

**Ohio Action for Healthy Kids**  
**April 7, 2009**  
**10:00-12:00**  
**American Cancer Society, Perrysburg, OH**

**Minutes**

**2008-09 Meeting Dates**

**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: Lisa Ambrosetti, Fred Fastenau, David Justus, Jan Meyer, Patrice Powers-Barker, Candy Scribner, Lindsay Wiemken**

**Agenda**

1. Introductions
  - Jan Meyer asked that everyone introduce themselves and state what school or organization they were with.
2. Minutes
  - Minutes of the February 5, 2009 meeting in Fremont, Ohio 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 \$4,535.16 with \$3,764.84 currently remaining in the budgeted account
    - Total Zone funds spent so far total \$6,024.73 with \$1,855.27 remaining in the budgeted account
    - Total funds in the checking account are \$9,138.09
4. National AFHK Update -Jan provided an update on the following
  - a. National
    - i. Strategic Plan - The AFHK Board of directors is developing a 3-year strategic plan for organization. A conference call is scheduled for April 20, 2009 where staff from National AFHK will share and discuss the goals and plans that will direct the work of the national, state and local organizations.
    - ii. Wellness Toolkit - National launched a Local Wellness Policy Monitoring Toolkit on March 2<sup>nd</sup>. The toolkit is available on the national website. Webinars will be available provide training in the use of the toolkit. Teams will be able to assess and track the progress they are making with the implementation of their local Wellness Policy.

- iii. The NFL Network is offering a grant of \$10,000 to one middle school to help improved and sustain its physical education program. To nominate your school for the grant, visit [www.KeepGymInSchool.com](http://www.KeepGymInSchool.com).
- b. Ohio
- i. Obesity Symposium - Addressing Childhood Obesity Through Community Action and Public Policy Solutions was held in Columbus on April 1-2. Ohio Action for Healthy Kids was one of several partners with the Ohio Business Roundtable that sponsored the conference. Karen Bakies and Lisa Ambrosetti gave a review of the very jam packed conference.
  - ii. Ohio Obesity - Plan The Ohio Obesity Plan was released on March 31<sup>st</sup>. It is a comprehensive plan was design by interagency state departments. Visit [www.foryourhealthoho.org](http://www.foryourhealthoho.org) to view the plan.
  - iii. Grant Search - The UPS Grant Funding will be ending in December of 2009. Shelly, Deanna and Jan have been reviewing state wide and community grants to look for future funding.
  - iv. Parent Toolkit - A new version of the Parent Toolkit will be launched on April 18 at the Ohio PTA Conference in Columbus, The toolkit will be posted on the Ohio website. Each Zone will receive 100 copies.
  - v. Game ON - One of the Ohio schools piloting the Game ON program has been led by students in the Future Community and Career Leaders of America (FCCLA) chapter in the High School. On April 16<sup>th</sup> the chapter will demonstrate the program to FCCLA school advisors at the state conference. Next year the program will be a required part of the FCCLA program.
  - vi. Statehouse Day - One Voice Statehouse Day will be held on April 14<sup>th</sup>. Ohio AFHK is one of the partnering sponsors of this day which will include informational speakers, visits with legislators, student rally and tours of the Statehouse. For more information visit [www.osbhca.org](http://www.osbhca.org)
  - vii. SPCHEO SCHC - The Coordinated School Health Conference to be held at Salt Fork and Deer Creek State Parks has a change in format. School should bring a team of 6 to the conference with will focus on policy development, implementation and sustainability. For more information visit [www.spcheo.org](http://www.spcheo.org)
  - viii. Ohio Breakfast - There has been significant gains in school breakfast participation. The Food Research Action Council (FRAC) School Breakfast Scorecard publication showed that in 2002-03 Ohio' was rated 34<sup>th</sup> in the nation for F/R breakfast participation compared to lunch participation. In 2007-08 Ohio was rated as 21<sup>st</sup> in the nation.

