



December Coalition Meeting

Cuyahoga County Board of Health

Friday, December 13, 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.

Social emotional needs are met.

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



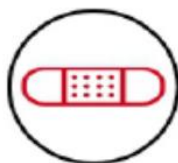
There are opportunities for active play.

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



Families are engaged.

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



Health care is accessible.

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



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EAHS Updates

- Garden grants have been awarded
- Congratulations to:
 - East End Neighborhood House
 - Family Life Childcare Center – Lakewood
 - Hanna Perkins
 - Hope Williams
 - Price's Loving Arms

Recap of November's Meeting

- Cleveland Central Promise Neighborhood (CCPN) started in 2010 with the goal of ensuring that children and their families are resilient, thriving, and receive a quality education.
- The number of quality childcare programs in the CCPN has steadily risen, with 9 highly rated centers, the majority of whom are also designated as Ohio Healthy Programs.
- CCPN also provides other supportive services for young children and families, including memberships to the Children's Museum, Read and Ride, SPARK home visiting, and the Imagination Library. CCPN also supports the K-12 system through scholarship support, trauma-informed care training, and high school transition.

2019

Ohio Healthy Programs 2019 Successes

- **118 Programs through Cuyahoga County Board of Health**
- **9 of these are new!**



Who Did We Reach?

- **Infants – 389**
- **Toddlers – 908**
- **Preschool – 3737**
- **School-age – 1003**

- **Families – 4921**

How Did We Do It?

- **555 TA Contacts by Phone, Email**
- **174 TA Contact Visits on Site**
- **20 Face to Face Trainings**
 - **122 Teachers**
 - **50 Menu Planners**
 - **18 Administrators**



What did it Create?

- **436 New Healthy Policies**
 - **Physical Activity 58**
 - **Nutrition 298**
 - **General Health 80**

- **New policies this year included:**
 - **Toothbrushing** - **No smoking** - **Lead Safe Environment**

Family Engagement

- **Newsletters 944**
- **Bulletin Boards 1775 (with multiple updates)**
- **Events and Meetings 562**
- **Take Home Materials 1340**



Incentives Awarded

- **\$4,500 New Programs**
- **\$27,250 Renewal Programs**

- **Total Awarded \$31,750 !!!**



Some Other Highlights

- **Radio 1 Event at the Cleveland Zoo**
- **Public Square Family Event**
- **Celebration Event at the Cleveland Zoo**
- **Many other supporting events by EAHS!**



2019 Garden Grants

- **Bedford Child Care**
- **Cassandra Thompson (Sandy's Munchkins)**
- **Cleveland Child Care**
- **Horizon Brooklyn Child Care**
- **Fundamentals Child Care**
- **Education with Imagination**
- **Louis Stokes Head Start**
- **Constance Johnson (Small Wonders)**
- **George Forbes Head Start**

Health Champions

- **Five Grants Were Awarded**



Health Champions

- Cassandra Thompson
 - A street fair featuring Healthy Eating and Physical Activity
 - Activities included, making salad and fruit cups
 - Fun physical activities
 - Resources and literature for community
 - Support from the Cleveland Cavaliers!!

Health Champions

- Education With Imagination
 - Community Information Night
 - Resources in the Community were shared including:
 - WIC
 - Cleveland Food Bank
 - Colonial Life Insurance
 - Multiple Managed Health Care Plans
 - Food – Games – Prizes !

HealthChampions

- Kiddie City
 - Physical Activity Fair
 - Community Yoga and Pilates Sessions
 - Dance Demonstrations and class with Tom Evert of DancEvert
 - Self-Defense with Filipino Marital Arts
 - Irish Dance with Leneghan Academy
 - Body Rocks Dance Studio
 - Black Dragon Kenpo
 - Incentives, and Health related books given

Health Champions

- Music Settlement – Ohio City

- Mission for Nutrition

- Food Education and Resources from:
- Care-A-Van; Perfectly Imperfect Produce; Chef Kellee; Coit Rd. Farmers Market;
- Physical Activity support from: Pediatric Wellness Center; Metro Hospital; The Movement Factory; Yoga instruction
- Participants were given a “key” to follow a color coded path to discover health!

