



April Coalition Meeting

Tri-C Main Campus

Friday, April 12, 2019

9:30am-11:30am

Welcome and Introductions



Early Childhood Wellness Matters

Cuyahoga County recognizes healthy habits need to start early.

Children's early learning environments give them the opportunity to develop healthy habits right from the start



In 2012,
38,000
children ages 0-5
spent time in
early learning
environments in
Cuyahoga County.



On average, young children spend
32 hours
a week
in an early
learning
environment.



Five year olds
who have a healthy
weight are
4 times
less likely
to become obese teens
than five year olds
who are overweight.



Children who
are healthy are
more likely to be
ready for
school and
**ready to
learn!**



Our mission:

To work *together* to create healthy environments for young children in Cuyahoga County.

Our vision:

Cuyahoga County is a community that provides all children ages 0-8 with the opportunity to establish healthy lifestyles in the environments where they live, learn, sleep, and play.



EARLY AGES HEALTHY STAGES



CUYAHOGA
COUNTY
EARLY
CHILDHOOD
WELLNESS
PLAN



www.earlyageshealthystages.org

EAHS Strategic Plan
can be found at:

www.earlyageshealthystages.org

OUR PRIORITIES

At Early Ages Healthy Stages, we recognize that it is our job to help build healthy early childhood environments for all children, regardless of how they look or where they live.

In Cuyahoga County, we believe that early childhood environments are healthy if...

Together, we will work to shape these priorities to ensure that all young children in Cuyahoga County are given every opportunity to reach their fullest, healthiest potential.



Healthy foods are available.

Young children need access to healthy food in order to make healthy food choices.



There are opportunities for active play.

Active play helps children grow healthy muscles, bones, and brains.



Health care is accessible.

Access to an affordable, medical home helps children stay healthy and meet milestones.



Social emotional needs are met.

Young children thrive in classrooms and communities where they feel safe, connected, and supported.



Families are engaged.

Parents and other family members are a child's first teacher and best role model.

Recap of March's Meeting

- Solidified EAHS meeting structure
 - Order of meeting
 - Meeting schedule
- Solidified EAHS working group structure
 - Co-facilitators
 - Action Oriented Agenda
- Revised strategic plan action steps
- Instituted survey process

Things That Went Well in March

- The working groups are starting to have direction
- The working group discussion was rich
- Folks became aware of new resources as a result of the meeting

Things You Ask that We Improve Upon

- New attendees need to know what EAHS is about – create a few intro slides to ensure everyone is on the same page
- Need meeting spaces with better parking
- Have enough copies for everyone
- List the partners and email addresses on the EAHS website

What You Told Us in March

- You had a high level of understanding of the work of EAHS after the meeting
- The information presented at the meeting was very useful
- You had a lot of enthusiasm for carrying out the action steps
- Everyone made at least 1 new connection

Goal: Integrate OHP into Step to Quality

- Long term goal
- Intended to continue facilitating connections between health and high quality early education
- Will require many actions steps over the course of the next few years
- Everyone will play a role in making this goal a reality

Immediate Action Steps

- Scan existing ECE efforts
- Evaluate the impact of OHP on policies and practices.
- **Advocate and communicate about the value of OHP**
- Create accountability in OHP between designations

Ohio Healthy Programs

What's new in Cuyahoga County?

Theresa Henderson, MPH, CHES, RDH
Cuyahoga County Board of Health



- What Ohio Healthy Programs is....

- An obesity prevention program
- Geared toward promoting a healthy overall lifestyle from birth throughout life
- A program to help prepare children for Kindergarten

- What Ohio Healthy Programs is **NOT**...

- A weight loss program
- A foods program

Some of the facts...

- **In Ohio...**
 - 36% of Head Start Children were overweight or obese in 2014
 - Young people, age 2 – 18 spend an average of 4 hours per day or 28 hours per week watching screens
 - Obesity is associated with diabetes, tooth decay, heart disease, bone and joint pain, asthma and sleep apnea to name a few
- *We may be seeing the first generation that will have a shorter life expectancy than their parents due to increased rates of obesity, unhealthy eating habits, and physical inactivity.*
 - Richard Carmona
- Former Surgeon General USA

What is OHP all about??

