

**San Diego County Childhood Obesity Initiative  
Early Childhood Workgroup  
January 26, 2016**

**Attendees:** Anne Kashiwa, Blake Hofstad, Dan Fesperman, Haley Alderete, Holly Retz, Jake McGough, Kaila Raygoza, Kathleen Merchant, Ketty Swenson, Kim Speckhahn, Kim Woodworth, Laura Jeanes, Linda Dao, Maryanne Miernicki, Nina Ghatan, Pamela Volden, Penny Adler, Osvaldo Alvarado, Shana Wright, Shelby Gomez, and Veronica Klinger.

AGENDA ITEM	DISCUSSION	ACTION ITEMS
1. Introduction & Minutes	<ul style="list-style-type: none"> <li>Group completed introductions and approved the minutes.</li> </ul>	
2. Announcements	<ul style="list-style-type: none"> <li>County HHSA will be giving away nearly 2,000 car seats through <a href="#">Keep 'Em Safe Program</a>.</li> <li>5/6 Local Childcare Planning Council is hosting a legislative lunch from 11am-2pm at the Handlery Hotel; Penny will forward more details as they are available.</li> <li>February 1-15 stream <a href="#">Raising of America free of charge</a>.</li> <li>NHA is piloting the Energy Balance Pre-K program that teaches kids about energy in, energy out; physical activity; and food exploration and engages parents with take home activities. The curriculum is free <a href="#">online</a> and aligns with STEM and I am Moving, I am Learning.</li> </ul>	<ul style="list-style-type: none"> <li>Nina send link for Keep 'Em Safe program</li> <li>Nina follow up with Kris about hosting a meeting at NHA</li> </ul>
3. Collaboration with Schools Domain	<ul style="list-style-type: none"> <li>Schools Domain co-chair, Deirdre Kleske, plans to attend our February meeting to discuss cross domain collaborative opportunities for early childcare providers on school grounds.</li> </ul>	
4. Workplan Updates	<ul style="list-style-type: none"> <li>Higher Education Taskforce- assessing higher education curriculums in early childhood development to understand course offerings related to nutrition and physical activity. The taskforce discussed developing a guest speaker toolkit that aligns with course curriculum to make it easy for instructors to teach physical activity and nutrition.</li> <li>Partner Outreach List- Nina reviewed the partner outreach list and reminded workgroup participants to check <a href="#">Drop Box</a> prior to scheduling presenters, and to notify her once presenters are confirmed.</li> <li>Training Opportunities for Childcare Provider Survey was finalized</li> <li>Research Update- from 1970 to 2012 prevalence of childhood obesity tripled, and has since leveled off and is now decreasing.</li> </ul>	<ul style="list-style-type: none"> <li>Kathleen send <a href="#">research brief</a> to Nina to share with workgroup.</li> <li>Conduct partner outreach and notify Nina once presenters are confirmed</li> <li>Nina finalize survey and forward to workgroup for dissemination.</li> </ul>
5. YMCA Updates	<ul style="list-style-type: none"> <li>Wellness Champion project has 109 graduates total               <ul style="list-style-type: none"> <li>In one month, 481 referrals were provided to 51 childcare providers countywide.</li> <li>14 providers attended the January workshop</li> <li>Workshops will be offered monthly for the next three months (in SNAP eligible census tracts, but any licensed provider can attend).</li> <li>Kim W. is working with 24 Lemon Grove providers on renewal.</li> <li>14 have renewed and 7 within the school district plan to. 3</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Jaki share calibration tool at next meeting.</li> </ul>

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	<p>providers won't be renewing (one moved away, one had their license suspended, one chose not to renew because of screen time requirements).</p> <ul style="list-style-type: none"> <li>○ After the school district renews, we will have 90% renewal rate.</li> <li>○ Average pre-scores for Wellness Champions based on the checklist is 70%; the average post score is 92%.</li> <li>○ Veronica is working with Live Well staff to designate Wellness Champions as Live Well partners.</li> </ul> <ul style="list-style-type: none"> <li>● QPI- working with QPI sites to complete the NapSACC. <ul style="list-style-type: none"> <li>○ Have met with 100% of the required organizations (28 organizations); 2 of 7 non- required organizations have expressed interest in participating.</li> <li>○ Are working with sites on switching to family style meals, professional development, and parent education.</li> <li>○ To ensure staff are accurately capturing results from the NapSACC assessment, YMCA staff developed a calibration tool.</li> </ul> </li> </ul>	
<p><b>6. Next Meeting</b></p>	<ul style="list-style-type: none"> <li>● <b>February 23, 2016 at 10:00 a.m.</b> at YMCA Childcare Resource Service, 3333 Camino del Rio South #400, San Diego, CA 92108</li> </ul>	