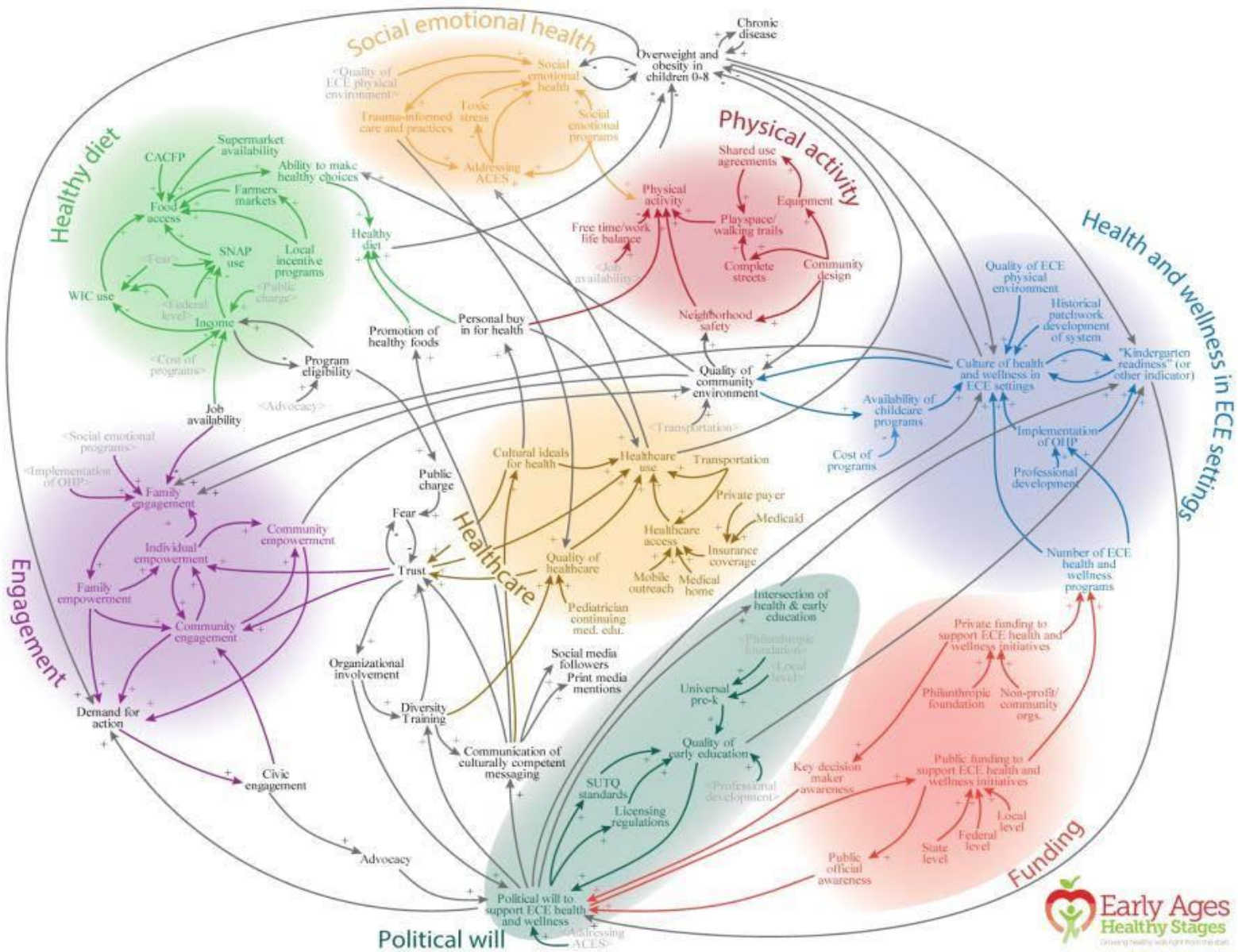
Health Champions

- Cleveland Child Care
 - Community Resource Fair
 - Focus on Healthy Eating; Cooking and Budgeting for Meals
 - Workshops were provided in these various areas for community education
 - Hot and Ready Meals to go were discussed
 - Incentives and Raffles for Gift Cards, Turkeys, Etc.!

Looking forward to 2020!