- **Physical Activity**

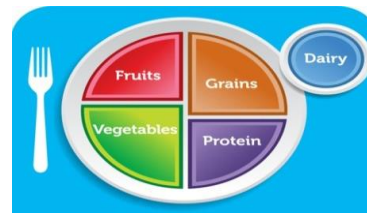
- 60 Minutes Per Day Structured
- 60 Minutes Per Day Un-Struct.
- 30 Minutes Per Day Structured for Toddlers
- Reducing Screen Time
- Safe Sleep

- **Healthy Eating**

- A different whole fruit and non-fried vegetable each day
- No sugar sweetened beverages
- A whole grain each day
- Fried Foods no more than 1 X Week
- 100% Juice only 1 time per day
- Cereals 6g. Or less sugar (WIC)
- No highly processed meats

- **Healthy Social Emotional Growth**

- Process Praise
- Aces
- Gardening
- **Family Engagement**
- Healthy Celebrations and Events
- Getting families on board at home



Ohio Healthy Programs is Based on 13 Key Messages

- **An hour A Day For Play**
- **Reduce Screen Time**
- **Make Each Plate A Healthy Plate**
- **Take Time For Meals**
- **Make Snacks Count**
- **Build Children Up With Words**
- **Promote Breastfeeding**
- **Cold Weather Fun**
- **Good Rest Is Best**
- **Make Breakfast Count**
- **Growing Great Tasters**
- **Healthy Celebrations**
- **Water First For Thirst**

How to become an Ohio Healthy Program

Complete the required trainings

Submit a 1 week menu showing adherence to the 8 menu requirement

Submit a new healthy policy

Explain how programs are engaging families

Programs renew each year

- **Cuyahoga County Board of Health is here to help!**
- Provide no cost training to staff
- Provide unlimited on site TA
- Offer assistance with menus, policies and more
- Provide incentive packages worth at least \$500 and at least \$250 on renewal
- Follow up throughout the year by newsletter and notification of events
- Opportunity to apply for mini grants

According to our providers, OHP has been used to gain SUTQ stars by:

Meeting Training Hour Requirements

As a Community Partner

Family Engagement




Use of OHP related materials in curriculum



HW




What do you know about OHP?

Review Game

	1. What type of milk is recommended for children between the ages of 1 and 2?	2. What is the recommended screen time limit for children ages 2 and older while in child care?
	1%	30 minutes per week
	2%	2.5 hours per week
	Whole milk	5 hours per week

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Review Game

3. Which is an example of process praise?		4. In the division of responsibility, children are responsible for...
	Your dress looks so pretty today.	When and where
	I noticed how you helped your friend.	What and when
	Good job!	Whether and how much

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Review Game

5. How much sugar per dry ounce is permitted in cereals for OHP?

6. Which is NOT an example of a fried or pre-fried food?



10g or less

Soft tortilla



6g or less

French toast sticks






0g

Tortilla chips




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Review Game

	7. How much structured physical activity should a preschooler get each day?	8. How can a program best support a mom in breastfeeding?
	20 minutes	Provide a private bathroom
	60 minutes	Provide a space in the classroom with children nearby
	120 minutes	Provide a private, quiet space to pump




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Review Game

	9. When is it recommended to start solid foods?	10. Which is an example of structured physical activity?
	4 months	A game of Simon Says
	6 months	Playing on the swings
	When developmentally appropriate	Exploring the housekeeping area




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Review Game

	11. Which type of meat can be served if following OHP menu requirements?	12. What beverage is most strongly linked to increased rates of obesity?
	Pepperoni	100% juice
	Bologna	Soft drinks
	Sliced deli turkey	1% milk




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Review Game

	13. When buying canned fruit, which is the best option?	14. How much of a child's daily awake time is spent in early care and education programs?
	Canned in heavy syrup	80%
	Canned in water	50%
	Canned in added sugar	100%




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Review Game

	15. Which does NOT count as a vegetable for OHP certification?	16. Which of the following is a good tip for introducing a new vegetable to children?
	Canned peas	Offer it only once
	Fresh broccoli	Give each child double the normal portion size
	Veggie straws	Know the growing season

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Review Game

	17. Which of the following is NOT a whole grain?	18. What are the steps to earning OHP certification?
	Wheat bread	Training, menu, and policy
	Brown rice	Training, menu, family engagement, and policy
	Oatmeal	Training and menu

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How has OHP helped...

- **In 2018.....**
- 6858 Children Reached
- 436 New Healthy Policies Adopted
- 4723 Families Reached
- 112 Programs Designated
- \$45,750 in Incentives Distributed
- 96 Agencies and 276 Individuals Trained
- 63.8% Increase in Whole Grains
- 100% Decrease in Sugary Cereals and Highly Processed Meats

What's Next?

