

**San Diego County Childhood Obesity Initiative
Early Childhood Workgroup
January 24, 2017**

Attendees: Anastasiia Zhelokhovtseva, Andrea Rangel, Dan Fesperman, Jake McGough, Josh Bariuan, Heather Ransons, Kathleen Merchant, Ketty Swenson, Laura Jeanes, Maryann Miernicki, Nina Ghatan, Paula Sturm, Shelby Gomez, and Veronica Klinger.

AGENDA ITEM	DISCUSSION	ACTION ITEMS
1. Introduction & Minutes	<ul style="list-style-type: none"> • Group completed introductions and approved the minute, with one correction. 	<ul style="list-style-type: none"> • Update research section of the minutes to reflect 2010-2014
2. Announcements	<ul style="list-style-type: none"> • CDA received an expansion grant for January and February for low-income providers that aren't currently on CACFP in San Diego and Imperial County. Please see the flyers for details and help spread the word. • 4/29 is Healthy Kids Day for the Y. YMCA CRS and the Lemon Grove HEAL Zone are hoping to do a project at the rec center. More details to come. • CACFP conference is April 18-20 in San Diego. YMCA staff will be presenting on Farm to Preschool with an organization in Colorado and another session on the Nemours work. • YMCA staff will also be presenting an interactive workshop incorporating health in the early childcare at the SDAEYC conference. • NHA Health Service Advisory Committee is looking for more members to help revise policies, provide parent resources, and present. The group meets quarterly and the next meeting is 4/10 from 12:30-2:30pm. Contact Laura for more information. • YMCR CRS received the Five and Fit contract and is in the process of negotiations. More details to come. 	<ul style="list-style-type: none"> • Nina follow up with Bianca to coordinate a tour
3. Presentations: Heather Ransons	<ul style="list-style-type: none"> • The COI Schools and After-school domain and the YMCA Snap Ed contract is interested in identifying best practice nutrition language for early childhood providers on school grounds. • Heather reviewed the draft best practice recommendations for preschool to grade 12 and asked for feedback. • The workgroup recommended: <ul style="list-style-type: none"> ○ Changing “do” to “will” throughout the document. ○ Adding language that preschool staff will not offer food to calm children, or to encourage appropriate behavior ○ Including a section about healthy fundraising ○ Adding a resource for farm to preschool curriculum in the Nutrition Education section ○ Changing the frequency for preschool nutrition education to being provided weekly. ○ Adding a professional development section to say, “teachers and staff will be encouraged to attend professional develop trainings 	<ul style="list-style-type: none"> • Heather make appropriate updates and share with the Schools and After-school workgroup

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	<p>on nutrition education.”</p> <ul style="list-style-type: none"> ○ Including a section on parent education, such as “Families will be offered nutrition education.” 	
4. Research Update- Kathleen Merchant	<ul style="list-style-type: none"> ● Hospital births in San Diego County (excluding the naval hospitals) in 2015 showed Sharp Mary Birch had the most hospital births in San Diego County (26%). ● Scripps Memorial in Encinitas has the highest percentage of exclusive breastfeeding rates at 90.9%. ● Sharp Mary Birch achieved the baby friendly status this year, so it’s great to see that they have the highest number of births countywide. ● Naval hospitals are encouraged to become baby friendly, but they do not share their data because of the high rates of mobility of enlisted service members. 	<ul style="list-style-type: none"> ● Nina send the in-hospital exclusive breastfeeding pie chart to workgroup.
5. Small Group Discussion	<ul style="list-style-type: none"> ● Ideas to partner with the library included: <ul style="list-style-type: none"> ○ Sharing the farm to preschool curriculum. ○ Identifying books for the library to highlight in the 1000 books to kindergarten program and in their classes. ○ Providing parents structured and unstructured physical activity resources. ○ Assessing the books the library currently uses and how they can highlight and incorporate nutrition education in the curriculum. ○ Leading a train the trainer on nutrition education and physical activity. ○ Linking their programs with parks and rec programs. ● We can structure the discussion with the library on how our ideas relate to their goals then ask which opportunities are of interest to them. 	
6. YMCA Updates	<ul style="list-style-type: none"> ● QPI is halfway through their contract and they have already trained over 400 staff and engaged over 100 parents. ● Episcopal Community Services will be training 113 staff; YMCA will be completing site specific farm to preschool trainings. ● Nemours project is finished and can be removed from agenda. ● YMCA is gearing up for Snap Ed. ● Jake email Nina the referral count. 	<ul style="list-style-type: none"> ● Add an agenda item to the June meeting to debrief after the Childhood Obesity Conference
7. Next Meeting	<ul style="list-style-type: none"> ● February 28, 2017 at 10:00 a.m. at YMCA CRS 	