



## Weighing In Quarterly Meeting Highlights March 9, 2017

### Attendees:

Carol Ayers, Heather Borchardt, Rachel Camp, Amy Cochran, Michelle Dake, Joan DeCoursey, Emily DeWit, Rhonda Erpelding, Emily Gaffery, Sarah Hampl, Kristen Hankins, Sara Kin, Nola Martz, Nathan Matney, Susan McLoughlin, Megan McMonigle, Emily Meissen-Sebelius, Katrina Minter, Mallory Moon, Christi Nance, Alicia Nelson, Jennifer Oakley, Carla Peuser, Pam Raffurty, Madison Rich, Roni Roth-Beshears, Nancy Sanchez, Karen Sherbondy, Robin Shook, Christi Smith, Barbara Spaw, Robyn Stuewe, Denise Sullivan, Shelly Summar, Tiffany Svorinic, Brooke Sweeney, Tri Tran, Melissa Ussery, Shannon Williams

### Member Updates:

#### **Healthy Lifestyles Initiative – Emily DeWit**

- Working on website revision
- Educations handouts have been updated, revisit [www.fittastic.org](http://www.fittastic.org), Partners > “Fit-tastic! Resources” and download the new versions (English & Spanish)
- See the latest edition of the Fit-Tastic! newsletter, can share healthy habit information w/families
- Social Media: 627 likes/followers on Facebook, people and organizations can get daily tips on health habits of Fit-tastic! when they “Like” our page
- 310 HLI partners

#### **Early Childhood Working Group – Nancy Sanchez**

- Last meeting was Jan 17<sup>th</sup> at The Family Conservancy
- Meetings spotlights:
  - Project Eagle Educare
  - Wyandotte County Research and Extension: health and wellness within early care and education programs
  - Discussion on a survey that Weighing In collected regarding family educations and wellness policies in early care and education programs.
    - Was built on the previous large scale survey completed in 2013
    - Updates are on the Weighing In, Early Childhood Working Group webpage
  - In 2017, will meet once per quarter on the 4<sup>th</sup> Tuesday of the month, 1-2:30pm
    - **Next Meeting:** April 25<sup>th</sup> 1-2:30pm at The Family Conservancy, Kansas City, KS

#### **Healthy Schools – Emily DeWit**

- New co-chairs with expertise in physical activity and nutrition as well as school settings; Robyn Stuewe (Health & Wellness Mgr, Midwest Dairy Council), Stephanie Dickson (KCKPS District Lead for PE teachers).
- Several members attended the School Wellness Policy Summit hosted by KSDE and gave input on model policy guidelines before finalization.
- Last meeting at KCKPS
  - 3 PE teachers share success stories with increasing physical activity levels
  - Updates, new resources and new grant opportunities that support healthy eating and active living w/in schools were shared
- **Next Meeting:** May 17<sup>th</sup> at KC Public Schools Westport Room @ BOE, 2901 Troost Ave, KCMO 64109, bring photo ID

#### **Partners 4 Health – Emily Meissen-Sebelius**

- Focusing on increasing access to healthy foods & improving clinical community linkages in the Linwood corridor of Jackson County
- Team includes Truman Med Center WIC, Linwood YMCA, community healthcare provider and members
- Partnership focus on increasing access to fruits and vegetables through mobile markets - Truman Med Center Mobile Market and Rollin Grocer
- Piloting a program to connect WIC participants to mobile market for fruits and veggies April-June
- Working w/state WIC department on approval of Rollin Grocer to accept WIC
- Other activities include training and referrals to WIC program, promotion of fruits and veggies w/in the mobile markets, additional supports for partners and to promote the Fit-Tastic! message
- Contact Emily Meissen-Sebelius if you serve in Jackson County zip codes 64127 and 64128

#### **Mother and Child Health Coalition – Susan McLoughlin**

- Promotion of breastfeeding policies within businesses in KCMO
- Healthcare Foundation grant – promotes baby friendly initiative in hospitals (Women’s Foundation grant)

#### **Wyandotte WIC – Nancy Sanchez**

- Mobile market:
  - Progressing forward
  - Bidding on a truck
  - Distributor for stocking
  - Policy changes w/in Unified Gov’t

#### **CMH – Integrated Care Solutions – Paula Fulkerson**

- Cera application

#### **10 – 10:30 a.m. “Promotion of Healthy Childhood Weight,” Presented by Brooke Sweeney, MD, FAAP**

Dr. Brooke Sweeney is a Combined Internal Medicine/Pediatric Physician and the Medical Director of Weight Management services at Children's Mercy Kansas City and the Center for Children's Healthy Lifestyles & Nutrition. She is an Associate Professor at the University of Missouri-Kansas City School of Medicine and she is American Board of Obesity Medicine certified which is a new and significant accomplishment.

Her clinical expertise is in prevention and treatment of chronic disease, weight management, and clinical care for children with obesity. Her research interests include improving the effectiveness of weight management clinics, transitional care, and using a national registry to improve pediatric weight management.

Nationally, Dr. Sweeney is on the Governance Board of the Pediatric Obesity Weight Evaluation Registry, known as POWER. She is active in the Weight Management Expert Exchange of the Children's Hospital Association/American Academy of Pediatrics Institute for Healthy Childhood Weight. We are pleased she is able to spend some time with us this morning talking about promoting healthy childhood weight.

#### **10:30 - 11 a.m. *Early Childhood Success Stories panel discussion – from classroom to community***

Panelists: Christi Smith, Early Childhood Wellness Services Director, Child Care Aware of Kansas  
Rhonda Erpelding, MS, ECE, Healthy Way to Grow Regional Child Care Manager  
Amy Cochran, Early Childhood Wellness Specialist, The Family Conservancy  
Kaitlyn Marrocco, Director of Children's Treehouse Learning Center  
Felicia Williams, Project Eagle Educare

11:00 a.m. **Adjourn Weighing In Meeting**