- In Cuyahoga County
 - Continue to add new programs - the demand is high
 - A Celebration Event for all OHP's and Families coming soon!
 - Mid year follow ups to offer support
- In Ohio
 - More programs to be designated and all counties in Ohio to be reached
 - Possible future link to OHP and SUTQ

What can you do? What

- **Tell everyone you know about OHP**
- **Become active in state and local coalitions and committees that promote health and wellness for children**
- **Contact your local and state officials and law makers to make OHP a priority**

Questions???



screen-
free
week



April 29 - May 5, 2019

www.screenfree.org

Working Group: Healthy Eating				
<p>Snapshot of Previous Discussions</p>	<p>Community Food Security:</p> <ul style="list-style-type: none"> • Create google platform on EAHS website to show food access points in relation to ECE providers. • Deconstruct community food guide and turn into factheets. • Hold healthy food forum for ECE 	<p>Farm to ECE:</p> <ul style="list-style-type: none"> • Need to find out Food Our Future details from Alison. • Alison to connect with Joe Food Trust, understand potential, technical assistance, opportunities. • Create toolkit about how to utilize CACFP and guide on how to procure local foods. • Conduct needs assessment of kitchen facilities. • Create farm to ECE field trip guide. 	<p>Basic Questions:</p> <ul style="list-style-type: none"> • Objective complete. Will search for additional funding, opportunities to support. • Consider toolkit for ways to use CACFP for guidance. 	<p>Miscellaneous:</p> <ul style="list-style-type: none"> •

Working Group Agenda

Topic(s)	Who is Involved	Actions/Decisions
<ul style="list-style-type: none"> • Ways working group can connect to OHP 		
<ul style="list-style-type: none"> • Working group resources from Noodle Soup 		
<ul style="list-style-type: none"> • 		

Opportunities to Connect with OHP	Decisions
<ul style="list-style-type: none"> • Communication – what OHP is and how to connect to it 	<ul style="list-style-type: none"> •
<ul style="list-style-type: none"> • Communication – OHP messages 	<ul style="list-style-type: none"> •
<ul style="list-style-type: none"> • Assistance with provider recruitment 	<ul style="list-style-type: none"> •
<ul style="list-style-type: none"> • Assistance with OHP event 	<ul style="list-style-type: none"> •
<ul style="list-style-type: none"> • Other ideas 	<ul style="list-style-type: none"> •

Working Group Outcomes(s)	Agency/Agencies Who Achieved
<ul style="list-style-type: none"> • 	
<ul style="list-style-type: none"> • 	
<ul style="list-style-type: none"> • 	
<ul style="list-style-type: none"> • 	

3 Things the Coalition Needs to Know
1.
2.
3.

Today's Task

- In our working groups:
 - Finalize co-facilitator(s) if group has not already done so
 - Decide about ways the working group can support OHP
 - Select resources that support the working group from the Noodle Soup catalog
 - Generate your own agenda items based on your objectives and action steps

Today's Task

- Questions to answer during report out:
 - What are your initial thoughts about the way your working group connects to OHP?
 - Did you select any educational materials from the Noodle Soup catalog?
 - What do we need to know about the action and progress of your working group?

Upcoming Events

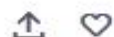


APR
25

EAHS Communications and Advocacy Training

by Early Ages Healthy Stages coalition

Free



[Register](#)

Description

Join Early Ages Healthy Stages Coalition members at a Communications and Advocacy Training Workshop on April 25 from 2:00-4:00 PM. The workshop will help build your understanding and skills to advance policies that impact early childhood health and wellness and its intersection with quality early childhood education. Topics covered at the training will include advocacy versus lobbying, tips for engaging with policymakers, effective storytelling and making your voice heard.

We are pleased to have Lynanne Gutierrez, Policy Director and Legal Counsel at Groundwork, provide early childhood equity and advocacy training to help mobilize local early childhood stakeholders around shared state policy priorities to advance investments in early childhood education and health. It will include a statewide overview of disaggregated data in addition to practical advocacy training to help prepare coalition members for the May 8 Early Childhood State Advocacy Day in Columbus.

We look forward to forming an EAHS team to attend the May 8 advocacy day and will share the registration information as soon as it is released as it is expected to reach capacity.

Date And Time

Thu, April 25, 2019
2:00 PM – 4:00 PM EDT
[Add to Calendar](#)

Location

Garfield Heights Branch of Cuyahoga
County Public Library
5409 Turney Road
Cleveland, OH 44125
[View Map](#)



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ADVOCACY DAY

May 8, 2019

Save the Date!

On May 8, 2019 early childhood stakeholders from across the state of Ohio will come together in Columbus to bring awareness to the importance of investments in early childhood education and communicate this important information to our legislators. We need your help to make sure the importance of early education issues ring loud and clear!

Check back soon for more details and to register for the event.

[Engage Your Legislator >](#)

[Our Budget Advocacy >](#)



2019 Meeting Information

- **May-Urban Squash Cleveland**

May 10, 2019 9:30-11:30

4701 Lorain Ave, Cleveland, OH 44102

- **June 14th and July 12th – TBD**
- **August 9th – Menorah Park**

EAHS Social Media Platforms

Twitter & Instagram: @EAHSCuyahoga

Facebook: @EAHSCuyahoga

Website: www.earlyageshealthystages.com

