

Ohio Action for Healthy Kids—Zone 9 Meeting

November 20, 2008

Meeting Notes

- Members in attendance: Louise Easterly, Heather Combs, Jen Vonderahe, Brenda Newton, Darla Gray, Carol Gill, Christine Olinsky, Chris Schlorman, Mary Chase, Annmarie Williams, Steve Gill, Kay Parent, Julie Drumheller, Joyce Rickels.
- Joyce Rickels chaired the meeting in the absence of Sara Pappa. Joyce welcomed those present, called for introductions, and asked for a volunteer note taker. Carol Gill offered to take notes. The minutes from the August 28th meeting were reviewed and approved (Carol Gill motioned and Chris Olinsky seconded.)
- Dr. Mary Chace, a consultant with Ohio Action for Healthy Kids, presented the Ohio Game On! Initiative. Ohio is one of 4 states funded for this program by National Action for Healthy Kids. Ohio has 8 demonstration projects in elementary/middle schools across the state. Game On! Is a framework of activities and resources which helps schools promote healthier eating habits and more physical activity opportunities. Mary provides guidance and encouragement to these projects. The Game On! framework can be downloaded from www.actionforhealthykids.org. Mary suggests that it be downloaded on a CD for ease of use.
- Carol Gill discussed the Annual Ohio Action for Healthy Kids Zone Conference in Columbus on Thursday, December 4th. The day consists of: updates of events and activities from Ohio AFHK and all ten zones and sessions on fund raising, engaging students, marketing AFHK, and revitalizing school wellness policies. Any zone member is welcome to attend. Contact Sara soon if interested in attending.
- Joyce distributed a draft of the brochure for the Zone 9 workshops in February of 2009. The dates and locations of the workshops are Friday, February 20th at the Springfield Regional Medical Center and Friday, February 27th at the United Theological Seminary in Dayton. The agenda for both workshops will be identical, with sessions and resources to help schools enhance their wellness policies. Registration will be \$20 and include lunch and refreshments. The membership discussed ideas for filling the one open session. Ideas included strategies for implementing the wellness policy district wide, involving community partners, and how to assess progress on wellness policy implementation. These workshops still need some type of catchy title. Any suggestions can be sent to Sara Pappa. **All zone members are strongly encouraged to register and attend one of the workshops.**

- The mini-grant application needs to be revised for the coming workshops. The timeline was updated and the group agreed that at least 4 grants of up to \$1,000 should be awarded with one third of the money going toward breakfast expansion or start up.

Tentative dates for the 2009 Zone 9 meetings:

Thursday, January 15,

Thursday, May 21,

Thursday, August 20 and

Thursday, November 19.

Meetings will be held at the Center for Healthy Communities from 1:30 pm until 3:30 pm unless otherwise specified.

Agency Reports:

- The YMCA of Dayton implemented a special program during the 2008 summer day camp for 300 young children. BMI's were collected on the children and then physical activity was emphasized every day during the camp. Data on the outcomes is still being analyzed.
- The Greene County Health District was awarded a \$37, 500 grant from the Ohio Department of Health for an obesity prevention project. Third grades students at Fairborn School District will be receiving the Healthier Me—healthy lifestyle program. The health department will also train local physicians to implement the “Ounce of Prevention” Obesity Prevention Program for health care sites.
- The Montgomery County Health District is currently seeking funds for comprehensive obesity prevention planning and programs.
- The Miami County Health District has received a grant to work with Troy Elementary School on a program promoting healthy nutrition and physical activity. The Health Department is also planning a school nurse meeting with all the schools in the County sometime in early 2009.
- The 20th Annual Coordinated School Health Conference for school health teams will be held on June 15-17th at Salt Fork State Park and on June 23-25th at Deer Creek State Park.

The meeting was adjourned at 3:30 pm with the awarding of door prizes!

