



Early Ages Healthy Stages Coalition January Meeting Minutes

Date: January 14, 2019

Time: 9:30 am- 11:30 am

Location: MetroHealth Rammelkamp

I. Welcome back and Introductions/Work Groups	
Discussion Points	<ul style="list-style-type: none"> • Welcome's and Introduction's for everyone in attendance. • Overview from Shayla L Davis regarding the annual survey results from December • Social Media Campaign 2019 working groups were changed to create develops ideas/ strategies around social media for EAHS. • Social Media Committee/ Working Group Committees
Conclusion/ Actions	<ul style="list-style-type: none"> • New attendees were Michelle Wilcox- Neighborhood Family Practice, Denise Halman – Idea Stream • Survey results will be discussed more in detail during the February meeting. Meetings will continue on 2nd Friday from 9:30am-11:30am. • The small groups came up with and shared social media topics. Many were specific to child and health related themes during each month. There were several suggestions about non related health topics that providers could implement as fun activities while celebrity that topic i.e. national pillow fight day was suggested by Nickol Calhoun. As additional social media campaigns are created and developed – as tool kit will be shared with the coalition members via mail chimp to utilize. Ideas were shared about creating videos of the children demonstrating a healthy behavior. • Developing hashtags that are unique to and for the work of the coalition. • Ava Lucky shared that the working group lead question on the questionnaire was vague and stated members would like to know what the level of commitment will be needed • Shayla Davis put out an ask for interested members developing a small social media committee to support the work. Group will not need to meet in person often (to not burden members), communication can be primarily through email or teleconference. Working groups will resume in February. • Shayla Davis stated that “week of young child”(WOYC) campaign has been developed and is available to any member.

5550 Venture Drive; Parma, OH 44130
Phone: (216) 201-2001 Fax: (216) 676-1325
ccearlyages@gmail.com

II. Presentation: Aamoth Family Pediatric Wellness Center, Erin Mullen and Michael Hemmer	
Discussion Points	<ul style="list-style-type: none"> • Combat childhood obesity – work with school age children • The Center is now a member of the coalition because they would like to connect with the younger children. They understand that introducing healthy lifestyle options to younger children is also important to decreasing children obesity. • Michael Hemmer is a personal trainer – talk to kids and run fitness program. The program goes out into the schools and works with children in their classrooms teaching them simple 10 minute physical activities. • They have an outdoor garden that is shared with the children in the programming as well as the local community. • During children’s’ clinic visits they are also shown how to make a healthy snack after that have completed the physical activity. • There is a summer camp program that is split into two sessions. They are split based on their age group. • The clinic is open to any child that would like to participant in programming. • ECE provider s and centers can also bring a group of children to the clinic for physical activity i.e., yoga, cardio.
Conclusion/ Actions	<ul style="list-style-type: none"> • Attendees were given the opportunity to ask questions regarding the programming. • Both Erin and Michael shared their contact information and gave out material with simple exercises activities. • Coalition members were very happy to gain the information and knowledge about the clinic.

III. Next Meeting	
Discussion Points	<p>Please save the date for the next meeting of the EAHS Coalition:</p> <p style="text-align: center;">February 8, 2019 9:30-11:30 am Location: Merrick House, Tremont</p> <p>Agenda:</p> <ul style="list-style-type: none"> • EAHS working groups • Partner Highlight • EAHS updates
	<p>Dr. Nadine Burke-Harris will be at The City Club of Cleveland on Thursday, March 21, 2019, 12:00 p.m. Tickets are on sale now.</p> <p>Topic: ACEs and Toxic Stress: Rewriting the Story for the Next Generation</p> <p>Over the last several years, healthcare providers and researchers are exploring the link between adverse childhood experiences (ACEs) and physical health, mental health, and addiction.</p>

Minutes Prepared by: Shayla L Davis