

**San Diego County Childhood Obesity Initiative
Early Childhood Workgroup
June 23, 2015**

Attendees: Anne Kashiwa, Beverly Tidwell, Cheryl Moder, Debal Acquaro, Jamie Moody, Joangrace Espiritu, Josh Bariuan, Karee Hopkins, Kim McDougal, Kristine Smith, Maritza Contreras, Nina Ghatan, Penny Adler, Selina Brollini, Shana Wright-Bruno, Shelby Gomez, Stan Miller, Tosha Sanchez, Tricia Hooverson, and Victoria Garcia.

AGENDA ITEM	DISCUSSION	ACTION ITEMS
1. Introduction & Minutes	<ul style="list-style-type: none"> Group completed introductions and approved the minutes. 	
2. Partner Announcements	<ul style="list-style-type: none"> San Diego County Office of Education’s Childcare Planning Council is seeking new councilmembers; contact Penny for the application. P3 San Diego is hosting a conference 7/31 on high quality early childhood education, click here for more details. Research group is compiling online training programs and resources; forward materials to Jamie Moody. Course list can be promoted on the COI and CRS websites. Coursera.org has free higher education courses (certificate not included). In August Jamie will ask workgroup questions about childcare providers. First 5 is working with a park in El Cajon to increase PA opportunities; they also have cook books available in Eng. and Span. State Meal Reimbursement for CACFP was cut in 2012 and 2015. 	<ul style="list-style-type: none"> Penny send Nina Childcare Planning Councilmember application and P3SD flyer to share with workgroup. Shelby bring cook books to August workgroup meeting.
3. Children’s Home Society of California- Beverly Tidwell	<ul style="list-style-type: none"> The organization dates back to 1891 and has transitioned from providing group homes and foster care to focus on strengthening family support. Services include: subsidized childcare, resources and referral, parent and childcare provider training throughout the state. Family education program offers educational resources in multiple languages on topics including: food, nutrition, exercising, development stages wheel, and school readiness kit (based on a curriculum for childcare providers). Work with over 100 families and 25 providers. Provider homes are assessed using the Environmental Rating Scale from Department of Ed. and providers are offered professional training. 	
4. Research Updates- Jamie M. Fit for Health program	<ul style="list-style-type: none"> The program is a multi-component parent training intervention with goals of reducing BMI over a one-year period by increasing fruit and vegetable consumption and increase physical activity. Parent classes are offered once a week for 7 weeks for 1.5 hours followed by two booster classes that incorporate parenting strategies (praise, routine, commands, ignore, setting limits, and time out). Children in childcare were protected from obesity compared to those children cared for by relatives or parents. Children exposed to three household routines had a 40% lower rate of obesity. 	

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	<ul style="list-style-type: none"> • Program components include: reading food labels (5 ingredients to avoid), portion size, 5210 promotion, and healthy snacks. • Results: Four months post-intervention, fruit and vegetable consumption and physical activity increased; at 12 months healthier food consumption increased for parents. • Limitations: larger dropout rate for classes held at the clinic verses classes at childcare sites. • Next steps: developing a trainer module and delivering information via promotoras. 	
<p>5. Wellness Champion Updates</p>	<ul style="list-style-type: none"> • Kim provided an overview of the Wellness Champion Program and the group briefly agreed to continue the fee schedule discussion next month. 	<ul style="list-style-type: none"> • Discuss fee schedule in August. • Kim email pdf version of checklist for final approval.
<p>6. Success Stories</p>	<ul style="list-style-type: none"> • The Domain Champions will be attending a storytelling training to highlight some of our domain accomplishments; after template is finalized, it will be introduced at a future meeting. 	
<p>7. Next Meeting</p>	<ul style="list-style-type: none"> • July 28, 2015 at 10:00 a.m. at YMCA Childcare Resource Service, 3333 Camino del Rio South #400, San Diego, CA 92108 	