

# Welcome

## Weighing In Quarterly Meeting



LOVE WILL.





## Engaging Community Partners Using Community-Based Participatory Research Approaches

Jannette Berkley-Patton, Ph.D.,

- Professor in the School of Medicine Biomedical and Health Informatics Department,
- Director of the Community Health Research Group,
- Director of the UMKC Health Equity Institute,
- Adjunct faculty in the Department of Psychology at the University of Missouri Kansas City.

# Family-Based Behavioral Treatment for Low-Income Children with Obesity



## Sarah Hampl, MD

- Leads the advocacy focus area at the Center for Children's Healthy Lifestyles & Nutrition.
- She is involved on the state level in MO to advocate for improved childhood obesity prevention programs and treatment services.

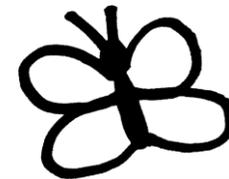
# Updates

Healthy Lifestyles Initiative (HLI)

Early Childhood

Healthy Schools

Other



# Resources – Fall Fit-Tastic! newsletter

## Fittastic.org

# FIT NEWS TASTIC





### Replace Screen Time with Fun Fall Activities

Fall weather is perfect for getting outdoors and away from screens. Here are some screen-free activities to enjoy during this colorful season:

- Gather around a bonfire and enjoy a new twist on a classic fall favorite, apples! Make bonfire apples by placing apples slices on a piece of foil and sprinkle them with cinnamon and a touch of brown sugar. Wrap the apples tightly and place on the coals of the fire to cook for 5-10 minutes.
- Hit the trails for a hike and see all of the color-changing foliage. Check out [www.alltrails.com](http://www.alltrails.com) to see what trails are nearest you!
- Go on a fall scavenger hunt to find red, brown, orange, yellow, and green leaves, acorns, pine cones, rocks, squirrels and spider webs.
- Head to the pumpkin patch! While hunting for the perfect pumpkin, see if you can find a green one, white one, small one, and large one! Personalize pumpkins by carving or painting.
- Kids can help rake leaves and jump in the pile when it gets large enough! Collect leaves to create leaf rubbings by putting paper over a leaf and coloring with a crayon or colored pencil.




### Volume 8, Issue 4 Fall 2019

#### Did You Know?

- On average, Americans eat more than 10 lbs. of carrots per person each year.
- Baby carrots come from a once longer carrot that has been peeled and trimmed.
- Carrots can sometimes be purple, white, red or yellow.

#### In The News

- Celebrate Walk to School Day on Oct. 21! Learn more at [www.walktoschool.org](http://www.walktoschool.org)
- National Child Health Day falls on Monday, Oct. 7 this year. To observe this holiday, go for a walk or play in the park to promote child health.
- Check out this Pumpkin Patch guide to see those that are open near you. [www.kcparent.com/Guides/Pumpkin-Patches/](http://www.kcparent.com/Guides/Pumpkin-Patches/)



### My Fitness Pal App

of over 300,000,000 items. The free mobile app lets you log meals and exercise on the go. There are also discussion forums to share health tips and get encouragement from others practicing healthy lifestyle habits. My Fitness Pal also syncs your fitness activity from other apps you love. For more information visit [myfitnesspal.com](http://myfitnesspal.com).



### Recipe Corner

#### Honey Glazed Carrots- adapted from Cooking Light

Serving size: About 1/4 cup

**Ingredients:**

- 1 1/2 quarts water
- 5 cups thinly sliced carrots
- 3 Tbsp chopped fresh parsley
- 2 Tbsp honey
- 1/2 tsp salt
- 1/2 tsp grated orange rind
- 1/4 tsp freshly ground black pepper

**Preparation:**  
Bring water to a boil in medium sauce pan. Add carrots and cook for 20 minutes or until tender. Drain well and place carrots and remaining ingredients in a large bowl. Toss gently and serve!



#### Nutrition Facts

Amount Per Serving

	Calories 6	Total Fat 0g
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Calories 220kcal	44%	
Total Carbohydrate 10g	4%	
Dietary Fiber 0g	0%	
Sodium 0g	0%	
Total Protein 0g	0%	

### Fall Fun

Enjoy yard work this fall by making it into a fun game your kids will love helping with. Have everyone rake the leaves in an order that creates a spiral path for the kids to walk through. This can be even more fun for the kids if your center of the spiral is around a tree!



### What's in Season?

#### Carrots

Carrots are a great source of vitamins A and C. They are low in calories, fat free, as well as low in sodium. Carrots can be eaten raw, steamed, or roasted. Experts recommend eating 5 servings of fruits and vegetables each day. Eating fruits and vegetables reduces your risk of heart disease, obesity, some cancers as well as other diseases. Stay Fit-Tastic! with carrots!



### Kitchen Tool Corner

#### Vegetable Peeler

Vegetable peelers are a helpful tool to remove skin on carrots. Most 6-7 year olds can safely use peelers by holding the peeler in the hand they write with and the carrot in the other hand. Hold the carrot near the top and scrape the peel downward and away. Thumbs should be on the top and fingers underneath the carrot to guide the peeler. Turn the carrot after each slow top-to-bottom motion. For kids, a hand peeler or T-shaped model works well.



### Hydrate. Hydrate. Hydrate. Hydrate.

Even when it's cool outside, it is still extremely important to get at least 4 servings of water each day. Make sure to bring a water bottle along when you leave home and order water with your meal when eating out. Add fresh apple slices and a pinch of cinnamon or a cinnamon stick to your water as an apple cider alternative.



**CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!**

For more tips on how to lead a healthy lifestyle go to [www.fittastic.org](http://www.fittastic.org).

