



Early Childhood Working Group April 4, 2016

Early Childhood Working Group, 2:00 pm, Don Chisholm First Floor Conference Room

Attendees: Carol Ayers, Emily DeWit, Rhonda Erpelding, Amanda Gress, Kyle Matchell, Emily Meissen-Sebelius, Nancy Sanchez, Lisa Smith, Shelly Summar, Lori Wuellner, Mark Van Blaricum

Partner Spotlights

Lori Wuellner – KSU Research and Extension (Walk KS)

Walk Kansas is a fun approach to bring people together and model wellness and healthy living. The new web system is up and running as well as a PayPal payment option.

Team captains register a team online and enter emails for their team members. Once team members receive the email invitation, each one completes an online registration. Team members also have the option to sign up as individuals and be added to a team. The system converts minutes of walking, aerobic activity and strengthening exercises into miles. It also allows you to log cups of fruit and vegetables and water consumption. The encouraging fact is that our research shows that behaviors are changing. At the end of eight weeks, there is a celebration event and prizes for teams.

Emily DeWit- Weighing In / 12345 Fit-Tastic! (Social Media & Fittastic.org website)

The **12345 Fit-Tastic** Facebook page has 450 Facebook followers. Partners are encouraged to look and follow as well. All posts reinforce the 5 behaviors of 12345 Fit-Tastic. The Pinterest board is a great resource for childcare providers with physical activity ideas, gardening, recipes and other links related to the 12345 Fit-Tastic! messages. The Fit-Tastic website- FitTastic.org- features bulletin board ideas, and distributable newsletters that you can send along or cut and paste into your own newsletters.

Rhonda – Update on AHA and Healthy Way to Grow

The Healthy Way to Grow program is finishing its third year of a five-year grant. The program services forty early care and education programs with 85% of them sustaining policies. The program is about building relationships, consistent communication, providing resources and modeling. To be a part of the program, early childhood providers have to make a commitment to agree to an assessment of their program's current practices and policies, and then develop a center Wellness Policy unique to their center's needs and goals.

Staff professional development on nutrition, preschooler physical activity, toddler physical activity, and healthy celebrations are among the top policies for our program in Kansas City

We have found that the Director network calls every 3rd Tuesday, has proven to be key to communicating effectively and sharing best practices among participating centers.

Early Childhood Working Group background & reorientation, needs assessment- Emily Meissen-Sebelius

The childcare survey was very beneficial in helping us identify problem areas and gaps that need to be addressed by the Early Childhood Working Group. The survey targeted licensed home-based and early childhood centers. The results give us information to improve how we move forward.



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cont. Early Childhood Working Group background & reorientation, needs assessment- Emily Meissen-Sebelius

Discussion notes:

- Continue reviewing the charter to update and modify as we see necessary
- Identify existing resources in the community and connect organizations with these resources
- Keep working on grassroots efforts, identifying gaps, and strategies to implement organizational changes

The Working Group Directory has been completed and is available. Please look over your information, and email any corrections or updates to Emily Meissen-Sebelius at esebelius@cmh.edu.

Dietitian Resource Update- Emily Meissen-Sebelius

We are working on forming a subcommittee in association with key people in Children's Mercy Hospital's nutrition and food service departments. Let Emily Meissen-Sebelius know if you are interested in being a part of this working group.

Action Item:

Creating subcommittee

Next meeting: TBA