

<b>Meeting Minutes:</b> <b>Schools &amp; After-School Domain</b> <b>February 20, 2017: 2:30 p.m. – 3:30 p.m.</b> Serra Mesa Kearny Mesa Public Library 9005 Aero Drive, Community Room San Diego, CA 92123	<b>Next Domain Meeting:</b> <b>Schools &amp; After-School Domain</b> <b>March 20, 2017: 2:00 p.m. – 3:30 p.m.</b> Serra Mesa Kearny Mesa Public Library 9005 Aero Drive, Community Room San Diego, CA 92123
<b>Attendees:</b> Amy Garfinkel, Kate McDevitt (SDUSD FNS), Dane Petersen, Nina Ghatan, Nora Stewart (CHIP), Alma Palacios, Danielle Isola, Erika Hernandez, Melissa Roberts (HHSA), Gail Gousha, Adi Wyshogrod (EUSD), Heather Berkoben (Dairy Council of CA), Heather Ransons, Jake McGough (YMCA CRS), Jamie Moody (UCSD), Kristin Haukom (Alta Planning), Marya Nash (Wild Willow Farm), Paige Metz (SDCOE), Russell Donaldson (SDSU), Shohre Zahedi (Hygia Weights Loss & Nutrition), Staci Boretzky (Alliance for Healthier Generations), Taylor Shrum (Harder+Co.) <b>Recorder:</b> Lyndsey Tapia (CHIP)	

Topic/Issue	Discussion	Action
<b>Welcome</b>	<ul style="list-style-type: none"> <li>Deirdre Kleske led introductions.</li> </ul>	
<b>Announcements</b>	<ul style="list-style-type: none"> <li>Dairy Council of California, the Public Health Alliance of Southern California (Alliance) and the Nutrition Policy Institute (NPI) of the University of California, Agriculture and Natural Resources (UCANR), have teamed up to promote California Food Waste Prevention Week on March 5-9 which presents an opportunity for organizations across CA to raise awareness about the impacts of food waste in their homes, workplaces, and communities. A Food Waste Prevention Week briefing webinar will take place on January 29th, from 1-2 pm and will help orient participants to the week and will review the materials developed to support local participation.</li> <li>On 2/9/19, a workshop titled “Assessing Wellness Policy Implementation: the Who, the Why, and the How”, was offered in partnership with the California Department of Education, the San Diego County Office of Education, the COI, and the Dairy Council of California. <ul style="list-style-type: none"> <li>There were 56 in-person attendees, and at least 12 call-in webinar viewers. Speakers and participants represented 23 of the 41 districts plus one charter school, two county offices of education, and the CA Department of Education.</li> <li>In the workshop evaluation many expressed a need for more superintendent and parent/community support for wellness. Many also desire more networking and peer sharing, but also felt reassured and motivated to keep moving forward with their own efforts.</li> <li>Deirdre said next steps might include providing forums for this type of peer sharing.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Heather B. send Lyndsey Food Waste webinar save-the-date via email to disseminate to partners.</li> </ul>
<b>COI Updates</b>  Nina Ghatan	<b>COI Strategic Planning Retreat</b> <ul style="list-style-type: none"> <li>The annual Strategic Planning Retreat was held on February 2 at the San Diego Yacht Club. The overall theme was how to how to implement the newly completed Strategic Plan, strengthen and leverage existing COI partnerships, and engage new and nontraditional partners.</li> </ul>	

### **New Food Systems Staff**

- Nora Stewart, Food Systems Manager and Dane Petersen, Food Systems Program Assistant, have joined Prem Durairaj on the CHIP Foods Systems Initiative team.

### **COI Forums**

- COI hosts three forums annually: two focused on capacity building and a third targeted towards elected officials, city managers, and individuals whose work focuses on health policies.
- A forum planned for mid-May/early June will focus on Vision Zero and will target city planners, elected officials, and others.
- James Rojas will be a featured speaker. Rojas uses art as a community engagement strategy to engage communities who may not be used to speaking up or may face language. There are plans for a panel to include groups such as LA Walks, and Cathleen Ferrier from the Vision Zero Coalition.
- A future forum may be web-based and include a broad spectrum of speakers to build the capacity of COI partners to use in their work.

### **Policy Agenda Toolkit Development**

- Dan is developing a tool kit on policy strategies to reduce sugar-sweetened beverages (SSBs) focusing on the health consequences of SSBs. The toolkit incorporates specific County and city data, such as the Chula Vista City profile, as well as detailed information and resources on how to spread public awareness, SSB taxation facts, default kids' meal beverages, and reducing access to SSBs on Government property.
- Nina is working closely with Maya Rosas from Circulate San Diego to develop a tool kit on policy strategies related to Vision Zero. The toolkit includes an explanation of the problem and importance of Vision Zero adoption, solutions for safer streets, policy recommendations, funding resources, and sample language for Vision Zero policies.
- Both toolkits were been submitted in February for County approval.

### **Communications and COI e-newsletter**

- Lyndsey provided an update on the COI e-newsletter. The newsletter is released bimonthly and COI welcomes partner input. There are more than 3,000 subscribers. This a great way to recognize the work of COI partners and allies.
- A section of the newsletter, called "Collaboration Corner," is devoted to collaboration opportunities, such as partnering on grant applications, volunteer opportunities, and other activities COI partners may be interested in supporting.

