



Early Ages Healthy Stages Coalition September Meeting Minutes

Date: September 14, 2018

Time: 9:00 am- 11:00 am

Location: Educational Services Center of Northeast Ohio

I. Welcome and EAHS Updates	
Discussion Points	<ul style="list-style-type: none"> • Welcome Back! Welcome to our members who are attending for the first time. It is great to see all of you again since we last left each other in May. Since we have last met, we have each experience many great things: great family engagement events, the addition of new family members, achievement of personal goals, new and exciting assets at our ECE sites, and the preparation for a great school year for our young children. • CCBH has been hard at work over the summer preparing for our new EAHS year and we are excited to get started. We have many new EAHS branded materials that include: OHP yard signs for FCCH that achieve Ohio Healthy Program, EAHS placemats, EAHS infographic, and EAHS healthy family checklist. All materials will be made available at the October EAHS meeting. • Health Champions is coming soon! Health Champions is a training and technical assistance program that aims to improve the health of environments where young children and families lives and learn. Eligible participants are any staff member from a currently designated Ohio Healthy Program. Applications for the Health Champions program will be released in early October.
Conclusion/ Actions	<ul style="list-style-type: none"> • If anyone is interested in participating in a beta test opportunity for new curriculum, please contact Jodi Yuhas at jodi@noodlesoup.com. • Good to Go Foods is working to engage with parents about what they may like to see in a new healthy convenience food pilot. If you are interested in hosting a focus group, please contact Morgan Taggart at taggart.32@gmail.com. • Perfectly Imperfect Produce has recipes listed on their blog. Please visit: https://www.perfectlyimperfectproduce.com/recipes • WIC's new online system is almost in place. Once launched, WIC will be able to come out of the clinic and issue coupons in other places where participants are accessing resources and services. More to come!

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	<ul style="list-style-type: none"> • The new EAHS coordinator starts on 9/17.
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II. Documentary Viewing: Resilience	
Discussion Points	<ul style="list-style-type: none"> • Resilience is a documentary that looks at the impacts of Adverse Childhood Experiences (ACEs) and their link to destructive behavior and lifelong health outcomes. • A few main messages from the film: 1) We need to change the discussion from what’s wrong with you to what happened to you; 2) ACEs are a stronger predictor of heart disease than traditional medical factors; 3) Children born in disadvantaged circumstances are not doomed to poor health outcomes; 4) We tend to separate the world of mental health from the world of physical health, but the body does not do that; 5) ACEs are more common than we think; 6) Health begins with hope. • Group discussion: <ul style="list-style-type: none"> ○ Film is affirmation. Before we had a name for it we knew it was happening. ○ Brought to light the burden of how ACEs plays out generationally. But we get to a stopping point – where do we go from here? ○ We need to have the guts to talk about it and keep talking about it. ○ How does this apply to EAHS and early childhood? Perhaps a starting point is understanding all that is out there. ○ What buttons do we press to address policy and resources? Ohio AAP could be a place to start. ○ Shows that as a society we are quick to label each other and our experiences. ○ Huge disconnect between early childhood and the K-12 system. Once they leave us, they are only teaching to the test. Most folks in K-12 have no clue what DECA or ASQ is or the importance those tools can play in supporting children and families. ○ We need to think about how we work operationally in an ebb and flow way in order to best address the issue. ○ Cleveland/Cuyahoga County should strongly consider really think about our whole child approach to this issue – if we only funnel resources to supporting and addressing ACEs but not the other aspects of early childhood health we are not going to fully impact improving health outcomes.

Conclusion/ Actions	<ul style="list-style-type: none"> • Cleveland is about to be home to the Child Advocacy Center – which is very similar to the model that Dr. Nadine Burke-Harris established. • TED talk: https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en • EAHS needs to ramp up its efforts to create early childhood focused resource guide. We need a one stop shop for all resources that pertain to early childhood health. Nothing like this currently exists in the community.
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III. Next Meeting	
Discussion Points	<p>Please save the date for the next meeting of the EAHS Coalition:</p> <p style="text-align: center;">October 12, 2018 9:00-11:00 am Location: TBD</p> <p>Agenda:</p> <ul style="list-style-type: none"> • Working Groups: Taking stock of our progress on the strategic plan and our work plan for 2019 • EAHS Update: Project with Tufts University
	<p>EAHS is looking for meeting locations for our 2018/2019 meeting dates. If you are interested in hosting please let us know! Email us at info@earlyageshealthystages.org</p>

Minutes Prepared by: Alison Patrick