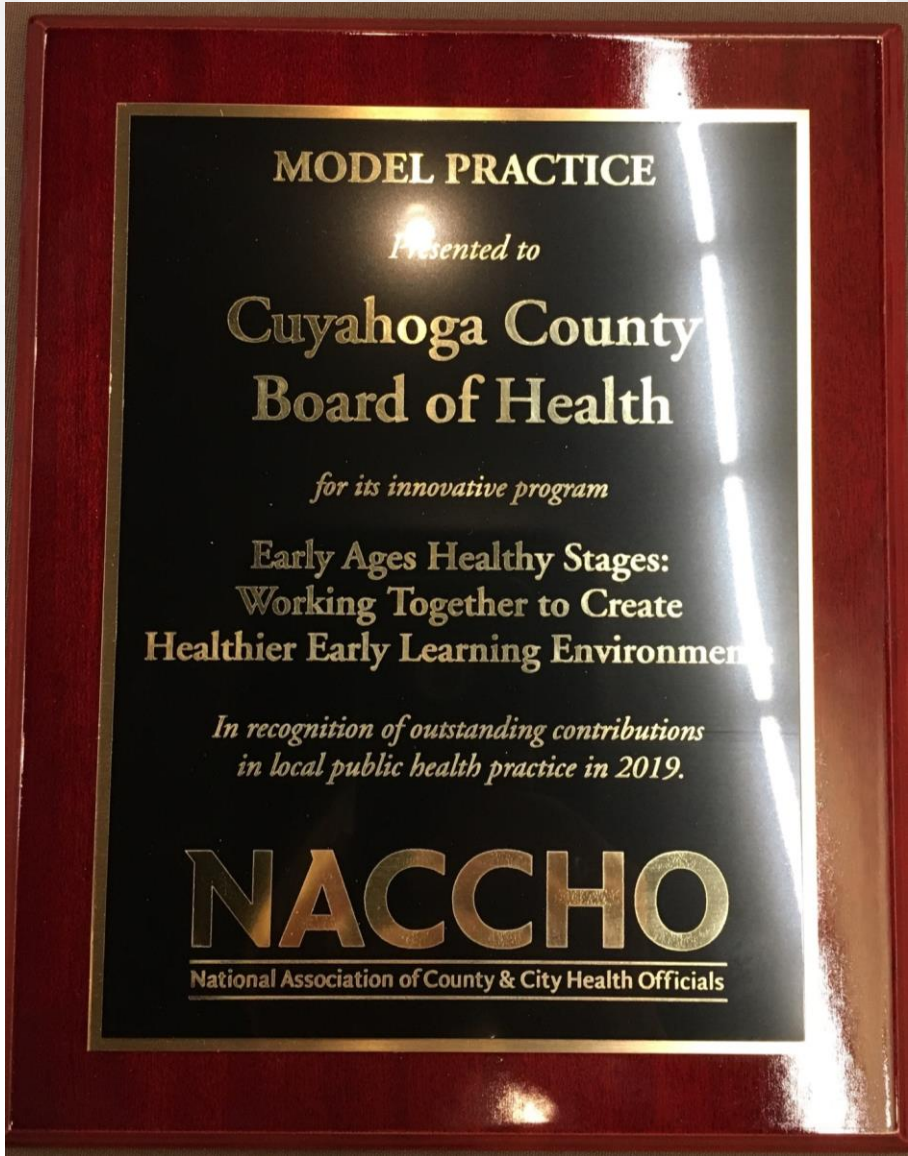


EAHS 2019









Working Group Accomplishments

- Be My Neighbor Event
- Nutrition Resource Market and Garden Grants
- Physical Activity Kits in Libraries
- Trauma Resources
- Lead screening at CEOGC and Community Health Worker Partnership