Follow us on





# Early Childhood

---

**Welcome back Emily!**

**Next meeting:**

**Date:**

**Thursday, September 26<sup>th</sup>**

**Time:**

**1:30-3:00 p.m.**

**Location:**

**Don Chisholm Bldg**

**1<sup>st</sup> floor conference room**

**610 E 22<sup>nd</sup>, KCMO 64108**

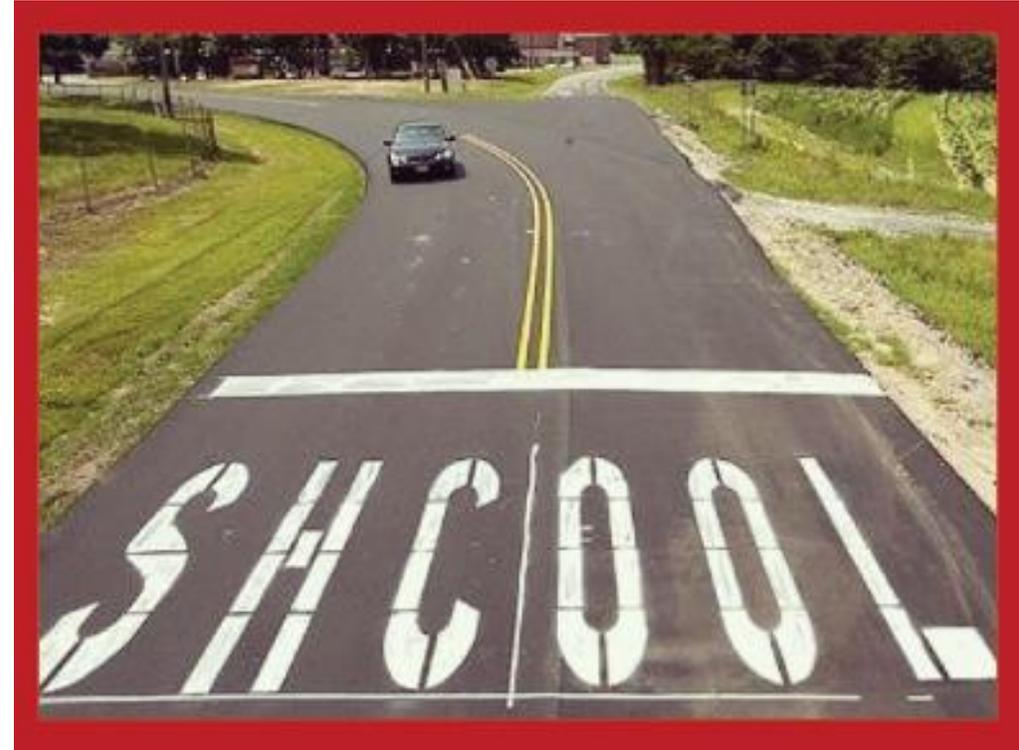
# Healthy Schools

**Next meeting:**

**Date:** Thursday, October 3rd

**Time:** 2:00-3:30 p.m.

**Location:** Don Chisholm Bldg  
1<sup>st</sup> floor conference room  
610 E 22<sup>nd</sup>, KCMO 64108



# Other Updates – CM Community Garden



- Summer crop – tomatoes, zucchini, peppers
- Over 300# of produce so far this year
- Shed currently being built
- Looking for distribution partners

For more information contact us at [communitygarden@cmh.edu](mailto:communitygarden@cmh.edu)



**PRESENTED BY**  
**CON**  
*Cancer Control Network - Kansas*

**ADMISSION IS FREE! BRING THE WHOLE FAMILY!!**

**SATURDAY, SEPT. 28, 2019, 11:00 AM - 3:00 PM**  
**SEVEN OAKS PARK**  
**38TH & KENSINGTON, KCMO**

**2K Walk/Run for Adults**  
9:30-10:30  
**2K Walk/Run for Children**  
10:30-11:00  
Pre-register at:  
[www.ccon-kc.org](http://www.ccon-kc.org)

- Carnival Games
- Face Painting
- Community Resources
- Food & Clothing Giveaway
- Fitness Activities
- Health Screenings & Much More!

Bring Lawn Chairs  
No coolers, please  
Dress for the weather  
Rain or Shine



**THIS IS AN OUTDOOR ACTIVITY WITH MUSIC, FOOD, DANCING & LOTS OF FAMILY FUN!**

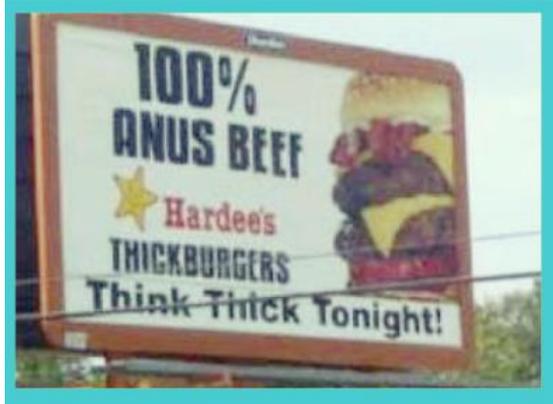


[WWW.CCON-KC.ORG](http://WWW.CCON-KC.ORG)

LOVE WILL.



**Registration is coming soon  
for the October 17<sup>th</sup> MOCAN quarterly meeting!**  
Meeting location: Center for Children's Healthy Lifestyles &  
Nutrition  
Don Chisholm building  
610 E. 22<sup>nd</sup> St, KCMO 64108  
first floor conference room



# Other Updates

*Thank you!*

**Next Weighing In Quarterly Meeting**

**December, 19<sup>th</sup> 2019**

**9:00-11:00 a.m.**

**Kauffman Foundation Conference Center**



**Children's Mercy**

**LOVE WILL.**