



Weighing In Quarterly Meeting Highlights March 10, 2016

Attendees: Shelly Summar, Jordan Carlson, Emily DeWit, Emily Meissen-Sebelius, Julie Vandal, Mallory Moon, Renee VanErp, Sarah Ziegler and Maegan Nelson, Children's Mercy Kansas City; Marilyn Alstrom, Sally Dannov, Jan McMillan and Crystal Nance, 20/20 Leadership; Parker Capehart, Jonothan Diaz, Kaitlyn Rose, Sayra Serrano and Jordan Shiao, Bonner Springs High School; Jessica Her, Juridian Nava-Robles, Samantha Torres-Limas and Destiny Walker, Schlagle High School; Mya Dixon, Dominique Moss and William Powell, University Academy; Carol Ayres, The Family Conservancy; Michelle Dake, KC Healthy Kids; Joan DeCoursey, Johnson County H&E; Amanda Grodie, Jackson County Health Dept; John Hornbeck, Communication Consultant; Melissa Ussery and Lori Halpern, Score 1 for Health; Shannon Williams and Susan McLaughlin, Mother and Child Health Coalition; Nancy Sanchez, Wyandotte County Health Dept; Julie Hadfield and Karen Sherbondy, MU Extension; Lisa Smith, Clay County Public Health Dept; Nancy Sanchez, WIC; Karen Gettinger, United Way Greater KC; Danielle Peereboom; Amanda Capehart, Wyandotte Co. Public Health Dept. and Kayla Nazario, Healthy Communities Wyandotte. (Total: 43 Attendees)

Member Updates:

Healthy Lifestyles Initiative, Emily DeWit and Emily Meissen-Sebelius

- 209 Fit-Tastic! partners in our community.
- Facebook boosting has helped increase reach and "likes". We are up to 439 likes (goal of 500 in June).
- Previously published Fit-Tastic! Newsletters are now linked to the fittastic.org site. Please download and distribute or cut and paste content from these to share within your organization.
- The Kansas Health Foundation grant to expand the HLI in Wyandotte County wrapped up in February. The project included pilots at 2 childcare centers and 2 schools, who completed MAPPS for Change action plans. It also included stakeholder engagement of partner organizations from across sectors, resulting in 40 new HLI partners in Wyandotte County. In addition, through a marketing campaign promoting the 12345 Fit-Tastic! message, 5 billboards garnered 4.3 million impressions and nearly 12,000 residents were reached with the message at community events.
- All HLI partners will receive an email with a survey link, as we have launched an evaluation of the HLI this month. Please complete take 10-15 minutes to complete the survey to share your experience and activities as an HLI partner and to provide thoughts about how we can best support partners moving forward.

Healthy Schools, Amanda Grodie

- Next meeting: April 14, 3 – 4:30 pm, Don Chisholm first floor conference room
- Chairs recently presented to MOHAKCA and made connections to other groups wanting to hear about resources available to support school wellness policies.
- Emily DeWit will present the HLI and share wellness policy resources to all Blue Valley PE teachers March 29, 2016.
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Early Childhood Working Group, Emily Meissen-Sebelius

- Next meeting: April 4, 2 – 3:30 pm, Don Chisholm first floor conference room
- The group met in January to hear legislative updates from Kansas and Missouri and discuss two of our projects- a membership resource directory and connection to dietitian supports for childcare providers.

Mother and Child Healthy Coalition, Susan McLoughlin

Meetings of Interest:

- Metro KC Youth Collaborative & Pregnancy, Infant & Child Health Committee, March 23, 9 – 10 am, Children’s Peace Pavilion, 1001 W. Walnut, Independence
- MCHC Annual meeting, Improving Maternal and Child Health Using Life Course Theory, April 22, 8 – 11:30 am, Kansas City Health Department, 2400 Troost, Biery Auditorium, Kansas City, MO.

Highlights:

20/20 Leadership:

Infusing Health into Project-based Learning, Marilyn Alstrom, Sally Dannov and Crystal Nance

20/20 Leadership is a bi-state youth educational leadership development program. High school juniors engage in a 10-month leadership experience that gives them opportunities to develop crucial skills in the areas of education, leadership development, career readiness and community engagement. As part of a grant from the Health Care Foundation, current students are partnering with the Healthy Lifestyles Initiative to incorporate one or more of the five behaviors identified in the 12345 Fit-Tastic! message into their projects. This project through youth engagement focuses on two goals: 1) to increase awareness of healthy behaviors by using the 12345 Fit-Tastic! message and 2) to support environmental and policy change to make it easier to practice those behaviors.

20/20 Leadership currently has 17 high school teams within Kansas school districts (Bonner Springs, Kansas City Kansas, Piper and Turner), Missouri school districts (Kansas City Missouri, Hickman Mills, Independence), and a charter school in Kansas City, Mo--University Academy.

Student Presentations:

Bonner Springs High School – Mental Health Awareness Day

*Parker Capehart
Jonothan Diaz
Kaitlyn Rose
Sayra Serrano
Jordan Shiao*

F.L. Schlagle High School – Girl Talk (teen pregnancy)

*Jessica Her
Juridian Nava-Robles
Samantha Torres-Limas
Destiny Walker*

University Academy – Healthy Lock-in

*Mya Dixon
Dominique Moss
William Powell*

Shelly Summar reinforced for the group the opportunity to connect with 20/20 Leadership to be used as resources for each of the project teams. Weighing In and the Healthy Lifestyles Initiative can help make these connections.

The quarterly meeting was followed by a Healthy Lifestyle Initiative Boot Camp.

Next Weighing In Quarterly Meeting: June 23, 8 – 10 am