

Ohio Action for Healthy Kids
February 5, 2009
3:30-5:30 pm
Hayes Presidential Center, Fremont, Ohio

Minutes

2008-09 Meeting Dates

April 2 (Changed to Tuesday, April 7, Location American Cancer Society, 740 Commerce Drive Perrysburg, OH 43551), June 4, Aug 6, Oct 1, Dec 3

ZONE 1 - Defiance, Fulton, Henry, Lucas, Ottawa, Paulding, Sandusky, Seneca, Williams, Wood

Mission: Ohio Action for Healthy Kids is dedicated to improving children's health and educational performance through better nutrition and physical activity in schools. By collaborating with educators, health professionals, parents and students in advocating, educating, promoting and implementing state initiatives we hope to enhance the school health environment, so children can learn and participate in positive lifestyle behaviors.

Present: Aubrey Mueller, Melissa Depinet, Adrienne Gurney, Sarah Halbeisen, Sharon Mader, Mary Reimer, Lynn Burks, Linda Long, Kay Stierwalt, Kathy Holcomb, Connie Close, Lori Hoff, Tekla Madaras, Janet Wendt, Devin Pollick, Doris Herringshaw Fred Fastenau, Charlotte Stonerook, Stacey Gibson, Angela Missig, Karen Horn, Tracy Hammer, Jill Heintz, Jan Meyer,

Agenda

1. Introductions
 - Jan Meyer asked that everyone introduce themselves and state what school or organization they were with.
2. Minutes
 - Minutes of the December 10, 2008 meeting were provided and reviewed.
3. Treasury
 - A YTD Budget report for the UPS Grant funds and the Zone 1 funds was provided
 - Total UPS funds spent so far remain at a total of \$2211.04 with \$6088.96 currently remaining in the budgeted account
 - Total Zone funds spent so far total \$3111.13 with \$4,768.87 remaining in the budgeted account
 - Total funds in the checking account are \$11,028,36
4. Introduction to AFHK
 - Jan provided a brief 15 minute PowerPoint with related the history of AFHK and Ohio AFHK. She shared the successes that Ohio AFHK has had in the last five years and the successes of Zone 1 in the last few years
 - This is the third year Zone 1 has sponsored it's Workshop Series
 - Since 2004, we have provided \$18,000 in grants and scholarships
 - We have provided eight school teams scholarships to attend the Salt Fork School Health Conference.

5. National AFHK Update -Jan provided an update on the following
 - a. December 8th National AFHK Webinar "Call to Leadership"
 - A free webinar entitled "Call to Leadership: Elevating School Wellness to a Higher Priority" discussed how to close the gaps in school wellness.
 - The webinar is available to view on the National AFHK website.
 - Featured speaker Jose Salgado, Principal of a Middle School in East Boston highlighted the comprehensive changes they have made in the school day
 - Includes two required PE option, a required nutrition course for students and parents and adding three hours to the school day.
 - Jan recommended that everyone log on to listen to the 13 minutes of information provided by Mr. Salgado
 - b. New Report "Progress or Promises"
 - Information on this new report from national AFHK will be highlighted in the webinar
 - The 60 plus page report is available to download on the AFHK website.
 - The report is the result of a 2007 survey of school wellness stakeholders to see where implementation of school wellness is two years after the Child Nutrition Reauthorization Act
 - Startling gaps are evident between perception of what has been accomplished and what has actually been done.
 - c. Wellness Policy Toolkit
 - A new Wellness Policy Toolkit is available to download on the AFHK website.
 - The tool provides information on the eight steps in establishing and implementing a wellness policy.
 - It has answers to questions and challenges that other schools across the nation have faced.
 - d. JD Beiting new position with National
 - JD Beiting who has been the Ohio Zone Coordinator has taken a new position with national AFHK as Director of Development.

