

**San Diego County Childhood Obesity Initiative  
Early Childhood Workgroup  
June 26, 2018**

**Attendees:** Cecilia Morley, Dan Fesperman, Heather Ransons, Holly Arnold, Jamie Felice, Keturah Swenson, Kim McDougal, Lisa Bandong, Maura Molish, Maryann Salud, Maria Martinez, Nicole Trottier, Patty Kimbrell, Rynna Herwehe, Shana Wright

**Recorder:** Lyndsey Tapia

AGENDA ITEM	DISCUSSION	ACTION ITEMS
<b>1. Introductions</b>	<ul style="list-style-type: none"> <li>Kim opened the meetings and led introductions.</li> </ul>	
<b>2. Healthy Development Services</b>  Holly Arnold and Maria Martinez	<ul style="list-style-type: none"> <li>Maria provided an overview of the First 5 Family Health Centers of San Diego Healthy Development Services Network as well as the referral pathways of eligibility and completing the healthy referral form.</li> <li>There are six different regions that work together to provide healthy developmental services county wide.</li> <li>The Healthy Development Services Pyramid includes three levels of care coordinator support.</li> <li>Level 1: Initial screens, development and behavior assessments and treatment.</li> <li>Level 2: providing more 1 on 1 support where they work with the parent and individualized care. Parent coaching for identifying behaviors.</li> <li>Level 3: Developmental therapy and behavioral therapy.</li> <li>Those who are eligible for services are children 0-5 that are not yet in kindergarten. Any family with a concern about their child’s development or behavior, and children with mild to moderate developmental concerns who typically cannot access these services through health insurance or other sources (SDRC, School Districts, etc.)</li> <li>Folders containing copies of the referral form and flyers for the baby steps, developmental check-up were provided to the workgroup and discussed.</li> <li>There are three different ways that the Family Health Center receives their referrals. Community referrals, developmental screenings, and developmental assessments. All of which have their own duration of responce time and assessments.</li> <li>Anyone can refer a patient to the Family Health Center and individuals can also self-refer.</li> <li>The role of Care Coordination are to ensures families are linked to and accessing all HDS services, help eliminate barriers to service, help families navigate the HDS system and outside services, educates and empowers families to make decisions regarding their child’s development and behavior, and helps families to access additional funds to facilitate attendance to HDS services.</li> </ul>	
<b>3. Moving and Learning for Early Childhood- A Quick Glance!</b>  Patty Kimbrell	<ul style="list-style-type: none"> <li>Patty is a faculty staff at San Diego State University teaching liberal studies majors physical education. She is a master trainer for the “I Am Moving, I Am Learning” program. She is also a Physical Activity Consultant for the CA Department of Education as well as an Author, Speaker, and Training of her own company, Kimbrell, Inc.</li> <li>“I am moving, I am learning” started in 2004 and expanded in 2010. Started as a Childhood Obesity Prevention Initiative. Three goals of IMIL is to increase the quantity, improve the quality, and improve healthy food choices for children every day.</li> <li>Throughout the training participants are up and moving. There are four workshops focusing on Body language, Nutrition building blocks, Moving with the brain and mind, and MVPA-Every Day!</li> <li>There is a training coming up on August 8-10 in Kansas City. Registration is free for early care and education audiences. The deadline to apply online is July 13<sup>th</sup>.</li> </ul>	<p>Patty Kimbrell, M.Ed.            San Diego State University  <a href="mailto:PattyKimbrellMEd@gmail.com">PattyKimbrellMEd@gmail.com</a>  <a href="http://www.pkimbrell.com">www.pkimbrell.com</a></p> <p>Lyndsey add the Healthy and Active Preschoolers website to the COI website under resources tab.</p>

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	<ul style="list-style-type: none"> <li>• The training will provide a take away bag containing thumb drives, resources, scripts, and everything one would need to lead their own training.</li> <li>• CA Preschool Learning Foundations and Framework Volume 2 Physical Development Domain covers the skills and knowledge that children attain at around 36 months and 48 months in the domain areas of visual and performing arts, physical development, and health.</li> <li>• The CA PLF Physical Development contains three strands and subsequent sub strands.             <ul style="list-style-type: none"> <li>• <i>Fundamental Movement Skills</i>- Balance, Locomotor Skills, and Manipulative Skills.</li> <li>• <i>Perceptual-Motor Skills and Movement Concepts</i>- Body Awareness, Spatial Awareness, and Directional Awareness.</li> <li>• <i>Active Physical Play</i>- Active Participation, Cardiovascular Endurance; and Muscular Strength, Muscular Endurance and Flexibility.</li> </ul> </li> <li>• To view the CA Preschool Learning Foundations resources, visit: <a href="https://www.cde.ca.gov/sp/cd/re/psfoundations.asp">https://www.cde.ca.gov/sp/cd/re/psfoundations.asp</a></li> <li>• Shaping Healthy Impressions through Nutrition and Exercise (SHINE) training is where childcare providers are invited to learn and receive resources that they can utilize at their organizations. The training has a \$25 registration fee and involves three breakout sessions including gardening, nutrition, active bodies, and active minds. The next training is currently under planning and there are a very limited number of trainings per year. Once the dates for the training are finalized, they will be available on <a href="https://cpin.us/content/child-care-nga-forums">https://cpin.us/content/child-care-nga-forums</a></li> <li>• Healthy and Active Preschoolers which is a website containing free resources and where childcare providers can obtain professional growth certificates. <a href="http://www.Healthypreschoolers.com">www.Healthypreschoolers.com</a></li> <li>• One of the action items on the Early Childhood Domain Workplan involves developing a COI education portal for early childhood stakeholders. The Healthy and Active Preschoolers website is exactly what the workgroup has been thinking about for this workplan action item.</li> <li>• CA Department of Public Health toolkit contains activities that can be utilized by early care and educational group. It includes sample activities, importance of movement and Physical Activity in Early Childcare, skill cards and more.</li> </ul>	<p>If interested in the CA Department of Public Health toolkit, email Patty.</p>
<p><b>4. CACFP Conference</b>  Nina Ghatan</p>	<ul style="list-style-type: none"> <li>• Kristine Smith with NHA has connected with the COI about potentially working together on the upcoming CACFP Roundtable Conference in Anaheim on October 15-17. The COI and Kristine have set up a meeting to see if there were any opportunities to highlight COI partners.</li> <li>• COI is allowed to have a table in the vendor showcase. In the past, partners have created a poster for their session on the collaborative projects. They are also looking to have someone facilitate a workshop on nutrition education.</li> <li>• The workgroup brainstormed some ideas and the YMCA has already submitted two proposals with their Farm to Preschool CACFP project.</li> <li>• AKA Head Start Nutrition Family Wellbeing Project aims to reduce BMI across the agency. There has already been almost a 3% BMI drop in agency wide. The project incorporated 5210 messaging at every parent meeting and</li> </ul>	<p>Any additional ideas, please email to Lyndsey</p>

