



## Early Childhood Working Group Minutes

May 26<sup>th</sup> 1:30-3:00 p.m.

610 E. 22<sup>nd</sup> St. Kansas City, MO 64108

**Attendees:** Ashley Burgess, Nancy Sanchez, Lori Lanter, Brand Holderby, Christi Smith, Rhonda Erpelding, Katrina Minter, Connie Askew, Dawn Anderson, Megan Justice

### I. Partner Spotlight

Dr. Robin Shook, Director of Weighing In, CMH

- Children's Mercy has incorporated the Fit-Tastic! Assessment and Plan components of the HLI into primary care/well child checks for children ages 2 and up
- The team has recently completed an analysis of the last 3 years of data from the assessment, also looking at association with BMI/obesity
- A total of 24,255 patients provided healthy lifestyles information and were included in the analysis
- First study of its kind related to asking lifestyles questions in a medical/primary care setting with such a large data set
- Results: For all ages, prevalence of meeting recommendations for lifestyle behaviors was highest for physical activity (84%), followed by screen time (61%), consumption of water (51%), dairy (27%), and fruit/vegetables (10%).
  - Insufficient physical activity was the strongest predictor of obesity, followed by excess screen time
- For 2-5 year olds, more than 90 percent met recommendations for physical activity; about 70% met recommendations for screen time; about 35% for dairy, about 45% for water and about 12% for fruits and vegetables.
- For most behaviors (the exception of water consumption), adherence was highest in young children (2-5 years) and progressively declined with age.
- Young children have higher levels of physical activity than older children, but the association with obesity and not meeting the recommendation was not as strong as with older children. This may be because recommendations for pre-school aged children are higher than older children ( ≥120 min of physical activity/day, as opposed to 60 min asked in the assessment).

- For all ages, children meeting recommendations for at least two lifestyle habits had odds of obesity similar to children meeting all five recommendations. This finding would support implementation of interventions which focus on small lifestyle changes among those children who meet fewer than two recommendations, particularly increasing physical activity and decreasing screen time, which were more likely to be associated with obesity.

## II. Review of Charter and Past Accomplishments from 2017

### Discussion of Next Steps

- **Fruit and Vegetable Consumption in Early Childhood**
  - Talked about programs that bring fresh produce to where families are, like to ECE programs and WIC, as modeled in other cities
    - Other cities are partnering with Feeding America
  - This is happening in various pockets in KC now; Harvesters and others may be supporting
  - Would want to include opportunities for taste-testing, cooking and prep so that families are comfortable with preparing/using the produce
  - Willow at WIC is a resource that Wyandotte Co WIC has used, but could be used by others; includes puppets, activities and stories about fruits and veggies
  - With new E-WIC in Ks and lack of in-person appointments, unsure what opportunities look like for in-person
  - For ECE programs, using a co-op model for them to purchase fresh and healthy foods would help with costs
    - Nourish KC and food hub as potential partners
  - Cooks/food prep need support in training on cooking/preparing and also “peer support” from one another (sharing ideas, what works, how to overcome barriers, support the healthy cooking)
- **Physical Activity**
  - WIC is looking for ways to promote and connect families to physical activity opportunities; possibly onsite or connection to places in the community
  - Interest in physical activity opportunities where families are/with kids involved
- **Connection with early childhood mental health, trauma and ACES**
  - ACES and early childhood trauma and the impact on health- interconnected
  - Many partners are participating in trainings and incorporating trauma-informed care into their work and organizations
  - Exploring the connection b/w mental health/trauma and healthy lifestyles behaviors for families; ways to support both from a broad wellness perspective

- **Next steps:** Invite Beau Hayen or others involved with healthy food access/fruit and veggie distribution to the next meeting to continue the discussion
- Explore others who might be involved, like KC Healthy Kids or Extension
- Continue to think about connections within your own work and work you see going on across the community

**Next Meeting: July 19th, 1:30- 3:00 p.m.**

Location TBA

### **Weighing In Early Childhood Working Group -2018 Meeting Schedule**

- **June-** June 27-28th -Regional Childhood Obesity Summit- Save the Date: Kauffman Conference Center (will take place of Weighing In Quarterly meeting)\*
- **July- Thurs. July 19th** at 1:30- 3:00; location TBA
- *August- no standing meeting/will schedule as needed*
- **September-** Weighing In Quarterly meeting- TBA\*
- **October- Thurs. Oct. 25th** at 1:30- 3:00; Wyandotte County Health Dept.
- *November- no standing meeting/will schedule as needed*
- **December-** Weighing In Quarterly meeting- TBA\*

*\*Weighing In Quarterly Meetings will be held from 9:00-11:00 a.m. in March, Sept and December. June's Weighing In Quarterly Meeting will take place as part of a Regional Childhood Obesity Summit. (Registration to come.) ECWG members are encouraged to attend Weighing In meetings in lieu of working group meetings those months. Additional ECWG may be scheduled as needed.*