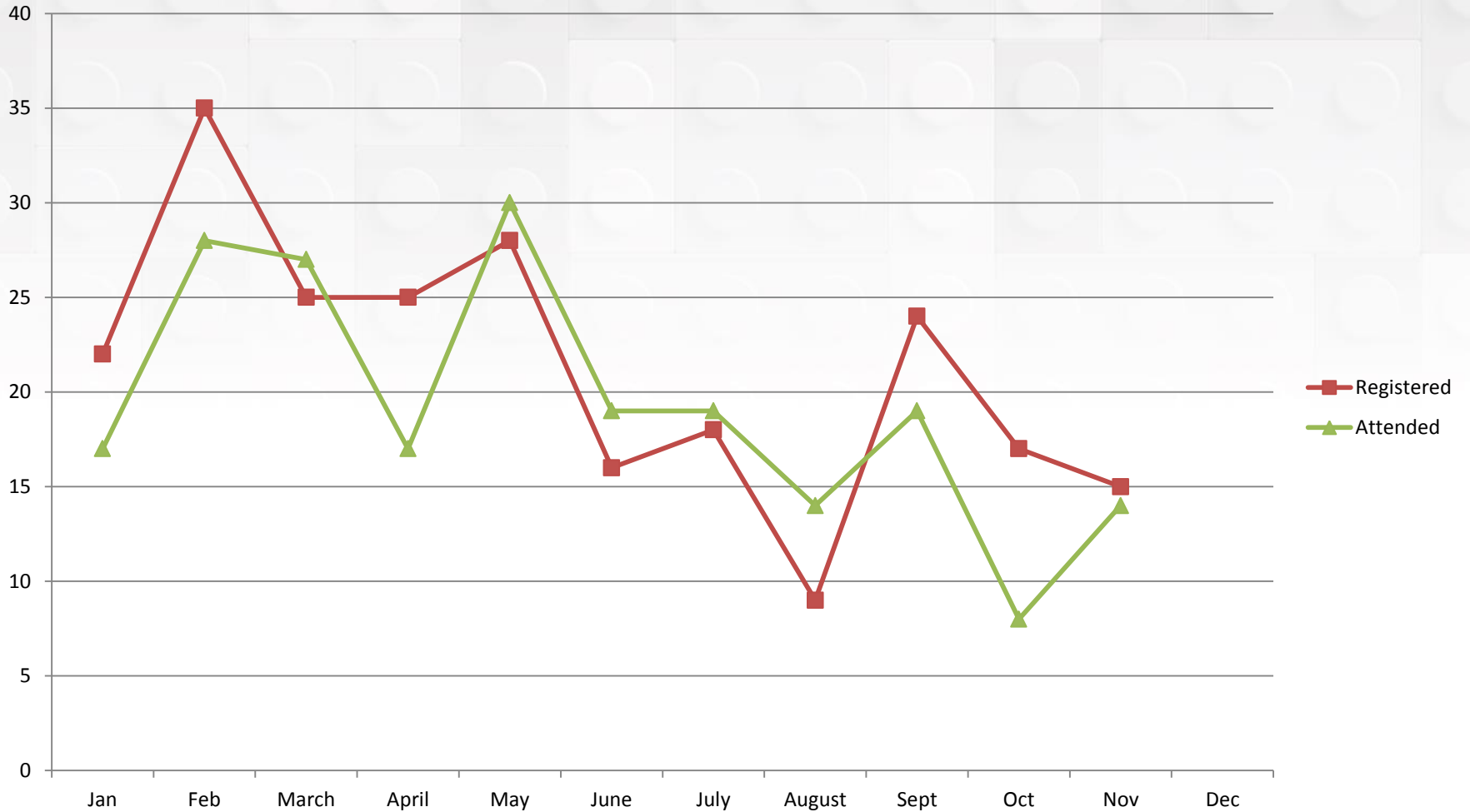
Improved Communications and Transparency

- EAHS website is the one stop shop for all things EAHS
 - Event Calendar
 - Rosters and minutes
 - Working groups notes
- Sent over 21,000 emails!
 - Monthly resources and opportunities
 - Meeting reminders and sign ups
 - Meeting recaps
 - Strategic opportunities
- Over 41,000 impressions via social media platforms!