	<ul style="list-style-type: none"> <li>The next newsletter will be released mid-March. Partners are encouraged to forward upcoming content they would like in the newsletter to Lyndsey by the 15<sup>th</sup> of every month so it can be added to the next newsletter.</li> <li>The new COI website will be launched within the next few months. Similar to the current website, there will be a policy clearinghouse that is organized by domains and searchable by text to make it more convenient to view. The new website should be easier to navigate than the current one. <ul style="list-style-type: none"> <li>The workgroup shared their interest in including sample LCAP policy language in addition to the wellness policies that are already present on the website.</li> </ul> </li> </ul>	Submit ideas for the next COI e-newsletter to Lyndsey.
<b>Activity Break!</b>  Paige Metz	<ul style="list-style-type: none"> <li>Paige led a short physical activity break that reengaged the workgroup and reenergized the conversation.</li> </ul>	
<b>Planning Update</b>  Project Leads & Partners	<ul style="list-style-type: none"> <li>The workgroup revisited the work plan and Deirdre provided an overview of the objectives and activities, with additional details on the project to continue to support districts with implementation and assessment of wellness policies.</li> <li>Jake McGough, Program Director for the YMCA CRS, and Kristin Haukom, Safe Routes to School Specialist for Alta Planning, have agreed to be leads for two work group projects.</li> <li>Jake is leading the Healthy After-Schools project to increase after-school integration with wellness work. Jake has is leading a new YMCA initiative to improve the nutrition and physical activity environment in YMCA extended day programs</li> <li>Jake provided an overview of YMCA's extended day programming, and the YMCA's Healthy Eating Physical Activity (HEPA).</li> <li>For the work group's Healthy After-Schools project, Jake will initially focus on the programs most under direct YMCA control, the licensed programs serving children in grades TK-6.</li> <li>The goal is to provide technical assistance, training and resources in the areas of nutrition, physical activity and other aspects of a healthy after-school environment.</li> <li>Please refer to the Healthy After-Schools work plan at the bottom of these minutes for further details.</li> </ul> <p>NEXT MEETING: Kristin Haukom will provide an overview of the Safe Routes to School/Vision Zero project.</p>	

## Schools & After-School Domain Workgroup

### Work Plans 2018-2020

### Healthy After-Schools Project

**Objective 2:** Increase after-school integration with wellness work by partnering with at least one after-school program to integrate wellness standards into afterschool environments.

**Activity 2.1** Identify partner(s) (e.g. YMCA CRS) to integrate wellness policies and practices into their afterschool programs.

Action Steps	Who Will Do	Status
a. Identify an organization with a focus on improving the food and physical activity environment in its after-school programs.	Deirdre Kleske, Barbara Hughes	8/2017: Deirdre and Barbara met with Jake McGaugh, YMCA CRS, to assess interest in YMCA participating in project. Jake agreed to lead project with partner support.

**Activity 2.2** Develop strategy to support implementation of HEPA standards in programs.

Action Steps	Who Will Do	Status
a. Determine which YMCA programs to focus on first.	Jack McGaugh	Jake determined that initial focus should be on the licensed programs serving TK-6 graders (approximately 50) that are under direct YMCA management.

b. Contact site supervisors to introduce initiative and assess needs	Jake	Spring 2018
c. Recruit partners to provide other resources and technical assistance.	Jake, COI staff, work group partners	Ongoing

**Activity 2.3** Provide TA/education on healthy after-schools to domain partners and other stakeholders.

Action Steps	Who Will Do	Status
a. Provide background on project to Domain work group partners	Jake	2/20/18 Jake provided overview at work group meeting
b. Recruit partners to support project	Jake, COI staff, work group partners	8/17 Deirdre connected Jake to SDCOE RTAC and The Children's Initiative
c. Provide project updates to Domain work group partners.	Jake	
d. Present on healthy after-school model policy language and resources as part of the "What's in a Wellness Policy" series.	Jake, Deirdre	

**Activity 2.4** Provide resources and technical assistance to strengthen implementation of YMCA Healthy Eating, Physical Activity (HEPA) standards in YMCA after-school programs, and gather HEPA assessment data annually to measure changes.

Action Steps	Who Will Do	Status
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<p>a. Share resources and collect HEPA assessment data at Program Directors' meetings and by other means as opportunities arise.</p>	<p>Jake, work group partners</p>	<p>Jan/Feb 2018: Jake identified HEPA check-list and assessment tool</p> <p>Spring 2018: In process of visiting sites in all regions to gather information on program needs (such as a list of healthy snacks and family engagement strategies), and provide 5210 materials to as needed.</p>
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**Activity 2.5** Explore cost-effective strategies to increase the nutritional quality of food provided in after-school programs.

Action Steps	Who Will Do	Status
<p>a. Seek information on how after-school programs can partner with food service departments or be reimbursed for snacks and meals through Child and Adult-Care Food Program (CACFP)</p>	<p>Jake, work group partners</p>	<p>Jake connected to San Diego Hunger Coalition to determine options for various sites.</p>