6. Ohio AFHK Update - Jan Provide an update on the following
 - a. State Steering Committee Meeting held on November 10, 2008. Next meeting is February 10, 2009.
 - b. December 4th Team Member Meeting
 - This was the fifth year for the Ohio AFHK Annual Meeting held in Columbus
 - AFHK Marketing tools were introduced at the meeting such as the pencils, notepads, magnets, new brochures etc that were in the meeting packets. Also available and provided to those that attended the meeting were Ohio AFHK polo shirts.
 - The meeting was a success with a keynote on volunteerism and concurrents on parent involvement, student involvement, wellness policies, marketing and more.
 - Jan encouraged everyone to try to attend the 2009 Annual Meeting
 - c. April 1-2, 2009 Conference in Columbus sponsored by several organizations including AFHK
 - i. Title-"Addressing Childhood Obesity through Community Action and Public Policy Solutions
 - ii. Topics include information on engaging parents, healthy shopping, cultural gaps that impair child obesity, coordinated school health model, facilitating change and many many more.
 - iii. Contact Jan Meyer if you would like more information
 - d. Spring Conference \$10,000 Columbus Foundation
 - With \$10,000 available from a grant from the Columbus Foundation, Ohio AFHK hopes to hold a teleconference in the spring of 2009.

- The conference would take place in Columbus and presenters would be telecast to locations in each of the Zones
- Look for more information in the future.

e. Committee Updates

i. Goal 1 Breakfast

- Information shared during powerpoint presentation
 - Ohio has 68,000 additional children eating breakfast at school since 2003
 - For every 10 students eating school lunch, 7 children in Ohio eat school breakfast. That is good, but still places us in the bottom 10 for states with school providing breakfast

ii. Goal 2 Parent Toolkit

- The committee is working on a new updated version of the Parent Toolkit. It is due to be reviewed by PTA parents in January
- We hope to present information on the Toolkit at the March Workshop.

iii. Advocacy Committee-10/30. Next meeting February 6, 2009

- The committee met on October 30, 2008.
- HB 254 is in need of a new legislative sponsor since both Representatives Peterson and Strayhorn are gone due to term limits.
- We are considering other legislative sponsors
- We are also working with the Ohio Business Round Table which is a group of Ohio business leaders. They have identified childhood obesity as an area they are interested in addressing in the coming years. It is likely they will back school health legislation.
- Ohio AFHK will be sending a letter of congratulation to the newly elected legislators in January.

iv. Sustainability Committee-11/10

- The committee is addressing the sustainability of our state infrastructure, especially with the final year of UPS funding near.
- Also are looking at other Foundations that can offer statewide funding.

v. Marketing Committee 11/10

- This committee had worked to make improvements to the Ohio AFHK web site, newsletter and update the Ohio brochure.
- Developed the pen, pads and magnets provided at the meeting.

7. UPS Grant 2008-2009 Action Plan Update

a. Workshops

i. Educational Workshops - two educational workshops are required in our UPS Grant Action Plan

- Four County - will be held April 29, 2009 at Archbold High School in Archbold Ohio, Henry County The topic will focus on School Food Service issues

ii. WOSS -

- Jan asked for discussion to provide suggestions on possible dates, location and topics for the conference
- Discussion results
 - Date- looking at May 4-8th sometime;
 - location - Terra Community College or Dept of Jobs and Family Services;
 - topics include; breakfast information, next steps for wellness teams; food service and commodities; cafeteria to the classroom activities; coordinated school health; opportunities from the Park and Rec Association

iii. Zone Workshop Series

- Feb 17, March 26
- The first workshop on December 3rd went very well. There were over 50 participants.
- February 17th workshop will focus on physical education, physical activity and health
- The March workshop will address bullying, parent and student involvement in school wellness.

b. Mini Grants

- Grant applications will be emailed and mailed January.
- Jan offered to those attending this meeting who may be hearing about the mini grants for the first time and would like an extension on the date due to contact her.

c. Outreach and Recruitment

- Display Exhibit -no action yet taken

d. Zone Funding

- Presentation materials-no action yet taken
- Presentations -no action yet taken

8. Future Meeting Schedule

a. April 2 (**Date Changed**); June 4; August 6; October 1; December 3,

b. NEXT MEETING April 7, 2009,

i. 10:00am

ii. American Cancer Society, 740 Commerce Drive, Perrysburg, OH 43551

9. Sharing

a. Below are items and topics shared by many in the large group that attended this February meeting. I am sorry that I am unable to provide names with all items shared.

