



Early Ages Healthy Stages Coalition March Meeting Minutes

Date: March 9, 2018

Time: 8:00 am- 11:00 am

Location: Children’s Museum of Cleveland

I. Welcome and EAHS Updates	
Discussion Points	<ul style="list-style-type: none"> • Nemours funding to support Ohio Healthy programs training, technical assistance and evaluation with Family Child Care providers is underway! CCBH will be training 30 new FCCH providers and supporting the renewal process for our current FCCH OHP sites. Theresa will be doing training and technical assistance through the end of May. <ul style="list-style-type: none"> ○ There is a renewal incentive package! • Nestle has provided \$25,000 to EAHS to support our Strategic Plan. Garden grants were released at the meeting. Electronic copies go out on Monday. The scholarships will fund 9, \$2,000 grants! Applications are due to Alison Patrick on March 29th. • Our March social marketing campaign is almost ready and will go out via email next week. The March focus is on collaborating with our friends at March Into Kindergarten and promoting National Nutrition Month. • CCBH graduate interns Amber Jones and Priya Nalluri will be presenting Capstone projects with EAHS at Case Western Reserve on the morning of April 19th. All are welcome and there is a free lunch! • We have submitted a letter of interest for another grant called Project Hope. The funds are for community-based, childhood obesity prevention efforts and require that those applying have a community-drive strategic plan. We couldn’t pass this one up! We hope that this funding will allow us to create a community co-chair position for coalition leadership and help us fully fund at least one of our Strategic Planning objectives.
Conclusion/ Actions	<ul style="list-style-type: none"> • If you are or know a home provider interested in becoming an Ohio Healthy Program, contact Theresa Henderson at thenderson@ccbh.net. • The April campaign will be all about gardening! If you have any gardening events, resources, or ideas, please send them to Camille at cverbofsky@ccbh.net. If you would like to be involved with creating the campaign, let us know too! We welcome any extra support!

5550 Venture Drive; Parma, OH 44130
Phone: (216) 201-2001 Fax: (216) 676-1325
ccearlyages@gmail.com

	<ul style="list-style-type: none"> • We will keep everyone posted on the outcome of our letter of interest to Project Hope!
--	--

II. Safe Sleep Presentation- Lorrie Considine, CCBH	
Discussion Points	<ul style="list-style-type: none"> • Lorrie is an expert in safe sleep at CCBH who also works with the medical examiner on the Child Fatality Review. Lorrie presented local data related to safe sleep and ways that the community can share information to prevent sleep-related deaths. • Sleep related death is the leading cause of death for babies from one month to one year. In Cuyahoga County, African American babies are twice as likely to die in their sleep. Lorrie and her team are working to reduce the social and environmental causes of this health disparity. • SIDS cases are becoming increasingly rare, as any death where the child is not found alone, on their back, in a bear naked crib is often ruled as suffocation. This helps medical examiners and public health professionals recognize possible points to prevent future deaths. • Most sleep-related deaths occur during the first 6 months of life. Risk factors for babies include: prematurity, low birth weight, and brain malformations. Maternal risk factors include: limited prenatal care, short time between pregnancies, drugs, alcohol and smoking. Overall, babies that are exposed to tobacco are less likely to be aroused easily during sleep. Home risk factors include exposure to smoke in the home, sleeping on the stomach, overheating, and unsafe sleep environments (pillows, blankets, co-sleeping, stuffed animals, bumpers). • Couches and chairs are the most dangerous sleep spaces, as they are soft. Parents should never sleep on the same bed as an infant, instead, keep a safe bassinet, crib or pack and play separate but in the same room. • Popular child sitting devices like car seats and bouncy seats and not safe for children under four months to sleep in. Their heads are heavy and their airway can become blocked. This has been the cause of death for 6 children in the last 8 years. If you have an infant in a car seat on long drives, make sure that the seat is set at least at a 45 degree angle. Try and have an adult passenger in the backseat to check on the infant as well. • The BEST and safest way for an infant sleep is alone, on the back, in a bare naked crib.
Conclusion/ Actions	<ul style="list-style-type: none"> • University Hospitals Injury Prevention team provides free car seats to families that qualify based on income. • Daddy Boot Camp is available to help fathers learn how to contribute to keeping children safe and healthy. • CCBH offers free pack and play to new parents or caregivers that qualify based on income. Call Erin Dodds at 216-201-2001. • If you are looking for any handouts or information on safe sleep to distribute to families, contact Camille at 216-201-2001 x1514

