



Weighing In Quarterly Meeting Highlights December 8, 2016

Attendees: Emily DeWit, Jennifer Oakley, Shelly Summar, Robin Shook, Emily Meissen-Sebelius, Mandy Caruso-Yahne, Megan McMonigle, Nathan Matney, Madison Rich, Susan McLoughlin, Nancy Sanchez, Sarah Ziegler, Donna Martin, Karen Sherbondy, Chris Gabriel (panelist), Julie Vandal, Tiffany Svornic, Melissa Ussery, Rachel Gordon-Poff, Janet Bartnik (panelist), Pamela Raffurty, Cheryl Johnson (speaker), Carol Ayres, Barbara Spaw, Jill Funk, Angie Shanklin, Stephanie Dickson (panelist), Shannon William, Lydia Matthews, Bethann Smith, Amy Cochran, Brittany Fischer, Mallory Moon, Kara Young, Leslie Wilson, Tory Anderson, Sarah Hampl

Member Updates

Healthy Lifestyles Initiative, Emily DeWit

- Currently have 293 community organization partners
- 12345 Fit-Tastic! Website improvements/updates, use the survey link in the invite by Dec 16th
- Please “like” our Facebook page to see daily posts with tips, recipes & ideas that reinforce all 5 Fit-Tastic! health behaviors.
- 12345 Fit-Tastic! Pinterest has 41 boards with great ideas that support health in families, child care settings, classrooms and more
- New education handouts are available on the Fit-Tastic! website and are downloadable.

Early Childhood Working Group, Emily Meissen-Sebelius & Nancy Sanchez

- Continued focus on networking, resources and aligning efforts related to healthy eating and nutrition.
- We have cancelled December’s meeting.
- Next meeting is January 17, 2017 at The Family Conservancy located at 444 Minnesota Ave., Kansas City, KS

Healthy Schools, Emily DeWit

- Implementing School Wellness Policies pilot workshop on 10/25 went well. Staff from Liberty, Grandview & KC Public schools attended.
- Next meeting is Feb 8, 2017 at the Kansas City, Ks Public Schools Central Office, 57th & Parallel, Kansas City, KS 2:00 – 3:30pm.
- Leadership opportunities are available within the Healthy Schools working group. Contact Emily DeWit at eldewit@cmh.edu if interested.

Partners 4 Health, Emily Meissen-Sebelius

- Partnering with mobile grocers and state WIC authorized vendors
- Linwood corridor project, promotion and access to fruits and vegetables.

Mother & Child Health Coalition

- Breastfeeding collaborative and working group
- Baby friendly working groups that work with hospitals in KCMO
- Pediatric Practice Group works with pediatric and physician offices.

Other Updates

- **MO Children’s Services Commission childhood obesity subcommittee update**, Sarah Hampl
 - Medicaid and MO HealthNet are planning to activate codes for behavioral treatment and medical nutrition therapy for children and adults with obesity by later in 2017
 - Working with Deb Markenson on this initiative

- **KC Healthy Kids**, Leslie Wilson
 - Child Nutrition Acts – meals for kids in schools
 - House and Senate stopped negotiations
 - Block granting
 - Bill will continue to operate “as is”
 - Kchealthykids.org to receive advocacy alerts

- **Double Up Food Bucks**, Donna Martin
 - Improving program for 2017
 - Application and letter to recruit SNAP recipients, identify interest for feedback
 - Early spring flyers to be revised
 - All Price Choppers on board (50+ stores) and some farmers markets. Will need all preschools, schools and hospitals to get the word out.

- **Healthy Communities, Wyandotte**
 - Community health needs assessment
 - Residents of Wyandotte County, need your opinion on the survey. This will be open until mid-January; hcwyco.org; English & Spanish available and also paper copies.

Presentations:

“Teaming Up for School Wellness – Update on the School Wellness Policy Final Rule”, Cheryl Johnson MS, RD, LD, Director Child Nutrition & Wellness, KS Department of Education

Cheryl Johnson is the Director of the Child Nutrition & Wellness team at the Kansas State Department of Education. She has over 30 years of experience in nutrition, dietetics and food service management. Cheryl received a Bachelor’s Degree in Foods and Nutrition and a Master’s Degree in Dietetics, Restaurant and Institutional Management from Kansas State University and is a Registered and Licensed Dietitian. Cheryl is a member of the Academy of Nutrition and Dietetics, School Nutrition Association, the Governor’s Council on Fitness, the Governor’s Food Insecurity Task Force, the Advisory Board for the Center of Excellence for Food Safety Research in Child Nutrition Programs, and the USDA Professional Standards Work Group. Cheryl is a Kids Eat Right Campaign Volunteer, a Kansas Health Foundation Fellow and has received the KSU Alumni Partner Award. We are pleased to welcome Cheryl here today to share an update on school wellness policies. (presentation on website)

- All schools to be compliant by July 1, 2017
 - Wellness Conference in Wichita at Kansas Leadership Center on Feb 24, 2017.
 - Healthymeals.nal.usda.gov/school-wellness-resources this website is used in regards to compliance and new policies that are in place.
 - Ksde.org website > Data Central
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- **“School Policy Success Stories – from classroom to community”**
 - Janet Bartnik, Director, Liberty Parks and Recreation
 - Sports complex is on the MO Eatsmart Program
 - Partners with Hy-Vee by using trade advertising with the sports complex
 - Increased healthy eating options within parks and community center using the same vending company as the middle school.
 - Vending is available at the Community Center that is attached to the middle school

- Chris Gabriel, Principal at Lillian Schumacher Elementary, Liberty, MO
 - A letter to parents was sent through many communication outlets (email, text, USPS) regarding a change in birthday celebrations at school. The letter detailed reasons why food would no longer be used to celebrate birthdays at school. It also highlighted the numerous ways in which birthdays would be recognized.
 - Novelties such as birthday book, ribbon, morning announcements, table decorations, singing happy birthday are suggested options for school birthday celebrations.
 - Suggested to bring non-food items (i.e. school supplies)
 - The letter received a good response, especially from parents whose children have food allergies.
- Stephanie Dickson, PE Teacher Leader, KCK Public Schools
 - Piloting the same program as the elementary school mentioned above. Used novelties such as fruit, pencils, etc. Used a letter to parents explaining why spending money on fun, healthy alternatives is better.
 - Support received from principals, schools and district staff and leaders.
- Other comments
 - Planning ahead
 - Vending revenue has decreased while concession has remained the same.
 - Lee's Summit Parks & Rec have played a role in community health, more partners and participation in healthy system.
 - Liberty High School culinary group following healthy standards
 - Trunk or treat (give out bike reflectors)

Next Weighing In Quarterly Meeting: Thursday, March 9, 2017, Kauffman Center, 8:00 – 10:00am