

Hello Childhood Obesity Workgroup –

Thank you to everyone who was able to attend the May 19th meeting. From that meeting, there are three action items for you:

- 1) Click on the doodle to pick the next meeting date:
<http://doodle.com/ns5e5wawy5ru8u26>
Please do this ASAP so we can get the date set.

And start to fill out the google docs:

- 2) Landscape: What is happening ([click here](#))
- 3) Questions for the interviews/focus groups ([click here](#))

FYI - the May 19 notes are posted at www.apcyf.org/cep and pasted below for your review.

Once a majority of folks have filled out the doodle poll, we will send an e-mail with that date.

Thank you!

Childhood Obesity Workgroup Notes

May 19, 2015

Attendance: Sheila Fleischhacker, Josefina Giron, Marian Harmon, Sheila Kelly, Sally LaBonte, Matthey Lee, Monique Martineau, Cory Morgan, Whitney Richardson, Tricia Rodgers, Aisha Salazar, Sam Stebbins, Zulma Vargas, Michal Warshow, Brenda Wilks.

During the meeting, the group discussed the focus and where we could make the most impact.

Questions to consider: What can be done...

- at home?
- in the community?
- at schools?

Landscape: Who is doing what?

Nu-you has fitness programs for ages 5-12

It is a big deal to get parents involved

TO DO: set up Google doc for central descriptions of who is doing what [DONE, posted on www.apcyf.org/cep]

- organization/name/fb or website page/interests/what they do
- schools: PE, activities director secondary middle and high, elementary wellness forums, extended day all subsections of an org, teen board

Possible Solutions:

Provide Knowledge/Education--how to make it persistent

- AFAC: teachable moments when people are waiting

- WIC clinic? Where are other teachable moments
- Free clinic: diabetes--cooking demo?
- How do health care providers talk to child's family about weight? How do they discuss perceptions? (Can we provide them with information?)
- Restaurants as interventions
 - Silver diner as example <http://www.silverdiner.com/kids>
- Positive peer pressure from Chamber of Commerce

Other things to consider:

- Collect data on rising kindergarten students
- What else can we measure
- BMI at same grades as hearing and vision later elem, middle, and high
- Fitness gram--PE classes
- Population level data
- VHC has a community health needs assessment - http://www.virginiahospitalcenter.com/aboutus/community_health_needs_assessment_chna.aspx
What are other public assessments that could be instructive?

Interviews/Focus Groups:

- What questions do we want answered by the community (what barriers do they face? what are they doing currently? what helps support you? what would help you even more?)
- What conditions of the community do we want to understand more about (crime, housing, food access)

Things to Research/Read:

- NPR Article - <http://www.npr.org/sections/thesalt/2015/04/29/403086469/when-you-make-kids-meals-healthier-by-default-they-still-eat-em-up>
- Livewell San Diego <http://www.livewellsd.org/content/livewell/home/make-an-impact/how-to-measure.html>
- CDC has a Healthy Communities Guide: http://www.cdc.gov/healthyplaces/healthy_comm_design.htm
- Notes from the VFHY Conference (Attached)
- All of the VFHY Conference Materials are available here:
- http://weightofthestateva.com/presentations/?utm_source=Download+conference+presentations&utm_campaign=presentations&utm_medium=email