I. Tufts University Research Project Presentation: Catalyzing Early Childhood Health Leadership Engagement in Cleveland- Julia Appel	
Discussion Points	<ul style="list-style-type: none"> • Julia Appell, MS, program manager at Tufts University updated the group on the evaluation project that began on March 1st. • Next week Alison Patrick and Jodi Mitchell will travel to Boston to learn more about how to facilitate group modeling. • The group modeling process that EAHS will go through follows the processes used by Shape Up Under 5, an early childhood coalition in Somerville Massachusetts whose mission is to improve wellbeing of children from 0-5 years old. • Our hopes are that in the next year, the EAHS Learning Collaborative will work with Tufts to create local evidence for how information and resources are shared in our coalition and then disseminated out to children and families. • This national collaborative will allows us to learn from leaders in the field, understand where our coalition is strong and where are areas for improvement, and help us focus our efforts on the priorities from the Strategic Plan that are most needed. • We received some great questions from the group about ways that coalition members can make this effort more practical and useful for the children and families that we serve. <ul style="list-style-type: none"> ○ EAHS leadership will make practicality a priority as we are moving forward. ○ We suggested that outcomes from this project include a family engagement take away, just like we do when coming up with actions for our Strategic Plan. ○ This process will also help us learn about what resources are available and how we can make sure that families have access to them.
Conclusion/Actions	<ul style="list-style-type: none"> • For questions related to our Group Modelling work with Tufts, please contact Alison Patrick at apatrick@ccbh.net

II. EAHS Work groups	
Discussion Points	<ul style="list-style-type: none"> • We spent the last half hour working in our small groups based on EAHS Priorities: Healthy Foods, Healthy Activity, Social Emotional Health, Health Care Access • In January, we decided that family engagement would no longer be a separate group, since it is so important that it is include in everything that we do. Moving forward, we will be sure that all of the activities from the work groups include family engagement. • In July when we look at our outcomes thus far, we will check all of the family engagement objectives to make sure that we are staying on track. • At our last group session, each of the groups chose action steps so that we can achieve the objectives. For our March meeting, each group chose one or two things that they could do between now and our next meeting to keep the objectives moving forward/
Next Steps	<ul style="list-style-type: none"> • We will work in our groups again during the April meeting and report out to the larger

	<p>group for feedback on our progress.</p> <ul style="list-style-type: none"> • Please try to attend the April meeting where we will make decisions about National Screen Free Week and action steps for our other objectives!
--	---

I. Next Meeting	
------------------------	--

Discussion Points	<p>Please save the date for the next meeting of the EAHS Coalition:</p> <p style="text-align: center;">April 13, 2018 9:30-12:00 pm Parma Branch of the Cuyahoga County Library 6996 Powers Boulevard, Parma 44129</p> <p>We are actively putting together the social media materials for April around Gardening. If you have any gardening events, resources, or ideas, please send them our way!</p> <ul style="list-style-type: none"> • Future Monthly Social Marketing Themes: <ul style="list-style-type: none"> ○ April: Gardening: Every kid Healthy Week (#aprilshowers, #howdoesyourgardengrow) ○ May: National Screen Free Week, Reduce Screen Time all Month long! ○ June: Water First for Thirst, water activities, Safety month ○ July: Summer fun- summer meals, Farmer’s Markets, healthy summer foods, hour of play ○ August: Health care, vaccinations, Breastfeeding month ○ September: National Obesity Prevention month- healthy back to school- get vaccinations, brown bag lunches, easy weeknight meals ○ October: National Farm to School Month, healthy harvest ○ November: Thank you ECE providers, gratitude, Universal Children’s Day ○ December: Healthy Celebration, embracing diversity, the gift of giving ○ January: Social emotional health: Be an upstander, managing stress, resiliency, post-partum depression, trauma informed, attachment, diversity and inclusion (MLK Day), how healthy activity improves SE health, outdoor play to reduce stress
--------------------------	---

Minutes Prepared by: Camille Verbofsky