## 5. UPS Grant 2008-2009 Action Plan Update

### a. Workshops

#### i. Educational Workshops

1. Four County - Jan distributed a flyer with information about the April 29<sup>th</sup> workshop to be held at Archbold High School in Archbold Ohio. Candy Scribner with Williams County Health Department said the plans for the workshop are going well.
2. WOSS - The workshop for Wood, Ottawa, Seneca and Sandusky counties is planned for May 14<sup>th</sup>. Registration brochures were mailed to 138 schools in those counties. Registration deadline in May 8<sup>th</sup>. Jan distributed a sample of the registration brochure.

#### ii. Zone Workshop Series

1. February - There were 60 participants at this workshop Jan distributed copies of the evaluation summary for the February workshop which focused on physical education and activity. The evaluations were very positive.
2. March - There were 58 participants at this workshop. The last workshop of the 2008-09 series was held on March 26<sup>th</sup>. Jan did not have the evaluation summary completed for that workshop.

b. Mini Grants

- i. Programs - Seven schools received mini grants for the spring semester. Holgate and Paulding received breakfast grants and Swanton, Sacred Heart in Fremont, Pickett and Glendale Feilbach in Toledo and Fort Miami in Maumee were the other recipients. Information about the grant recipients is on the Zone 1 website.
- ii. Packages - No grants were provided in this area.
- iii. CSHC - No one has applied for the scholarship grant to the Coordinated School Health Conference to be held in June.

c. Outreach and Recruitment

- i. Information Meeting-WOSS -no report
- ii. Information Meeting-Four County - no report

d. Zone Funding - no report

6. Future Meeting Schedule

- a. Dates: **June 4**; August 6; October 1; December 3,
  - i. June 4<sup>th</sup> meeting will be a celebration of our year of accomplishments
- b. Location: TBD

7. Sharing

- a. Lisa Ambrosetti - ACS is in the process of discussion works with schools. They have reorganized. Lisa covers Lucas, Wood and Ottawa counties in Zone 1. Amy Boehm covers Williams, Defiance, Henry, Williams and Paulding. Deb Niese covers Sandusky and Seneca.
- b. Candy Scribner - Williams County Health Department is busy with the Conference and school health fairs. In May there will be a Healthy Ohio Walk. And on May 13<sup>th</sup>, there will be a "Girls Night Out" in Montpelier. There will be a variety of health topics women can come and listen to.
- c. Lindsay Wiemken - Henry County Health Department is working with Liberty Center Schools Wellness Committee. They received grant money from the North Buckeye Education Council to do a Health Risk Assessment. They are now making plans for next school year. There is a Triathlon in Napoleon on July 4<sup>th</sup>.
- d. Patrice Powers Barker - Master Gardeners are planning to do Victory Garden workshops in May and July at the Toledo Botanical Garden Conference Center. Patrice shared a flyer about the workshops. She also shared that she is looking for sites that are doing children's programs over the summer who may want to be a USDA sponsor and provide summer meals to kids.
- e. David Justus - David provided several flyers about the events and workshops planned by the Northcoast Fatherhood Initiative. He suggested that the Initiative and Zone 1 work together to provide information about their Fathers for Education segment.
- f. Karen Bakies - Karen shared information about a new 2009-10 school year wellness activation kit. Order on line at [www.schoolwellnesskit.org](http://www.schoolwellnesskit.org) Also, 15 schools in Ohio will be selected to do the Fuel Up to Play Program developed by National Dairy Council. She shared new information from the School Nutrition Association and National Dairy Council showing the change in milk selected by students from 1992 to 2005. In 1992 28% of students selected low or fat free milk. In 2005 it jumped to almost 80%. Karen provided copies of the new catalog of materials.
- g. Fred Fastenau - Fred shared information about the social marketing program "Eat Better Do Better" and the work Children's Hunger Alliance is doing to help schools initiate and promote school breakfast.