

**San Diego County Childhood Obesity Initiative
Early Childhood Workgroup
October 24, 2017**

Attendees: Cecilia Morley, Claire Tiraby Nguyen, Heather Ransons, Helena Sabala, Katie Brown, Kim McDougal, Laura Jeans, Lizzy Cooper, Marie Macias, Martha Soledad Vela Acosta, Natalie Svistoonoff, Penny Adler, Rynna Herwehe, Shana Wright

Recorder: Lyndsey Tapia

AGENDA ITEM	DISCUSSION	CONNECTING THE DOTS
1. Introductions	<ul style="list-style-type: none"> Kim opened the meetings and led introductions. 	
2. Partner Announcements	<ul style="list-style-type: none"> STEM Minds Start Early- community conversation on October 22 at the San Diego Central Library. Focusing on why natural curiosity needs to be encouraged at a young age. Healthy Start Program maternal and child health home visiting for pregnant moms, infants and families. Currently enrolling pregnant women into program. Program is zip code based. Free movie screening, “Resilience” on Saturday November 4. Deals with the Aces study done in San Diego County and how it affects children. NHA working on starting up a mobile health van, go to centers to help fill in gaps on Children’s physicals overseeing physician under the model of pediatric nurse practitioners. Part will be following the NICU babies that have come out of SHARP waiting for license from the state. COI New Partner Orientation learn about other domains, history of COI and collective impact. December at 2-1-1 on December 11. Held in conjunction with the Domain Council. Sending out cancelation notices being sent out. Meetings are not cancelled just San Diego Milk Bank Dr. Lisa Stelwegan Second Milk bank in California, invite them to present at future EC domain meetings. The second Milk-Bank in partnership with blood bank. Talk about some collaborative opportunities. <p>Laura Jeans Update:</p> <ul style="list-style-type: none"> Friday went to region 10 gathering of California Community College EC Educators and Palomar College. 8-10 local Community Colleges get together to meet (professors, educators, people with feet on ground teaching Presented on COI and what we do and EC specifically. Opened a partner dialogue, following up of Jenny further higher education and task force. Get target audience, interested in guidance and thought of prepackaged lessons and resources. More physical activity and nutrition into their courses Made suggestions about guest lecturers, continuing education to professionals, grabbed onto the resources. 	
3. Breastfeeding Friendly San Diego- Shana Wright Bruno	<ul style="list-style-type: none"> First Food Desert focuses on barriers that mothers face when breastfeeding (ie. lack of support, not having a place to pump, working, etc.) Lactation Supports Environments focus on breaking down barriers to breastfeeding through policy, systems and environmental change strategies. Lactation Accommodation work started in 2010 at various worksites and school districts. 	<ul style="list-style-type: none"> Shana shared that Breastfeeding Friendly SD offer training for supervisors on

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- A few project highlights were discussed to show the accomplishments and where the program has been.
- Communities Putting Prevention to Work (CPPW) Highlights:
 - Included 15 low-income businesses, 10 other businesses, and 7 school districts.
 - Worked with California School Board Association to have them adopted a policy to support teachers on lactation accommodation.
 - CPPW was instrumental in bringing this topic to attention and making the case that a sample district policy would be useful to school districts and county offices of education statewide.
 - Provided background information which clearly described the benefits of a lactation accommodation policy for employees, their children and the employer, and helped frame the issues that should be addressed in such a policy.
- Lactation Supportive Environments (LSE) Highlights:
 - Created a partnership with 30 businesses, 10 school districts, and 6 community healthcare centers.
 - 82% of all sites either adopted or updated their policy.
 - UCSD Extension partnership trained 14 staff members to either become lactation consultants or early educators. Focusing on higher education for both employees and students.
 - Worked with the San Diego International Airport to create and open 3 lactation rooms.
- Shana discussed where the program is going now and what is currently being done.
- The focus is now on child-care, and will be working with 95 Child-care sites, 66 family child-care homes, and 22 child-care centers.
- This project is a part of a much larger project that is happening throughout California that is funded by First 5 to focus on increasing the quality of early learning settings called IMPACT.
- Improve and Maximize Programs so All Children Thrive (IMPACT) Project.
 - There are four key areas that are being focused on in San Diego and they are one of those pieces.
 - Increase the number of infant and toddler childcare facilities that implement breastfeeding-friendly policies and provide lactation accommodation.
- What are some benefits to child-care providers?
 - Cost-effective – Do not have to buy formula and if they are part of the Child and Adult Care Food Program (CACFP) they can get reimbursed for feeding breast milk and allowing mothers to breastfeed onsite
 - Healthier babies – sick less often
 - Spit up less often
 - Less odor in stool
 - Happy families – families feel supported and often refer their friends and family to the child care
- A few partnerships and collaborations with various organizations throughout San Diego County include:
 - YMCA Childcare Resource Services
 - Early Head Start & Head Start
 - San Diego County Office of Education

how to train their employees on lactation accommodation, she will connect partners in worksite wellness to South Bay Community Services.