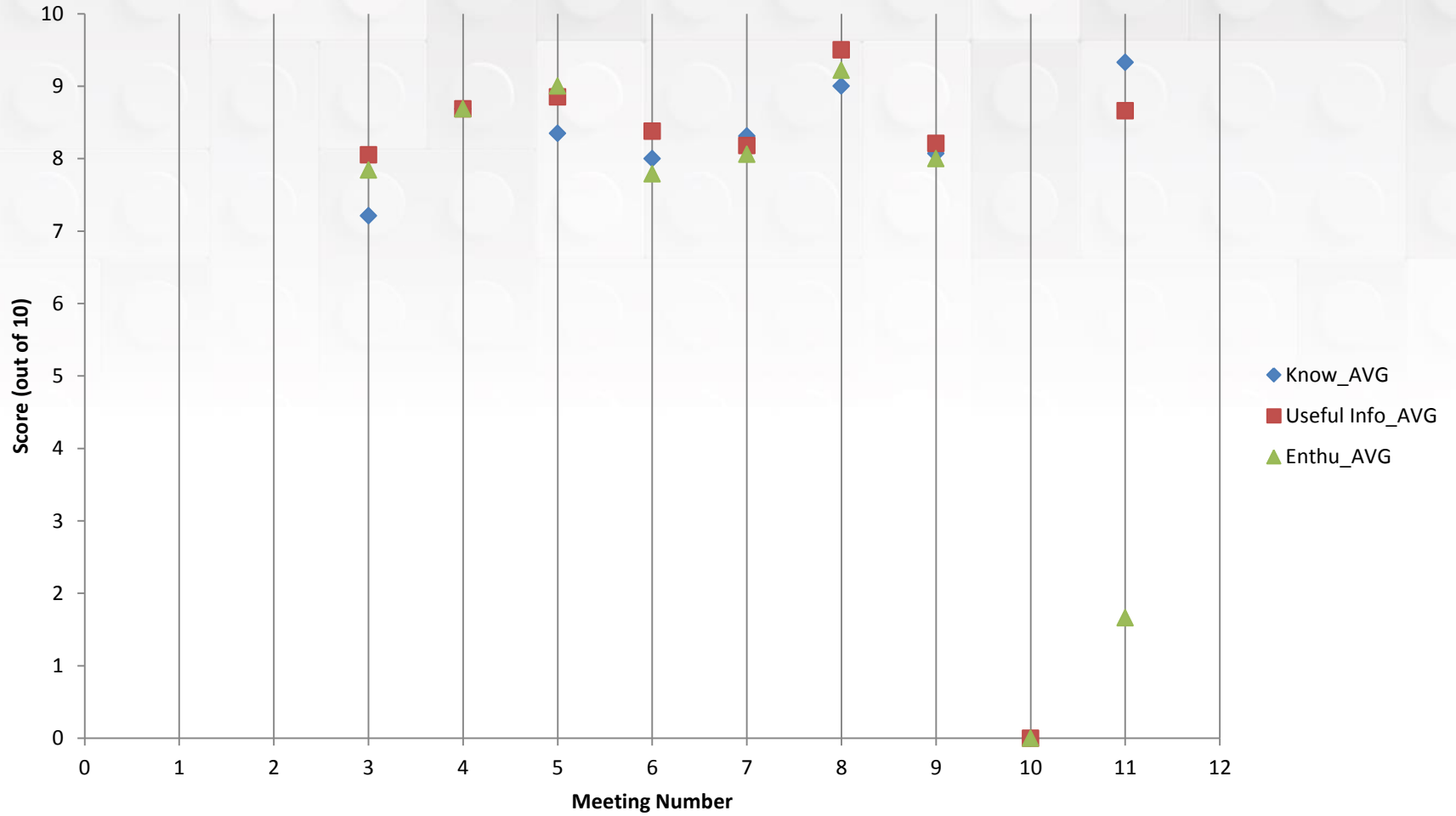
EAHS Infrastructure

- Monthly surveys
- Working Group Structure
- Action Oriented Agenda

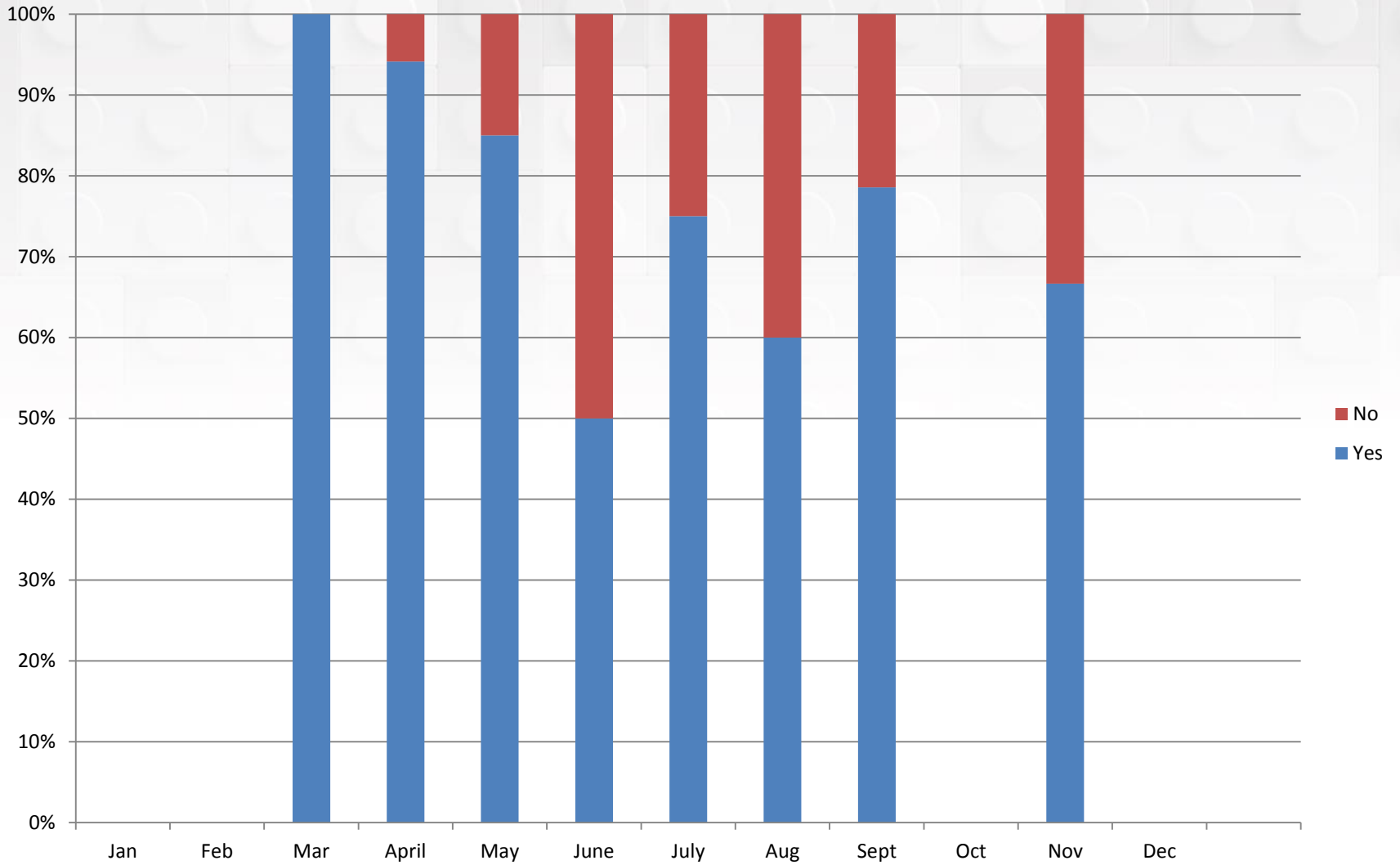
2019 EAHS Meeting Attendance



EAHS Meeting Feedback



Made A New Connection



Things We Have Done Well in 2019

- Working group structure and direction
- Dynamic speakers
- Increased transparency – all information being posted to website very helpful
- Responsiveness to feedback
- Connections to people and resources

Things We Can Improve Upon

- Review mission and goals at the beginning of each meeting for new attendees
- More consistent meeting attendance
- Increase the # of meeting attendees
- More time for working groups
- Objectives no longer seem actionable
- Some working groups seem siloed

EAHS 2020

EAHS Meetings

- Switch to quarterly coalition meetings
 - Meeting dates for 2020 (tentatively):
 - January 10th
 - April 10th (may switch due to Easter holiday)
 - July 10th
 - October 9th
- Goal is to increase attendance and maximize time and resources



