

Ohio Action for Healthy Kids
August 6, 2009
10:00-12:00
American Cancer Society, Perrysburg, OH

Minutes

2009-10 Meeting Dates

Sept 3, 2009 Conference Call to Plan for 2009-09

Oct 1, Dec 4, Feb 4, 2010, Apr 1, June 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, Marcie Estep, Kristen Ewers, Chris Haar, Michael Leizerman, Jan Meyer, Candy Scribner, Charlotte Stonerook, Aubrey Whewell, Gina Veres, 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 June 4, 2009 meeting were provided and reviewed. One correction was the addition of Karen Bakies to the list of attendees.
3. **Treasury** An end of year Budget report for the UPS Grant funds and the Zone 1 funds was provided.
 - There is \$1571.85 of UPS funds left over from the last fiscal year. This will have to be incorporated and spent in the new budget.
 - There is \$5612.66 left in our Zone funds
 - We will receive \$5200.00 in new UPS funds this fiscal year
 - Ohio AFHK received two grants from National AFHK
 - We will receive \$800.00 for a Fuel Up Grant
 - We will receive \$700.00 for a Parent Workshop and Grant
4. **UPS Grant 2009-10 Requirements** Action Plan is due September 15th
 - **Workshops**-Two workshops are required, one to focus on Parent Outreach
 - **Parent Workshop**-Jan, Aubrey and AnnE had meetings in July to discuss a parent workshop as a collaborative effort between Zone 1 and the Toledo Lucas County Health Department (TLCHD). Some ideas shared were to have a chef from the Culinary School provide simple recipes in a cooking demonstration and have an MD such as Dr. Joan Griffith discuss childhood health/obesity and answer parent questions. Date for the workshop would be in November. It was decided to have the workshop on November 5th. Locations were discussed, if the chef from the Culinary School was not available, then to possibly use Owens Community College and their hospitality students. Parking may be a concern there.
 - **General Workshop**-We have to reschedule the Fremont workshop that was cancelled last spring.

- **Min Grants**-One UPS breakfast grant is required, the rest of the grants are up to the Zone. We can plan our regular mini grant promotion. There is great cost in mailing out the information. Lisa, Candy, Kristen, Gina and Charlotte offered to make contacts directly with the schools they work with in their specific counties. Jan will email them the general mailing list used by Zone 1 and they can indicate which schools would be contacted. This can save the Zone a great deal of postage money.
- **Outreach and Recruitment**-One objective must address outreach. Our meetings in Archbold and Fremont will meet this requirement. It would be best to look at some different dates for these meetings.
- **Zone Funding**-One objective must address local funding. Jan said that Zone 1 often is asked to participate in Health Fairs but we do not have staff, exhibits, activities or materials to enable us to do this. In discussion, it was decided to develop several exhibit pieces that could be located around the Zone and work with students in area colleges such as Toledo, BGSU, Northwest State, or Owens to man the exhibits. The exhibit should contain the following information; the state map, Zone map, website, goals, mission.

5. National AFHK Grant Funding

- **Parent Initiative**-Ohio received a \$15,000 grant from National AFHK to focus on parent involvement with schools. Each Zone will receive \$700.00
 - \$200 must be used to support a parent workshop and provide information about the new Parent Toolkit. We have 100 of the toolkits, 75 must be placed with parent groups such as PTA.
 - \$500 will be provided to a parent group as a mini grant
 - Funds are available for a grant coordinator to work with the schools that receive the mini grant.
- **Fuel Up to Play**-Ohio received a \$5000.00 grant from National AFHK and a additional \$5000.00 was given by the American Dairy Association Mid East to implement the "Fuel Up to Play" program in one school in the Zone. Each Zone will receive \$800.
 - Zones must identify one school to receive the funds
 - A grant coordinator will work with the Fuel Up Schools
 - We must develop an application form for the schools to use to apply. Jan thought she could find the one that was used to pick the 2008-09 Game ON! schools last year.
 - There was a question as to whether the Fuel Up schools needed to be 'underserved' schools. Jan said that she would check into this, but that the schools selected needed to be ones that had things in place that ensure that they would be successful with the program.

6. Zone Initiatives

- **Workshop Series**-Jan asked if the Zone would like to continue with the Workshop series and use the same format. It was approved to do this. There was discussion on possible topics to include: diabetes youth services information, Game ON! success stories, new tobacco products and the Lucas County Tobacco Coalition, obesity concerns in the preschool population, physical activities for PE such as golf and archery, the Northcoast Fatherhood Initiative.
- **Aetna Grant**-Jan, Aubrey and AnnE met in July to discuss collaboration on promoting Game ON! in schools in the focus areas of Aubrey and AnnE's CVH grant RFP. A grant RFP was also submitted to the Aetna Foundation for \$17,000 to fund the Game ON! program in three schools in Lucas County. This was done, in part, to fulfill our Zone 1 goal to look for additional funding. The Toledo Foundation is another opportunity that might be pursued. Even if the Aetna grant is not successful, Zone 1 and the TLCHD will still collaborate through the CVH program to work with two schools and the Game ON! program.
(Update- we did not receive the Aetna funding ☹)

7. Future Meetings

- **Conference Call to plan Parent Workshop - August 13, 2009 10:30 am**
- **Conference Call to work on Zone 1 2009-10 Action Plan - September 3, 2009 9:30 am**

- **Next Meeting, October 1, 2009 10:00 am American Cancer Society**
- **Future 2009-10 Meetings: December 3, February 3, April 7, June 2**

8. Sharing

- Michael Leizerman-with Slow Foods Maumee Valley came to the meeting to share information about the Slow Food USA initiative. They provide information and activities to promote agricultural sustainability and ways to connect the farmer and local crops to the community. They are planning an event on Labor Day, "Time for Lunch" National Eat-In to bring attention to school lunch, the renewal of the Child Nutrition Reauthorization Act and the importance of providing children with healthy foods. All were invited to a planning meeting for the September event on August 20th at the Sanger Branch Library.
- Kristen Ewers-Shared information about the Williams County Chronic Disease Self Management program and the planning of an October 16, 2009 Worksite Wellness Workshop
- Candy Scribner-Shared information about a School Wellness Team Workshop on September 17th in Montpelier. School teams will work on their wellness policy action plans. After the workshop, two of the schools will receive grants from the Northwest Ohio Educational Service Center.(Update-Date is changed to September 24, 2009)
- Charlotte Stonerook-Shared information about the Sandusky County Overweight and Obesity task Force. They are trying to start walking clubs in the schools in the county and are interested in the Zone mini grants to help with this.
- Aubrey Whewell-Shared information about the Lucas County Worksite Wellness program on September 17, 2009.
- Gina Veres-Fulton County has started a Chronic Disease Self Management program. They had 24 children participate in their Summer Camp in Fayette. They held a "Day of Play" on July 18, 2009 at Harrison State Park. They worked with Fayette Schools on a breakfast program with the 1st and 2nd grade called "Start Smart Eating and Reading Program" from the Oregon Dairy Council which was very successful.
- Chris Haar-Is working with BGSU students and the "Kids in the Kitchen" program. She is trying to emphasize to students and parents that there are non-food rewards for kids.
- Lindsay Wiemken-Had 17 children in the Henry County Summer Day Camp. The county is still working on the Henry County Obesity Prevention Plan. Will again offer the "Dining with Diabetes" program