- Jan Meyer shared for Gloria Ayres with the American Lung Association that they are hosting an Asthma 1-2-3 Facilitator Training on February 27th in Sandusky, for more information contact Gloria at gayres@ohiolung.org
- Adrienne Gurney - Lake Local Schools and build a "windbreak wall" to protect the children from extreme wind chill factors during recess and will allow them to go outside to recess more often during the winter
- Audrey Mueller and Melissa Depinet - Fostoria Middle schools have partnered with the YMCA and a local hospital to provide wellness programs for 24 students. The funds came through a grant opportunity. Students and parents attend sessions at the Y on healthy eating and exercise. If the students complete the entire program they will receive a membership to the YMCA. Longfellow School Wellness Team attended Salt Fork Coordinated School Health Conference last year where they learned about Zone Recess. They have started that and have seen a decrease in playground injuries.
- Sarah Halbeisen - Gibsonburg Schools have started recess before lunch and a 'No Bullying' policy.
- Sharon Mader - The Cooperative Extension Service in Sandusky County is working with teachers to provide nutrition and physical activity information for the classroom. Much of the information comes from the USDA MyPyramid web site. They also do BMI's and are hoping to see a decrease in student BMI's
- Patti Carlisle and Mary Reimer - schools in Seneca County have started recess before lunch and have noticed a good decrease in plate waste. Healthy food options are available in the vending machines and in the teachers lounge. Dance Dance Revolution is available for classrooms and is a big hit. The 7th and 8th grades are involved in dairy physical activity sessions and a decrease in BMI's is noted.
- Lynn Burks - Bridges Academy in Tiffin offers free breakfast to students who need it. The children pack lunches and they took a survey of what is brought to school. Many students had bags of junk items. Information was provided to parents about healthy lunch options.

- Schools in Fremont have asked children to bring snowsuits to school so they can go outside and play during recess when the temperature is cold. It is a great success.
- Fremont schools were also a recipient of the USDA Fruit and Vegetable Grant. It has been very positive.
- Tracy Hammer and Jill Heintz - Benton Carroll Salem Schools have removed the deep fryer from the cafeteria kitchen, they have contracted with a vending company in Curtis Ohio to vend only natural, healthy food items.
- Information about JAMmin' Minute (Just a Minute School Program) was shared. It provides one-minute fitness bursts that include 5 simple exercises kids can do while in the classroom. Learn more at <http://www.jamschoolprogram.com/>
- Students in one school are enjoying a campaign of "Get Caught Eating Healthy". The class that has the most students that are caught eating a healthy food or snack get a classroom "Healthy Snack" Party.
- Charlotte Stonerook - The Sandusky County Health Department has a group that meets regularly, the Sandusky County Overweight and Obese Task Force. They meet monthly to find ways to affect change on obesity issue affecting the county.
- Fred Fastenau - Children's Hunger Alliance is available to help schools evaluate a variety of child feeding programs outside of the school lunch program. This includes Breakfast, After School Snack Programs, Summer Feeding Programs and Supper Programs. Any school interested in learning how they can make the most of these opportunities to feed children should contact Fred at FFastenau@childrenshungeralliance.org Fred also shared information about the eatbetterdobetter.org campaign. A flyer was available in the participant packets. Items such as flyers, pens, magnets, or pads are available in quantity amounts. Contact Fred for more information.
- Doris Herringshaw - Wood County Cooperative Extension Service is working with schools to help them take the junky food items out of the a-la-carte line. They are helping with a Healthy Kids Fair to be held at the Bowling Green Mall in April. They are working with the food pantries in Wood County to help make healthy food choices and cooking choices easier for those who use the pantries.
- Devin Pollick - The Fremont Parks and Recreation Department has after school health and wellness activities available for children in the area. They have programs for 3-5 year olds that will help with motor skill development; a program for 8-12 year olds which provides after school nutrition and fitness activities, a fitness program PE program for home schooled students and a summer program for 13-18 year olds involved in sports.
- Janet Wendt - Woodmore Schools are hosting a "Get Movin'" family night. The staff is participating in a "Biggest Loser" contest. They are contacting with the same healthy vending company in Curtis Ohio that Benton Carroll Salem Schools is using.
- Tekla Madaras - March is National Nutrition Month. The slogan this year is "Eat Right"