2019 EAHS Annual Survey

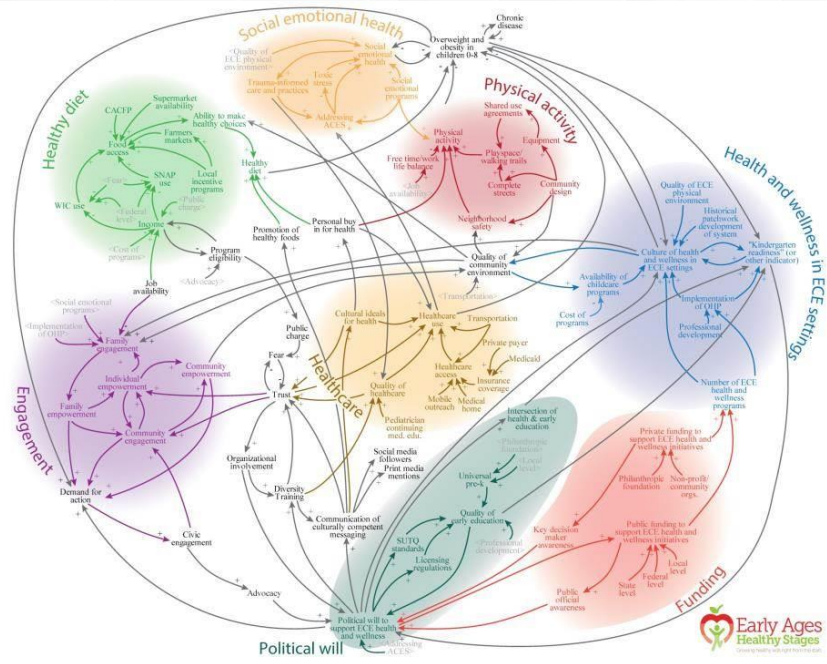
As 2019 begins to come to a close, it is a time for us to pause and hear from you. Your thoughts and opinions about the work of Early Ages Healthy Stages over the last year will be important for us to understand as we move into 2020. Whether you attended every coalition meeting, joined us when you were able, or kept up to date on us from afar, we appreciate your involvement in and support of the work as we continue to address early childhood health issues in Cuyahoga County.

We request 5 minutes of your time and let us know how we did, what we can do better, and help us plan for 2020 and beyond.

We look forward to working with you in 2020. We wish you a wonderful holiday season!

[Take Survey Here](#)

Ground the work in our “system”

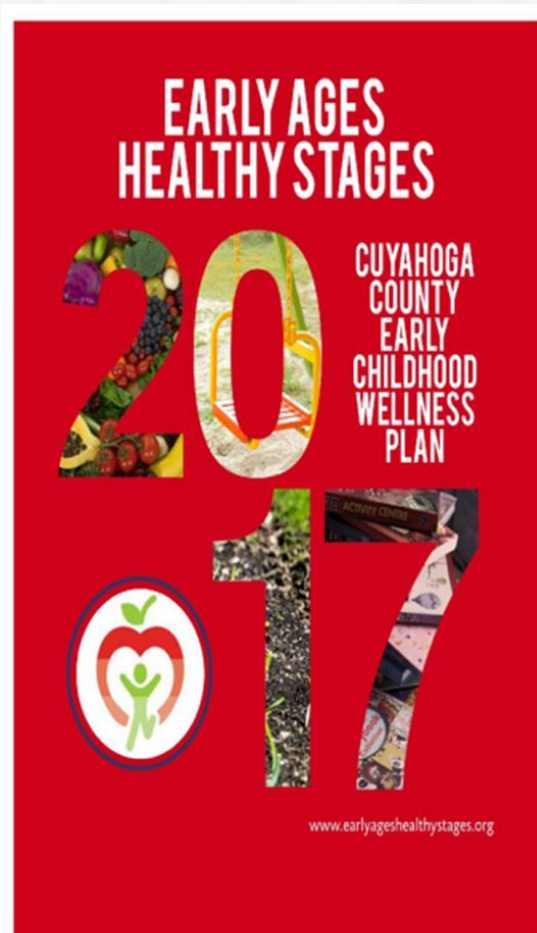


2020 Survey – where is working happening with EAHS members

EAHS Working Groups - Draft

- Prioritize one objective for 2020 and generate at least one outcome
- Meet in between quarterly coalition meetings
 - Time, place, and meeting frequency to be determined by the working group
- Goal: Provide more time for working groups.
- Goal: Increase progress on strategic plan.

On the Horizon



- New strategic plan slated for 2021
- Considerations for EAHS infrastructure
- Advocacy efforts

2020 Meeting Information

Friday, January 10, 2020

Cleveland Clinic

Langston Hughes Community Health and Education Center

2390 E 79th St, Cleveland, OH 44104

Agenda:

- Speaker: American Heart Association: Cleveland Healthy Kids Meal Campaign
- Speaker: Dolly Parton Imagination Library
- EAHS: Visioning 2020

