

**San Diego County Childhood Obesity Initiative  
Early Childhood Workgroup  
August 23, 2016**

**Attendees:** Andrea Rangel, Anne Kashiwa, Cheryl Moder, Debal Acquaro, Debbie Miranda, Heather Ransons, Jaki Falch, Jake McGough, Judy Wright, Ketty Swenson, Kim Speckhahn, Nina Ghatan, Paula Sturm, Penny Adler, Selina Brollini, Shana Wright Bruno, Shelby Gomez, and Veronica Klinger.

AGENDA ITEM	DISCUSSION	ACTION ITEMS
<b>1. Introduction &amp; Minutes</b>	<ul style="list-style-type: none"> <li>• Group completed introductions and approved the minutes.</li> </ul>	
<b>2. Announcements</b>	<ul style="list-style-type: none"> <li>• Jaki will be moving to Japan and leaving her position at the YMCA.</li> <li>• North Region is hosting a Grandparents Raising Grandchildren event 8/27 for kinship caregivers.</li> <li>• CHIP is hosting The Rendezvous on 9/10 at Liberty Station. The event will include presentations in the form of a Ted Talk followed by a tasting reception with food and drink pairing. See flyer for more details.</li> </ul>	
<b>3. Presentations: Elizabeth Segura, North County Health Services</b>	<ul style="list-style-type: none"> <li>• North County Health Services (NCHS) offers Mobile Dental Services for low-income families.</li> <li>• The dental van travel to schools, NCHS clinics, and WIC centers providing free dental screenings (with signed consent form).</li> <li>• Screenings are conducted in the van; if treatment is necessary patients receive an appointment at the office.</li> <li>• Dental services include exams, sealants, deep cleaning, fluoride treatment, crowns and bridges, fillings and extraction, and root canals. (Services are free to QPI sites.)</li> <li>• The clinics provide a one year birthday party/ dental exam and children are provided goodie bags with a toothbrush, toothpaste, and brushing instructions.</li> <li>• Early childcare providers (including home-based sites) and centers in North County can request mobile dental van services. They can screen about 40 kids per day on the dental van.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Nina follow up and share our flyers 5-2-1-0 flyers with Elizabeth.</b></li> </ul>
<b>4. Workplan Discussion</b>	<ul style="list-style-type: none"> <li>• Cheryl reviewed the COI mission, purpose, goals, overarching strategies, and structure and then Nina reviewed the current workplan.</li> <li>• Workgroup identified the following opportunities to enhance the Wellness Champion (WC) program:               <ul style="list-style-type: none"> <li>○ Conduct parent surveys or parent engagement to better understand if the program is impacting what they do at home and how we can better support them.</li> <li>○ Develop resources with practical strategies for parents and providers to support healthy eating, physical activity, and reducing screen-time.</li> <li>○ Identify second year WC incentives based on key informant interviews. Workgroup discussed contacting Lakeshore Learning and Discount School Supply to see if they can offer discounts to WC providers that reenroll. The YMCA is currently</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Invite Debal and nurse family partnership to present at future meeting on their projects and education materials</b></li> <li>• <b>Kathleen provide research updates each month</b></li> <li>• <b>Reconvene Higher Ed. Taskforce in September to determine next steps.</b></li> <li>• <b>YMCA present parent survey results on WC selection criteria when they are available.</b></li> </ul>

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	<p>creating a website for WCs with recipes.</p> <ul style="list-style-type: none"> <li>• Jojo created a handout on how to counsel overweight and obese children, Cheryl agreed to forward it to Kathleen.</li> </ul>	
<b>5. Cosleeping Seminar Debrief- Kim Speckhahn</b>	<ul style="list-style-type: none"> <li>• We ran out of time of this agenda item. It will be added to our September agenda.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Nina add to September agenda.</b></li> </ul>
<b>6. YMCA Updates</b>	<ul style="list-style-type: none"> <li>• 9/1 is that start of the new QPI nutrition contract and YMCA will be hiring. Jake agreed to forward the job description it to Nina to send to workgroup.</li> <li>• 492 referrals have been made to 77 providers since our last meeting.</li> <li>• The YMCA annual report found a total of 4,500 referrals countywide and a total of 130 Wellness Champions.</li> <li>• 8/13 the YMCA hosted a garden build and stencil paintings in Chula Vista at faith-based sites. They have one more workshop scheduled in October to discuss the progress that's been made since March. A post survey will also be conducted at this time.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Jake send Nina link to updated Wellness Champion Checklist to add to COI website and the job description.</b></li> <li>• <b>Nina send Paula link to Action Plan and Early Childhood Domain workplan</b></li> </ul>
<b>7. Next Meeting</b>	<ul style="list-style-type: none"> <li>• <b>September 27, 2016 at 10:00 a.m.</b> at YMCA Childcare Resource Service, 3333 Camino del Rio South #400, San Diego, CA 92108</li> </ul>	