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	<p>provided a list of mandatory drinking beverages and breastfeeding. Currently they are waiting to see if the project can move forward with funding.</p>	
<p><b>5. Higher Education Survey</b></p> <p>Shana Wright Bruno and Nicole Trottier</p>	<ul style="list-style-type: none"> <li>• The survey has been broken down into three categories: Nutrition and Healthy Eating, Physical Activity, and Childhood Obesity.</li> <li>• The main goal of the survey is to understand what best practices are being taught throughout the program and see how our domain can help to enhance those practices.</li> <li>• The workgroup went over the revised survey and the following additions and modifications were brainstormed.</li> <li>• What are the physical activity guidelines and recommendations for 0-5</li> <li>• When talking about structured physical activity throughout the survey, it needs to be more specific as to what it means.</li> <li>• The survey is very broad and in some instances that is a good thing but other topics should be narrowed down and more specific in order to gather valid information.</li> <li>• Under one provide a box to list what each means to them when we talk about outdoor play space.</li> <li>• Family Styled Meals.</li> <li>• A recommendation from the workgroup is to look at the 5210 materials best practices and utilize it as a framework.</li> <li>• The next steps will be too checked in with Jenny at Palomar College about when a good time would be to disseminate the survey. She recommended in the Fall which will give the workgroup time to revise the survey and get it uploaded to Survey Monkey for review by the workgroup and Jenny before sending the official out.</li> <li>• Nicole will be making the revisions that were mentioned by the workgroup and will bring it to the next meeting.</li> </ul>	<p>If you have resources such as flyers, PDFs, links, Send to Nicole or Shana.</p>
<p><b>6. Small Group Discussion on Success Stories</b></p> <p>Nina Ghatan</p>	<ul style="list-style-type: none"> <li>• COI Media Domain is looking to highlight and brainstorm success stories to showcase in the COI newsletter and social media pages. The criteria for the success stories are very loose and can be based on big or smaller projects.</li> <li>• The workgroup brainstormed some potential projects to highlight can came up with the following preliminary list:             <ul style="list-style-type: none"> <li>• The Cuyamaca 5 and Fit program which started through COI and is still in existing.</li> <li>• YMCA Coronado has implemented carrots into their snack program and modified family style food and teaching the kids to clean the table afterwards. The kids have been responding well and the program is making positive changes and growth.</li> <li>• The COI partnership with the San Diego County Fair.</li> <li>• The Good Neighbor Gardens and potentially creating a video spotlight highlight for social media.</li> <li>• There will be more ideas to be brainstormed at the next meeting.</li> </ul> </li> </ul>	
<p><b>7. Partner Announcements</b></p>	<ul style="list-style-type: none"> <li>• Summer Meal Programs are open to youth 18 and under with no paperwork required. Participants can text “Lunch” or “Comida” to find a location nearest them for free meals all summer long. This program is not just available to San Diego County but all across California.</li> <li>• Hospital Infantil De Las Californias is currently working on installing a (619) phone number so that families in San Diego can call and immediately be connect with the hospital.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Download electronic versions of the Free Summer Meals flyers in both English and Spanish.</a></li> </ul>

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| <ul style="list-style-type: none"><li>• Nina will no longer be working with CHIP as she has accepted a new position for the United Way. Her last day will be on July 6. She will be working with the Every Student, Every Day program focusing on decreasing student absenteeism. Her replacement has been identified and will be announced soon before the start date on August 1.</li><li>• Cal State San Marcos has MPH students that are interested in internships. If any of the workgroup partners are in need of some intern assistance, contact Lisa.</li><li>• This year is the third round of funding available for through the COI Mini-Grant program. The first year there were seven applications received, the second year there were 30, and this year there were 15 applications. This year there were four individual schools who applied along with some other great applicants. The Community Domain will meet soon to score the projects appropriately and a determination will be made after the July Leadership Council meeting.</li></ul> |  |
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**Next Meeting: July 24, 2018  
Location: 2-1-1 Connection Center**