

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

Attendees: Andrea Rangel, Anne Kashiwa, Dan Fesperman, Gary Tanner, Heather Ransons, Jaki Falch, Josh Bariuan, Judy Wright, Kathleen Merchant, Ketty Swenson, Kim Speckhahn, Kim Woodworth, Kristine Smith, Lluvia Sicairos, Lynne Officer, Nina Ghatan, Penny Adler, 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 as corrected. 	<ul style="list-style-type: none"> Nina correct minutes to reflect Shelby's changes.
2. Announcements	<ul style="list-style-type: none"> 3rd Annual CACFP Family Child Care Provider Leadership Institute is 10/16 from 9am-4pm. Save the Date for the Annual 25th Child Care Food Program Roundtable Conference 10/17-10/19. Nutrition Facts Label Webinar on 7/27 will review the updates, which represent the first comprehensive overhaul of the Nutrition Facts label since its appearance on packaged foods in 1994. August 1 is the start of World Breastfeeding Week and Sharp Mary Birch will be hosting a milk drive. If your organization needs the support of a breastfeeding liaison, contact Kim Speckhahn. Gary has early childhood education products through School Specialty and SPARK. 8/6 from 8am-noon there will be a mini-seminar on breastfeeding and co-sleeping at Rady's, then from 3-5pm at Sharp Grossmont hospital there will be a presentation on Keep Me Close but Keep Me Safe: Cultural and Biological Perspectives on Sleeping with Babies. 	<ul style="list-style-type: none"> Kim, Ketty, and Kathleen send Nina more details regarding the upcoming events to forward to workgroup
3. Presentations: Kim Thomas, Project Director for First 5 First Steps, American Academy of Pediatrics	<ul style="list-style-type: none"> The AAP supports organizations including Home Start, SAY San Diego, Palomar Health, and South Bay Community Services to provide home visiting services throughout San Diego County. The target population includes teens, low-income families, immigrants, refugees, and military. The program goals include: child abuse prevention, strengthening parent-child relationships, and reducing pre-term and low birth weight. In California in 2012 there were 487,016 reports of child abuse. 17% were substantiated and more than 60% of these cases were due to neglect. Home visitors engage with mothers prenatally to enhance parent knowledge about pregnancy and fetal development and postnatal to enhance parent knowledge of the growth and development of their child and support nurturing relationships. 	<ul style="list-style-type: none"> For more information visit www.firststepssd.com
4. Ice Breaker Activity	<ul style="list-style-type: none"> Played two truths and one lie. 	
5. San Diego WIC Data- Kathleen	<ul style="list-style-type: none"> The findings presented were based on data from all five WIC offices 	<ul style="list-style-type: none"> Kathleen share data based on

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<p>Merchant, SDSU Research Foundation WIC</p>	<p>throughout San Diego County, which represents 6,856 infants from birth to age five.</p> <ul style="list-style-type: none"> • The highest rates for exclusive breastfeeding was 51% for children up to a month old, the rates steadily decreased each month and was down to 22.8% by six months of age. • For infants between 24-36 months, 72.2% were at a healthy BMI, 15.8% were overweight, and 12.5% were obese. • Between 36-48 months, normal weight decreased to 69.5% and obese increased to 16.9%. By 48-60 months, normal weight was down to 66.9% and obese remained at 16.2%. • These results and more will be included in the COI's State of Childhood Obesity Report and will help guide our future work. • Workgroup questions: <ul style="list-style-type: none"> ○ Can we identify the most popular occupations for the women and provide their employers with lactation support? ○ Can we get information on their childcare sites to better understand challenges and opportunities? ○ Can we tell if women are involved in other social service programs countywide? 	<p>geographic region at a future meeting.</p>
<p>6. COI Updates- Dan Fesperman</p>	<ul style="list-style-type: none"> • We ran out of time for updates. 	
<p>7. YMCA Updates</p>	<ul style="list-style-type: none"> • 129 Wellness Champions have graduated from the program. • 329 referrals have been made to 64 providers since our last meeting. • The YMCA is currently waiting for the contract from San Diego County Office of Education to provide QPI support for the next program year. 	
<p>8. Next Meeting</p>	<ul style="list-style-type: none"> • August 23, 2016 at 10:00 a.m. at YMCA Childcare Resource Service, 3333 Camino del Rio South #400, San Diego, CA 92108 	