



Weighing In Quarterly Meeting Highlights **June 1, 2017**

Attendees:

Emily DeWit, Shelly Summar, Jennifer Oakley, Jordan Carlson, Sarah Hampl, Amy Cochran, Lisa Farmer, Andrea Manlove, Julie Vandal, Mikaila Mitchell, Maggie Priesmeyer, Nathan Matney, Katrina Minter, Andrea Clark, Melissa Ussery, Kelsee Halpin, Megan Cooper, Matt Chrisman, Bryan Love, Carol Ayers, Barbara Spaw, Jeanine Scrogum, Mallory Moon, Megan Justice, Caroline Nugent, Leslie Wilson, Amy Vance, Julie Huse, Marie Ballew, Nancy Sanchez, Pam Paden, Pam Raffurty, Kate Hoppe, Connie Farakhan, Paula Fulkerson, Shirley Carroll, Amanda Grimes,

Member Updates:

Healthy Lifestyles Initiative – Emily DeWit

- 333 HLI partners
- 648 likes on Facebook
- New resource on fittastic.org
 - Fruit & Vegetable brochures which include: Healthy recipes, Selection, storage & prep tips, Brain break activity for kids, Nutrition education, & Chronic disease prevention education
- HLI team trained local public health agencies across the state of Missouri using a train the trainer model. This equipped those agencies w/resources and skills to train other organizations that want to utilize the HLI framework. A recent LPHA training has engaged a number of new HLI partnerships.

Early Childhood Working Group – Shelly Summar

- Early childhood working group met in April
 - Heard from Tory Anderson KCK public schools Headstart about how they've begun incorporating the HLI and 12345 Fit-Tastic! message, and Donna Martin at MARC about Double Up Food Bucks program.
- We will be rolling out a new FitTastic/HLI in early childhood resources soon- stayed tuned or contact Emily Meissen-Sebelius for details
- Next Meeting: July 25th, location TBD

Healthy Schools – Emily DeWit

- May meeting held at KCKPS
 - UMKC Root 4 Health program gave an overview of their program that teaches 3rd-6th grade students about drug safety, MyPlate and Healthy Lifestyles using 12345 Fit-Tastic! lessons. Contact Michelle Sproat at (816)383-3894 for more information or to schedule classroom visits for next fall.
 - KC Public Schools personnel gave an overview of the successes they've had with their 3 year USDA Fresh Fruit and Vegetables grant that offers students fresh fruits and veggies 3 times per week during non-meal times.
 - KC Public Schools mental health services gave an overview of trauma sensitive school focus which includes staff training and a streamlined referral system.
 - New School Model Wellness Policies were shared for both KS and MO.
 - KC Healthy Kids shared a new Community Use of School Facilities in MO resource available on at kchealthykids.org/community-use-school-property-missouri.
- Next meeting: North KC school district, September, TBD

Partners 4 Health – Shelly Summar

- TMC WIC partnering with Linwood YMCA and Truman Medical Center Healthy Harvest Mobile Market (MM)
- \$5 coupons to the MM are being given to WIC participants to redeem at the MM. Testing if this is a resource for
- MM season is April to mid-Nov
- This work aligns with food prescriptions being given through the Primary Care Clinics at CMH
- Started in early May 2017

Other Updates

- Shelly S – CMH will be a summer feeding program site; Patients and siblings 1-18 years qualify for free lunch in the hospital cafeteria. Only children are eligible, children have to have a scheduled visit at the hospital. This service is open to all children.

- 10 – 10:15 a.m. ***“Assessing Neighborhood Environments to Improve Physical Activity & Health”***
Presentation available at weighinginkc.org.
Presented by Jordan Carlson, PhD,
Director, Center for Children’s Healthy Lifestyles & Nutrition
Jordan is a Research Assistant Professor in the Center for Children’s Healthy Lifestyles and Nutrition at Children’s Mercy Kansas City. His work aims to better understand and promote environments and policies for supporting physical activity. His research priorities are around active living, school-based physical activity, neighborhood walkability, improving uptake and implementation of physical activity interventions, and physical activity measurement technology.
- 10:15 – 10:30 a.m. ***“Safe Routes to School – On the ground”***
Presentation available at weighinginkc.org.
Presented by Maggie Priesmeyer, Education Manager, BikeWalkKC
- 10:30 – 10:45 a.m. ***“Ghedi - The Walking Detective”***
Presentation available at weighinginkc.org.
Andrea Clark, WalkKC Manager, KC Healthy Kids
- 10:45 – 11 a.m. **Panel Discussion**
- 11:00 a.m. **Adjourn Weighing In Meeting**