

**San Diego County Childhood Obesity Initiative
Early Childhood Workgroup
September 27, 2016**

Attendees: Andrea Rangel, Anne Kashiwa, Dan Fesperman, Heather Ransons, Josh Bariuan, Kay Rhee, Ketty Swenson, Kim Elkins, Kim Speckhahn, Kim Woodworth, Laura Jeanes, Nina Ghatan, Paula Sturm, Penny Adler, Rachel Hoffman, Shana Wright Bruno, 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"> Head Start at NHA is in full swing and they are accepting applications. CA Food Policy Advocates looked at nutrition policies standards, based on feasibility, and will be presenting results at CACFP Roundtable 10/17-19. CACFP Family Childcare Provider Institute 10/16 from 9am-4pm. The attendance fee is \$10, but attendees will receive \$50 worth of educational materials. League of Women Voters is hosting forums throughout the County on ballot measures. The flyers will be forwarded to the workgroup. Voter's Edge is a great resource for voters to understand who is in support and opposition of ballot measures. New Head Start Performance Standards are available on the Office of Head Start's website. 	<ul style="list-style-type: none"> Penny and Ketty forward Nina upcoming event flyers to share with workgroup.
3. Presentations: Dr. Kay Rhee UCSD Pediatrics	<ul style="list-style-type: none"> Dr. Rhee presented preliminary research findings from the Child Inhibitory Control (CIC) study which compared the BMI of preschoolers characterized by their food responses and their level of inhibitory control. For more details, watch the presentation on the COI YouTube channel. 	
4. Workplan Discussion	<ul style="list-style-type: none"> Higher Ed Taskforce met and discussed outreach to the SDSU director of nutrition to discuss collaborative opportunities. We hope to have some updates next month. Additional workplan projects can include enhancing the wellness champion program with renewal incentives and developing a one-pager for childcare providers and parents on physical activity for children ages 0-5, in small spaces. 	<ul style="list-style-type: none"> Penny reach out to contacts at UCSD to present on early childhood curriculum; then ask them to participate in the taskforce. Brainstorm ways the workgroup can support breastfeeding
5. Cosleeping Seminar Debrief- Kim Speckhahn	<ul style="list-style-type: none"> James McKenna presented on breastfeeding and cosleeping, which has anthropologically been part of our culture since the beginning. Dr. McKenna's focus was on providing families with the tools for safe sleeping recommendations. In Japan cosleeping is the norm and their SIDS rates are the lowest. 	
6. YMCA Updates	<ul style="list-style-type: none"> 493 referrals have been made to 68 providers since our last meeting. Eight wellness champion have renewed (without paying the fee). 	
7. Next Meeting	<ul style="list-style-type: none"> October 25, 2016 at 10:00 a.m. at YMCA Childcare Resource Service, 3333 Camino del Rio South #400, San Diego, CA 92108 	