

Ohio Action for Healthy Kids
June 4, 2009
10:00-12:00
Way Public library, Perrysburg, OH

Minutes

2008-09 Meeting Dates

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, Karen Bakies, Kristen Ewers, AnnE Gibson, Deb Matthews, Carey Neumeier, Jan Meyer, Candy Scribner, Aubrey Whewell, Lindsay Wiemken

Agenda

1. Introductions

- Jan Meyer asked that everyone introduce themselves and state what school or organization they were with. She then shared that this meeting was a celebration of the accomplishments of Ohio AFHK in the last year, and of Zone 1 as well. Small mementos were given to each member present: an AFHK tote bag because you all helped carry Zone 1 to success; star glitter sunglasses because you are all stars; lanyards because you always carry something valuable on a lanyard and you are valuable; a small picture frame as a thank you gift.
- Jan gave AnnE Gibson and Aubrey Whewell a "You're Special" ribbon to thank them for all the work they offered this last year with the Zone 1 Workshop Series.

2. Minutes

- Minutes of the April 7, 2009 meeting were provided and reviewed. One correction was the addition of Karen Bakies to the list of attendees.

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 \$6,615.65 with \$684.35 currently remaining in the UPS budget for the year. \$1000.00 is yet to be received for this budget year.
 - Leftover money due to unspent funds in Meeting Costs, cancelled May workshop, Membership Exhibit Board and Funding accounts.
- Total Zone funds spent so far total \$6,894.73 with \$985.27 remaining in the Zone budget for the year. Zone funds not budgeted for this year stand at \$6037.98
 - Leftover money due to unspent funds in Membership Outreach and Miscellaneous accounts
- Total funds in the checking account are \$7,707.60 which is the sum of the \$684.35 UPS budget, funds, \$985.27 Zone budget funds and the \$6037.98 of unbudgeted funds.
- The 2008-09 Workshop Series made of profit of \$1,236.20
 - Income was \$4,975.00 and expenses were \$3,738.80
 - Expenses were a little higher this year due to increased speaker costs.

4. Celebration Treasures

- Information provided in Introduction

5. UPS Grant 2008-2009 Year in Review

- Jan shared points from a brief PowerPoint handout
- Workshops
 - Ohio Results - in the first 6 months of this UPS grant year (Oct-May), 17 workshops were held by Zones with 887 total attendees.
 - Zone 1 held 3 workshop during this time with 170 attendees
 - Educational Workshops
 - The "What's the Scoop on School Wellness" workshop organized by the Four County Health Departments and held at Archbold High School on April 29, 2009 was very successful. Candy Scribner said there were approximately 70 in attendance
 - The workshop "Building School Wellness" scheduled for May 14, 2009 at Terra Community College had to be cancelled due to low registration. It is hoped to reschedule this workshop for the fall.
 - Zone Workshop Series
 - The Workshop Series was very successful with workshop scheduled in December, February and March. There were 170 attendees and a profit of \$1,236.20
- Mini Grants
 - Ohio Results - 46 mini grants were provided impacting 21,090 students
 - Zone 1 provided 7 mini grants with 1873 students impacted
 - Programs Mini Grants included: Swanton Crestwood Elem-PA before school; Maumee Fort Miami Elem-Veggie U; Toledo Glendale Feilbach-PA after school; Holgate Holgate Elem-Breakfast; Paulding Oakwood Elem-Breakfast; Toledo Pickett Academy-Community Garden; Fremont Sacred Heart Elem-Zone Recess. Most of the schools mini grant coordinators had a photo taken with a large 2 X 4 foot check which they loved.
 - SCHC Scholarships - Liberty Center SD received the Scholarship to the Coordinated School Health Conference
- Outreach and Recruitment
 - Two meeting were held outside of Lucas County this year, one in Archbold at the Sauder Conference Center and one in Fremont at the Hayes Presidential Center. Both had over 25 in attendance and were very successful. It is planned to continue to hold one meeting a year in each area.
- Zone Funding
 - UPS Grant funding ends in December of 2009. Ohio AFHK is looking for other sources of funds and encouraging Zone to do the same locally.
 - Grant writing was not attempted this year, nor were planned contacts made with groups such as Rotary or Kiwanis. It will be in our Action Plan for 2009-10

6. Breakfast Accomplishment

- In November of 2008 the Ohio Department of Education reported that 371,981 students were participating in school breakfast. This is up from 300,034 in April of 2007. That is a 23.9% increase in participation.
- The goal that was put into the UPS Grant Proposal was that we would reach 350,034 by November 2009. WE HAVE SURPASSED OUR GOAL!!

