



Weighing In Early Childhood Working Group

Oct. 24th, 1-2:30 p.m.

A. Welcome and Introduction of Attendees

B. Partner Spotlight

- Amy Cochran, ChildCare Aware of Kansas/The Family Conservancy
Building Bridges program serves early care and education providers in Johnson and Wyandotte. The focus is on healthy food and beverage and being active. The program provides a mini-grant with 3 months of technical assistance, support for a family engagement event and professional development on the topic of making the healthy choice the easy choice. The ECE programs that participate assess their policies and environment through Let's Move Childcare quiz, and ask parents to take the Fit-Tastic! quiz/assessment about their child's healthy lifestyles behaviors. The programs host a family event that emphasizes nutrition (often using the sugar shock activity) and incorporates a physical activity.
- Dr. Meredith Dreyer Gillette, Children's Mercy/Center for Children's Healthy Lifestyles and Nutrition, Zoom to Health program
Zoom to Health is a free program for children ages 2-9 and their families focused on healthy eating and physical activity. The child must be overweight to qualify and have seen a health care provider within the last 6 months. It is provided at the Don Chisholm Building, across from the main Children's Mercy Adele Hall location. Families practice cooking and eating meals together (and are provided a meal), they have brief lessons with children and incorporate games and physical activity. Parents are provided education on nutrition, activity and parenting skills (like help with picky eating and managing tantrums!) Siblings and multiple/any caregivers are welcome. Groups last 8 weeks and have shown positive outcomes in reducing BMI-z scores overtime, at 6 month follow up.

C. Structured Networking and Resource Sharing

Nancy Sanchez, Wyandotte County WIC- Electronic WIC is starting in January in Wyandotte County! WIC participants will now receive their WIC food benefits via electronic card, which will

simplify the shopping experience by allowing purchases to be made at the same time as other groceries and throughout the month (as opposed to all at once).

Lori Lanter and Andrea Manlove, Wyandotte County Childcare Licensing- Provided a presentation for the Kansas Department of Education conference on Family Engagement and incorporating 12354 Fit-Tastic!

Nola Martz, Missouri Dept of Health and Senior Services- After a 3 year grant cycle for maternal child health block grants, this year will be a transition year, where needs assessments will take place to determine priorities for funding and focus.

Rhonda Erpelding, American Heart Association and Healthy Way to Grow- Hosting a free community training on Screen Time and Media Use in the Early Care and Education Settings, Nov. 9th in partnership with Wyandotte County Licensing.

Christi Smith, ChildCare Aware of Kansas- In the third and final year of Step It Up program. Evaluations from last year have shown great results in nutrition and physical activity policy changes. Last year they also included peer mentors from the previous year, which has been a very positively received addition.

D. Group Discussion

The group had a great discussion about the need for increased awareness of the seriousness of childhood obesity in early childhood (for example, studies show that children who are overweight as kindergarteners are 4 times more likely to have obesity as 8th graders.). We discussed the challenges in talking with parents (both from the healthcare provider perspective as well as from the ECE provider perspective) about healthy lifestyles and weight. We talked about the Zoom to Health program and the partnership the program creates with the whole family. Meredith shared tips for talking with families about healthy living from a sensitive perspective that speaks to their own motivations for change and links concerns to the child's quality of life. For example, talking with parents about noticing that the child is out of breath or has a hard time being able to play and be active with their peers. Another strategy is talking to parents about something they have identified. For example, if following up and making the connection to healthy lifestyles if you hear them saying things like they don't like having to buy new clothes because child grows out of them quickly. Using motivational interviewing techniques, we can work from areas that parents have identified as their concerns or motivators that relate to healthy lifestyles.

- a. Community Needs and Trends- Tabled for next meeting. We will discuss if there are there new opportunities that you see with early childhood healthy lifestyles? Do you see a shift of focus? More of a focus on on ACEs (Adverse Childhood Experiences) or other areas?
- b. Healthy Lifestyles Initiative Updates – Toolkit is Available at <https://fittastic.org/partners/resources>

Upcoming Meetings:

Weighing In Quarterly Meeting- December 14th, 9:00 a.m. - 11:00 a.m. Kauffman Conf. Center

Next Early Childhood Working Group meeting- TBD January 2018

Take Survey to Identify best meeting times: <https://cmhredcap.cmh.edu/surveys/?s=L8KLK9RWFM>