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	<ul style="list-style-type: none"> • Chicano Federation • Regional Breastfeeding Liaisons • San Diego County Breastfeeding Coalition • The LSE gathered information from child care providers and families to inform them of resources and materials, trainings, and advocacy. • 50% of child-care providers report that parents ask for advice or information about breastfeeding. • Recruitment Updates include 30 family child-care homes and 11 child-care centers and need 95 total to move forward. 	
<p>4. Workplan Development</p>	<ul style="list-style-type: none"> • Kim provided a brief overview of the Strategic Plan and led the discussion on revising a few of the objectives and action items. • The Early Childhood Domain initially used participation in the CACFP as an indicator for the State of Childhood Obesity Report but didn't feel that it provided very clear evidence of how they are doing in the field of obesity and the data was difficult to collect. • The focus now is based on thinking about what data is out there and will be useful in providing indicators of progress. • For objective 1 of the Strategic Plan, the potential activities were reviewed. The workgroup discussed new activities in term of where to look now for these existing indicators. • Dan made the suggestion to conduct a large number of surveys to child-care providers to see the practices that they currently use. Not just surveying wellness champions and the workgroup can help to develop survey and identify a few indicators that should be identified. <ul style="list-style-type: none"> • A potential question can be: Do you provide any support for breastfeeding? Do you educate parents on activities you use in the classroom surrounding nutrition? • Laura suggested pulling from the NAP SACC so there is standardization with what centers are completing. • The workgroup unanimously agreed to include creating a survey at a potential activity for objective 1. • The workgroup did not have additions nor objections to objective 2. • Looking at objective 3 the workgroup raised the question of 'How can we leverage the progress of the workgroup and capture'. • Discussion around reformulating the minutes to include a "Connecting the Dots" section to capture and document short and long term connections between partners. In the future, potentially creating a link chart including all partner connections within the workgroup. • For Objective 4, an addition activity was discussed regarding reaching out to private school through either online or webinars for a wider audience accessibility and offer support for continuing education for professional agencies through providing a menu of options to choose from. • Objective 5 additions included, ongoing tracking through connecting the dots via meeting minutes and sharing connections during workgroup announcements. Potentially adding a short section in the agenda to include time for connection announcements. 	<ul style="list-style-type: none"> • Lyndsey re-formulate the minutes to include "Connect the Dots" section.
<p>5. QUI Impact 2015-2016and</p>	<ul style="list-style-type: none"> • Two Health Educators from the YMCA Childcare Resource Service have provided nutrition support and resources to preschools in the Quality Preschool Initiative (QPI) from 2015 to 2017. The goal of this 	

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**2016-2017 –
Heather
Ransons**

- contract is to improve the health of preschool children, their families, and the staff that care for them.
- 24,472 children received the benefits from this nutrition work at over 200 sites each year.
 - In the classroom Health Educators have provided professional development to 1,211 staff over the past two years.
 - The Farm to Preschool presentations have focused on the Farm to Preschool curriculum developed by Occidental College and the Harvest of the Month information. The goal of this presentation is to increase exposure and consumption of healthy food through nutrition and garden lessons.
 - The Meal Time Best Practices trainings emphasizes the importance of meal time in preschool. The Health Educators remind teachers of best practices such as role modeling and praising students.
 - The Nutrition Education professional development integrates nutrition lessons into the current curriculum that’s utilized by the preschool agency.
 - Through the home component the Health Educators have educated and offered nutrition resources to 1,502 parents over the past two years.
 - Family Engagement entails nutrition related activities for the whole family. Some examples include, planting a seed and drawing a fruit or vegetable to add to the “eat a rainbow” poster.
 - During health fairs and other parent committee meetings the Health Educators distribute Family Resources to the parents in attendance. Sample resources include nutrition booklets from the Dairy Council of California and 10 tip worksheets from the USDA’s ChooseMyPlate.gov website.
 - Parent workshops are presentations for parents that provide nutrition education on topics such as sugar sweetened beverages, portion sizes, particular eater strategies, and healthy meal demonstrations. These workshops were approved by First 5 in 2017 as evidenced based.
 - At a recent workshop, parents expressed how the resources and education were informative and easy to understand and helped to improve their knowledge of portion sizes, sugar sweeten beverages, and nutrition labels.
 - Overall, the Nutrition Mentoring contract has had great impact on the health of the people in San Diego County.
 - NAP SACC scores have improved at all agencies and a total of 24,472 students were impacted.

**Next Meeting: January 23, 2018
Location: YMCA CRS**