7. Ohio AFHK Grant Opportunities

- Game ON - Ohio was one of four states to receive \$25,000 from AFHK to pilot Game ON in 3-5 schools. With an additional \$10,000 for American Dairy Association, we piloted the program in eight schools around the state. One of the schools was Toth Elementary in Perrysburg. To learn about what the schools did, go to www.gameonohio.wordpress.com

- EIF Grant- Ohio was one of five states to receive \$50,000 from AFHK to work with one school district in the state to increase student and family engagement in physical activity and improve the physical education programs. Westerville Schools was the district involved with this project.

8. New Resources

- **Wellness Policy Toolkit** available on the AFHK website was launched this year. It allows schools to enter information about the goals, and objectives of their wellness policy and track their implementation and evaluation steps.
- **"Progress or Promises"** is a report published in the fall of 2008. Through interviews with administrators and school staff it discusses the status of efforts to implement nutrition and physical activity in schools. Some glaring gaps in perception are evident when comparing comments from superintendent, educators and community health professionals. The report is available on the AFHK web site.
- **Parent Toolkit "Promoting Healthy Youth"** from Ohio AFHK is a revised and updated version of the original toolkit published in 2006. This 140 page booklet walks parent group through the process of advocating for school wellness, how to work with their school, how to do an assessment, implement and evaluation programs they would like to see in the school. It also has a variety of suggested programs such as a "Walking School Bus" or "Healthy School Parties" and suggestion for healthy snacks and physical activity ideas for home. The toolkit can be downloaded from the Ohio AFHK web site.

9. New Ohio Partnerships

- Ohio Business Roundtable- Ohio AFHK partnered with the OBRT to host a successful conference in Columbus on April 1-2, "Addressing Childhood Obesity"
- Ohio School Based Health Care - Ohio AFHK partnered with the OSBHCA in a 'Statehouse Advocacy Day" on April 14, 2009 "Healthy, Supported Students for Academic Success"
- Ohio Future Career and Community Leaders of America - we hope to partner with this high school group in implementing Game On in schools this fall.

10. Future Meeting Schedule

- Action Plan Meeting will be scheduled after Zones receive instructions on required components
 - Items to consider include, two Zone workshops one targeting parents and the new Parent Toolkit, rescheduling the May workshop, the Workshop Series, school mini grant options, awareness events, fundraising
 - Some ideas that were discussed by the group included
 - PE workshop on election day because the gyms are usually used for voting and PE teachers are not holding classes and will be available for workshops
 - Cooking Class for Parents -a Kid/Parent cooking class was requested by parents in Perrysburg schools. It could be held at Owens Community College
 - Work with organizations like "Healthy Maumee" or "Healthy Sylvania" to work with Game ON in schools and the community.
- Zone Meeting Dates August 6; October 1; December 3,

11. Sharing

- AnnE Gibson-the Hydroponic Garden has been started at the Toledo Lucas County Health Department. They have 64 plants
- Aubrey Whewell-shared information about a faith based toolkit from Georgia "Live in Healthy Faith" that they are using with their faith groups to help them plan, assess, implement and evaluate healthy programs for their community.
- Deb Matthews-shared information about new alternative tobacco products seen in schools. They are dissolvable strips that are difficult to detect. Information about the product was shared at "Deadly in Pink" information conference held at St. Luke's Hospital. It was attended by 40 people. More about the

"Deadly in Pink" campaign and how the tobacco industry is marketing to young girls can be found at www.tobaccofreekids.org

- Lindsay Wiemken-July 9, 2009 starts a healthy summer day camp for kids in Henry County. Henry County is also writing a "County Obesity Plan" similar to the "Ohio Obesity Plan".
- Karen Bakies-shared information about the AFHK Webinar on June 25th addressing nutrient rich foods.
- Candy Scribner-shared that on June 10, 2009 she will be meeting with all the principals in the Four County area to discuss school wellness and their wellness policies.

12. Luncheon Celebration