



## Early Childhood Working Group June 2, 2015

### Early Childhood Working Group, 2:30 pm, Don Chisholm First Floor Conference Room

**Attendees:** Nancy Sanchez, Kayla Meads, Rachel Camp, Christi Smith, Rhonda Erpelding, Deborah Markenson, Lisa Smith, Joan DeCoursey, Candace Cheatem, Mark Van Blaricum, Kyle Matchell, Connie Farakhan, Ashley Jones-Wisner, Emily Meissen-Sebelius

### Partner Spotlights

#### Julie Vandal, Zoom to Health Program, Center for Child's Healthy Lifestyles and Nutrition/Children's Mercy

Weight Management program children 2-8 years old. Referred through Children's Mercy doctors or can be referred from primary care doctor outside of CMH. If parents are concerned can call and we can help them understand the referral process. Program is for children who have are at or above 85% of BMI for age/gender. It is a 6 week class plus orientation; Monday evenings from 5-7:00. Dinner is provided with modeling of healthy meals. Siblings are welcome to come, up to 12 years old. Kids learn about nutrition, physical activity, play outside and do activities. Parents learn about nutrition from dietitian and parenting skills from psychologist. No cost for families. Not a waiting list, but the current session is full now. The next session will begin in late July. The program is offered in Spanish and English at separate times. Summer session might be Spanish, depending on referral base. If parents are interested, have them call and that helps get the process rolling. Must have doctor referral and see the doctor within the last 6 months to participate. Number for Zoom/Julie is 816-234-9234. Program has been in existence for the last 4 years, currently operating the 26<sup>th</sup> group. Overall, outcomes have shown success in overall BMIz. Anecdotally, we see lots of change in behaviors and practices. The families set goals as a group, and share with the group, so there is the additional group accountability.

#### Ashley Jones-Wisner, KC Healthy Kids, Ks Legislative Update

TANF/SNAP legislation (Hope Act) included a provision for TANF recipients that they could only withdraw \$25/day from their EBT cards. KC Healthy Kids working with legislators to change that provision so that Ks doesn't lose federal TANF matching dollars, as the provision doesn't comply with federal requirements. Federal definition requires that recipients must have adequate access to the benefit. Bill has been signed into law, but still looking at ways to change b/c of the federal requirements. The \$25/day limit was a last minute amendment that wasn't addressed at caucus, as most amendments would have been, so there wasn't much opportunity for debate/input. Other aspects of the bill include lifetime limit of 36 months for TANF (federal maximum is 60 months currently). Dept of Children and Families is seeing a large number of families dropping off the TANF program. For DCF appointments, families can no longer make an appointment at DCF to meet with TANF staff- this is a new change from the DCF within the last year and is seen as a barrier for families. Ashley working to tell story of typical TANF recipient.

Ks legislator is still working to pass a balanced budget, which will likely include a tax bill. A Senate tax bill was introduced to eliminate tax on fruits and vegetables. That bill has taken various forms over the last few weeks as the tax/budget debate continues. Currently, Ks charges 6.15% (full sales tax) on food, compared with surrounding states that have no tax or lower tax on food. Tax can be higher in municipalities that have additional tax. What effect does this have on border communities where some people can drive across the stateline to buy food/groceries? Yesterday's GOP caucus discussed a 6.5% sales tax increase, but applying lower rate for food. WIC is effected b/c if clients go over the fruit and vegetable check amount, they have to pay the full amount including tax. So the bill would help WIC clients. It would also help with farmers' markets.

Contact Ashley to be added to the list of food advocates if interested. #ksleg to follow the statehouse reporters for up-to-date feed of debate in Ks legislature on budget, taxes, etc.. Also can follow Missouri at #moleg.

#### Rachel Camp, Truman Medical Center WIC and Healthy Lifestyles Initiative



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TMC WIC is the largest WIC agency in Missouri with 5 sites across the metro on the Missouri side. The 12345 Fit-Tastic! message is simple, easy, fun and made sense for them as WIC. On a state level, WIC was revamping assessment, so able to incorporate the 5 Healthy Lifestyles Initiative assessment questions into the database. We ask those questions and build plans/goals off of those assessments (Healthy Lifestyles Plan). We are doing education, and using those resources- all Missouri agencies able to access those resources through MO Statewide WIC. TMC took it a step further- we created cups with the #4 logo if families choose goals about water, instead of sugary beverages. We did a staff challenge, to reinforce modeling of behaviors and sharing the message. On Fridays, staff wore shirts with Fit-Tastic! messages. It was fun for participants to see messages and talk about them. Staff did competitions on walking, eating fruits and vegetables, etc. We partnered the message in March for nutrition month theme of "taking a bite into nutrition". Each day in march we highlighted a different message: Milk Monday, No TV Tuesday, Walking Wed, Thirsty Thurs, Fresh Fruit Friday. We were able to give out an extra apple on Friday and talk about benefits of fruits and vegetables. Kids loved that. Staff enjoyed it as well. Next steps for us, we will start looking at reports from the assessment to help local agencies to develop plans around needs for education and improvements for these 5 areas. We were able to fund these activities through grant and TA team. (In Kansas, as long as costs are "nominal", it is allowable. In the past, Wyandotte did bulletin boards with resource materials to share the 12345 Fit-Tastic! message.

### Directory of Early Childhood Working Group members- Christi Smith

At past meetings, the group has expressed interest in having contact information about others within the Early Childhood Working Group. We have a draft form that working group members could fill out and we could compile information into a directory available to members.

**Action Item:** Please review the form and provide feedback on how you would use a directory and what information you would like to see in the directory. Emily will send out via email and ask for comments back.

Comments: This will be a helpful resource, and nice to have something that doesn't require internet searching.

### Nutritionist/Dietitian Resource- Nancy Sanchez

At past meetings, the group has identified a need to connect with dietitians/nutritionists to support programs (i.e. menu planning) and families who they work with. We have a draft template that we could ask KC area dietitians to fill out and could create a resource directory of those available to provide services.

**Action Item:** Please review potential information to collect from dietitians/nutritionists. Provide feedback on key information you would like us to collect about/from dietitians. Emily will send out via email and ask for comments back.

Discussion: It would be helpful to have access to dietitians who also have a level of awareness of CACFP. Programs can access information and technical assistance about CACFP/ MO Eat smart guidelines through the MO state agency, but there is only one person who serves in that role, so there is a bottleneck. It is important to engage CACFP sponsor and make sure in fits in with regulation.

In addition to healthy menus or information to families, having Harvesters or someone provide demos for cooking/tasting, so that families can taste and see that healthy foods can taste good as well.

### Childcare provider training- process for approval of training/training providers

At the last meeting there was much discussion about this topic- would we like to plan for additional conversation/information. Discussion: Yes for next meeting. It would be helpful to hear about the similarities and differences b/w states with a focus on professional development.

### Next meetings

**Sept 17<sup>th</sup>. 1:00-2:30 p.m. Kauffman Conference Center** (precedes Weighing In meeting from 2:30-4:3 at Kauffman)  
4801 Rockhill Road, Kansas City, Mo. 64108

**November 3<sup>rd</sup>, 2-3:30**, Don Chisholm Building, 610 E. 22<sup>nd</sup> St. KC, Mo. 64108