

**San Diego County Childhood Obesity Initiative
Early Childhood Workgroup
June 28, 2016**

Attendees: Andrea Rangel, Ashley Harrington, Bianca Bonilla, Debal Acquaro, Jake McGough, Jaki Falch, Josh Bariuan, Kim Speckhahn, Kim Woodworth, Nina Ghatan, Ozzy Alvarado, Selina Brollini, Shana Wright Bruno, Shelby Gomez, Stan Miller, and Veronica Klinger.

AGENDA ITEM	DISCUSSION	ACTION ITEMS
1. Introduction & Minutes	<ul style="list-style-type: none"> Group completed introductions and approved the minutes. 	
2. Announcements	<ul style="list-style-type: none"> First 5 San Diego completed a contract with SDCOE for QPI in FY 16-17, and that contract includes another year of funding for Nutrition Specialists to work with QPI agencies to review NAPSACC results and help them make improvements in their nutrition policies and practices. 7/14 the San Diego County Breastfeeding Coalition meeting will feature a presentation by Lisa Marasco on the topic “Deciphering the Lactation Curve” at Sharp Grossmont Hospital’s Auditorium 6:30-8 p.m. 	
3. Presentations: Tara Milbrand, Associate Director for Reach Out and Read, American Academy of Pediatrics	<ul style="list-style-type: none"> Language development primarily evolves through parent-child interactions. 90% of the brain is developed in the first three years and children in low socioeconomic backgrounds hear 30 million fewer words by age three. As part of the Reach Out and Read program, during well-child visits, physicians talk to parents about age appropriate behaviors and provide parents with anticipatory guidance so parents know what to expect developmentally. Physicians advise parents to read aloud with children daily, limit screen time, and not to allow televisions in the bedroom. Families that participate in the program love it and have stronger language skills. The books provided to families are diverse and culturally appropriate. AAP provides ongoing training and support to the 88 pediatric clinics participating in the program; the County’s Read Well to Live Well Initiative supports the program with book drives. 	
4. Action Plan Strategies	<ul style="list-style-type: none"> At the May workgroup meetings, participants reviewed the Action Plan and identified the strategies their organizations are supporting, to help us understand workgroup strengths and opportunities for new partner engagement. Cheyenne compiled the responses from nine organizations and presented her findings to the workgroup. Workgroup participants are supporting all Action Plan strategies in the Early Childhood section. The most popular strategies were related to healthy eating and the least popular were related to active transportation. First 5 is collecting data on healthy eating and physical activity at QPI sites; there may be an opportunity to share the findings with the 	<ul style="list-style-type: none"> Shelby place a request to share QPI findings with workgroup, when available. Schedule Bianca with NCCS to present at future meeting on using CACFP to support farm to preschool. Invite Circulate San Diego to present on age appropriate active transportation opportunities. Dan contact Kaboom to present to the workgroup.

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	<p>workgroup.</p> <ul style="list-style-type: none"> UCSD is collecting data to support the REACH Chula Vista project to better understand if healthy food and physical activity environments impact a parent’s decision when selecting childcare (for Wellness Champions). 	
5. Partner Outreach	<ul style="list-style-type: none"> In June we’ll have a presentation from Kim Thomas with AAP First Steps and in September, Dr. Kay Rhee with UCSD Center for Healthy Eating and Active Research will be joining us. Reminder was made to continue with new partner outreach and to check Drop Box prior to scheduling presenters. 	
6. Higher Education Taskforce	<ul style="list-style-type: none"> Cheyenne conducted key informant interviews with two individuals involved in the Child Development Training Consortium that represent three of the eight community colleges. Overall the Healthy, Safety, and Nutrition course focuses on nutrition. Both individuals expressed interest in having someone present on new legislation and policy guidelines to their classes each semester. Recommendations for next steps included contacting the dean, department chairs, or Lita Moore with NCCS, to get a better understanding of the curriculum learning outcomes and opportunities to connect instructors with community resources. 	
7. YMCA Updates	<ul style="list-style-type: none"> Wellness Champion project: <ul style="list-style-type: none"> Made 643 referrals to 68 providers since the May meeting. Providers who are up for renewal expressed hesitation in paying the \$50 fee to cover the cost for an onsite visit because they do not necessarily see the value of continued participation. Workgroup suggested decreasing renewal frequency to every two years, charging a fee for service, and subsidizing lower income childcare providers. QPI Final Update: <ul style="list-style-type: none"> Provided technical assistance to 29 agencies and have reached 518 staff with professional development trainings; 314 parents attended workshops from 8 agencies. Feedback from presentations was overwhelmingly positive. Providers have switched to family style meals and nutrition language has been added to the parent handbook at San Diego Unified. Heather and Jaki participated in Summer Meals Taskforce and were able to connect parents with resources. 	<ul style="list-style-type: none"> Check out the farm stand in the YMCA CRS waiting area that highlights Harvest of the Month.
8. Next Meeting	<ul style="list-style-type: none"> July 26, 2016 at 10:00 a.m. at YMCA Childcare Resource Service, 3333 Camino del Rio South #400, San Diego, CA 92108 	