summer, ECO will be working with all of their providers to make sure that they are full meeting the new CACFP meal pattern requirements for reimbursement. Ava has also been working with Theresa to get many of the ECO programs designated in OHP. BCDI is planning some great events for the Week of the Black Child on May 14. **They will have a town hall meeting about dismantling the Preschool to Prison Pipeline on May 15; an IEP Advocacy informational session on May 17; and a fundraiser at the South Euclid Chipotle on May 26. To register for these events, check out their Facebook page at: <https://www.facebook.com/cleveland.bcdi.5>**
- East End Neighborhood House: Mylin Cartwright- EENH is an historic program that runs their ECE and all other programs around the philosophy of Ubuntu. Mylin is passionate about healthy cooking in a way that children will eat, enjoy and celebrate! Mylin is working on a pilot on Food Literacy with school age children at EENH and looking to connect with other ECE providers with tools and recipes for fun, kid-friendly, healthy meal planning. **You can contact Mylin at [mcartwright@eenh.org](mailto:mcartwright@eenh.org)**
- Tufts Research Team: Jodi Mitchell- Jodi, Alison and the team for Tufts will be sending a report about the first meeting that was held with the EAHS Action team!

	<p>Jodi reported that it was a great meeting with a lot of energy and enthusiasm for the work. <b>Jodi is also working with Perfectly Imperfect Produce doing community relations. If you are interested in setting up a subscription to Perfectly Imperfect Produce at your site, contact Jodi at <a href="mailto:jodi@ichealthstrategies.com">jodi@ichealthstrategies.com</a></b></p> <ul style="list-style-type: none"> <li>• CCBH Maternal Child Health: Angela Newman- Angela works on infant mortality prevention programs in Cuyahoga County. They are holding an event at the Museum of Contemporary Art from 1-4 on May 12 called Battle for Our Babies.</li> <li>• Camille Verbofsky- Camille will be teaching a free Kids Yoga Class at the Ohio City Games from 1-4 on June 30<sup>th</sup>. The Ohio City games are a free day of physical activity and family fun at St. Ignatius in Ohio City. <b>To register your families for the Ohio City Games, visit <a href="http://ohiocitygames.squarespace.com/">http://ohiocitygames.squarespace.com/</a></b></li> </ul>
<b>Conclusion/Actions</b>	<ul style="list-style-type: none"> <li>• See above for contact information related to all of these great opportunities!</li> </ul>

<b>II. EAHS Work groups</b>	
<b>Discussion Points</b>	<ul style="list-style-type: none"> <li>• With all of the updates and well wishes, we ran out of time for our work group session! Our next meeting will be in September. Over the summer we will have a new coordinator starting who will need to learn all about the goals of EAHS before kicking off the meeting in Sept.</li> <li>• Over the summer if you have any projects or events, contact Alison Patrick at <a href="mailto:apatrick@ccbh.net">apatrick@ccbh.net</a></li> <li>• We are also looking for your ideas on what the new coordinator should do over the summer to get ready to get to work in September! If you have any ideas, contact Alison or Theresa!</li> </ul>
<b>Next Steps</b>	<ul style="list-style-type: none"> <li>• n/a</li> </ul>

<b>I. Next Meeting</b>	
<b>Discussion Points</b>	<p>Please save the date for the next meeting of the EAHS Coalition:</p> <p style="text-align: center;">September 14, 2018 9:30-11:30 am Educational Services Center of Northeast Ohio 6393 Oak Tree Rd; Independence 44131</p>

**Minutes Prepared by: Camille Verbofsky**