



Early Ages
Healthy Stages™

Growing healthy kids right from the start.



Coalition Meeting

May 21, 2020

9:00 am – 10:30 am

Welcome



Today's Agenda

- Review of January 2020 Meeting
- Review of Strategic Planning Activities to Date
- Overview of Results Based Accountability Framework
- Part 2 – Mission, Vision, Values exercise
- Strategic Planning Next Steps

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.



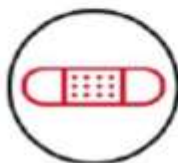
Healthy foods are available.

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.

EAHS Updates

Recap of January's Meeting

- Presentations from the Cleveland Healthy Kids Meal Campaign, Dolly Parton Imagination Library, and the Cleveland Clinic
- Reviewed annual survey – biggest challenges moving forward include meeting attendance and group engagement
- Overview of new strategic planning process provided
- EAHS Visioning exercise

Things We Did Well

- Exploring the future of EAHS
- New ideas and dialogue around partnership
- The sharing of speakers, events, and meetings regarding ECE via email.
- Sharing of EAHS data and how feedback is being incorporated into future planning
- New faces

Things We Can Improve Upon

- More people sharing thoughts about visioning
- More practical steps for us to take moving forward
- More specific working group goals and structure

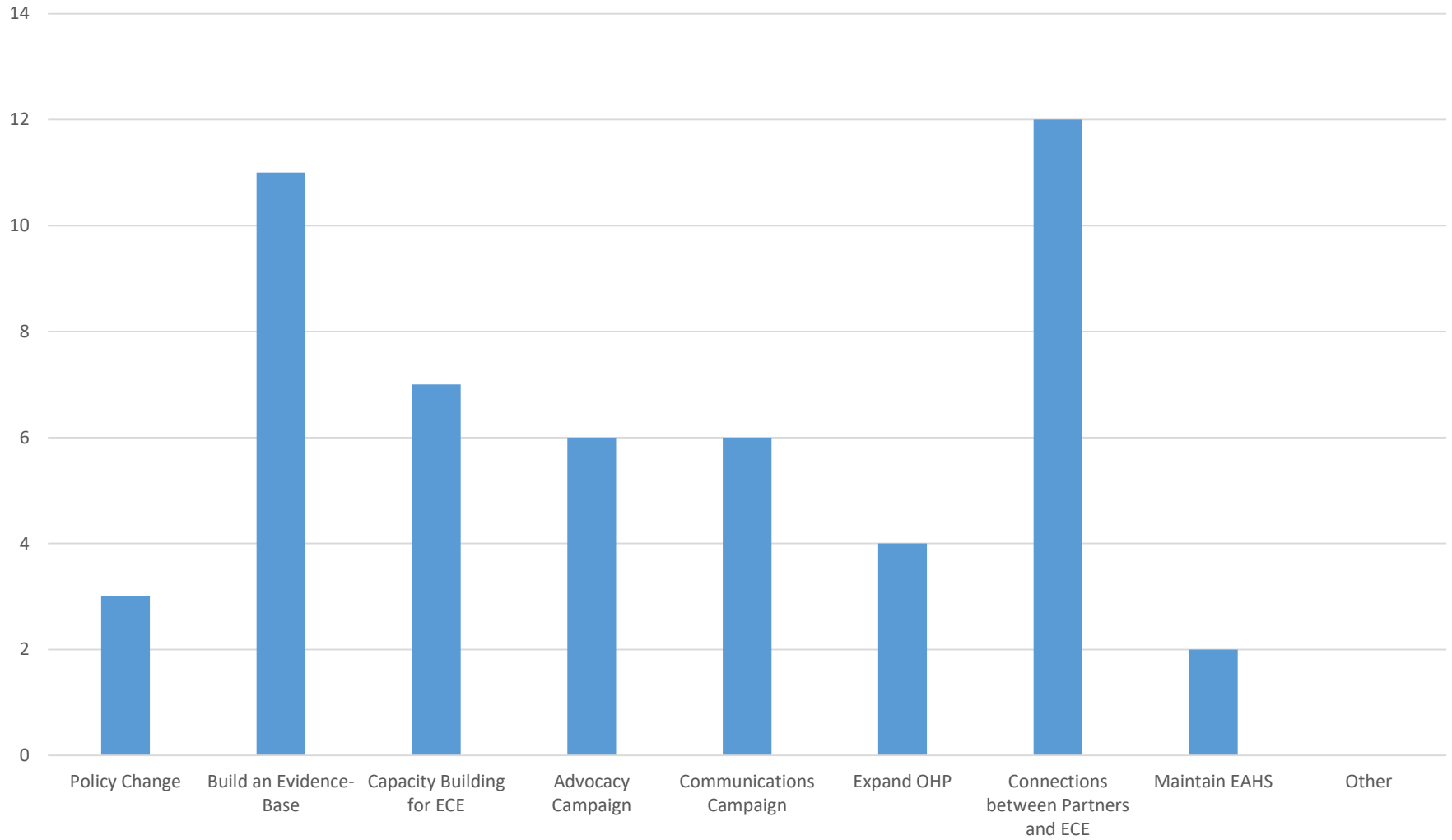
Vision 2020 Exercise

What We Learned





2020 Coalition Goals

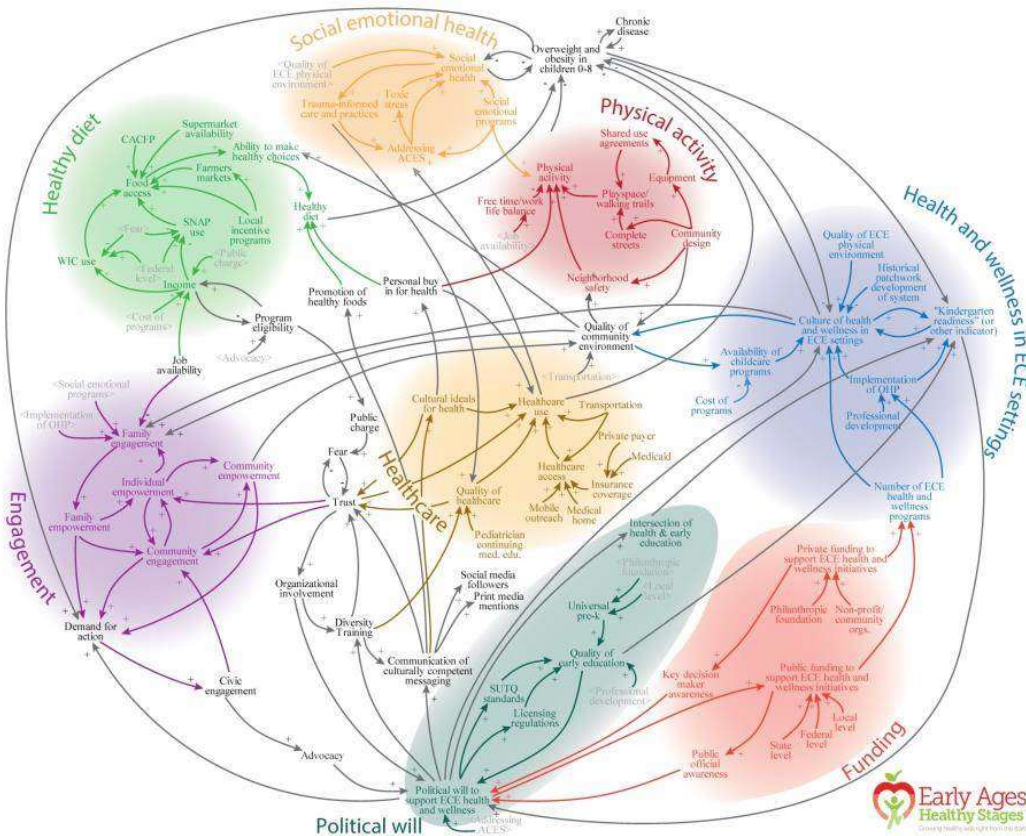


2020 Coalition Goals

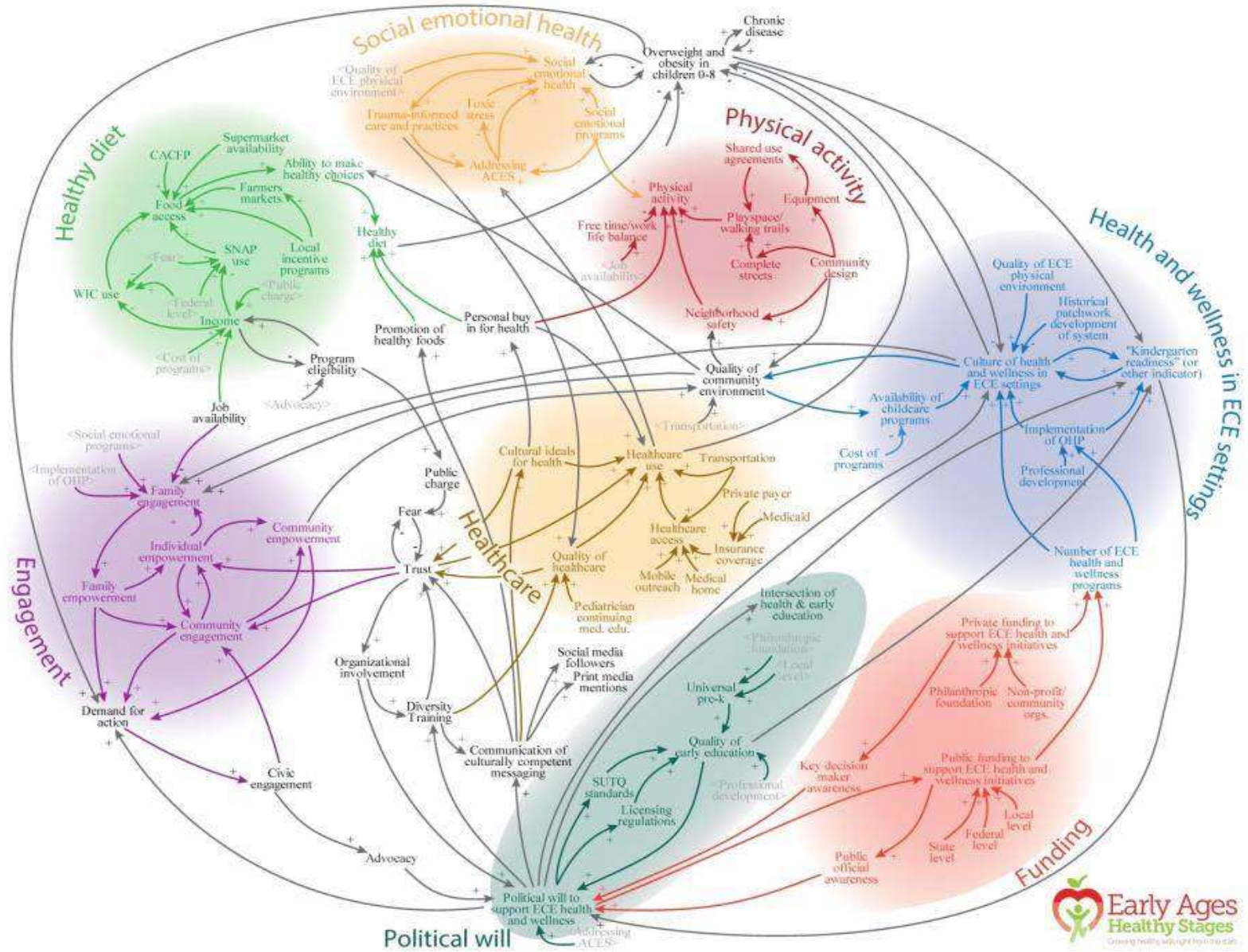
- Build the evidence-base:
 - 5 year OHP program analysis completed
 - Paper being submitted to the Journal of Childhood Obesity
 - 2 data briefs/infographics under development
- Connections between EAHS partners and ECE
 - Mailchimp campaigns
 - EAHS website
 - OHP online trainings
 - Open to other ideas
- Communications campaign
 - Early childhood health social media campaign coming in Fall

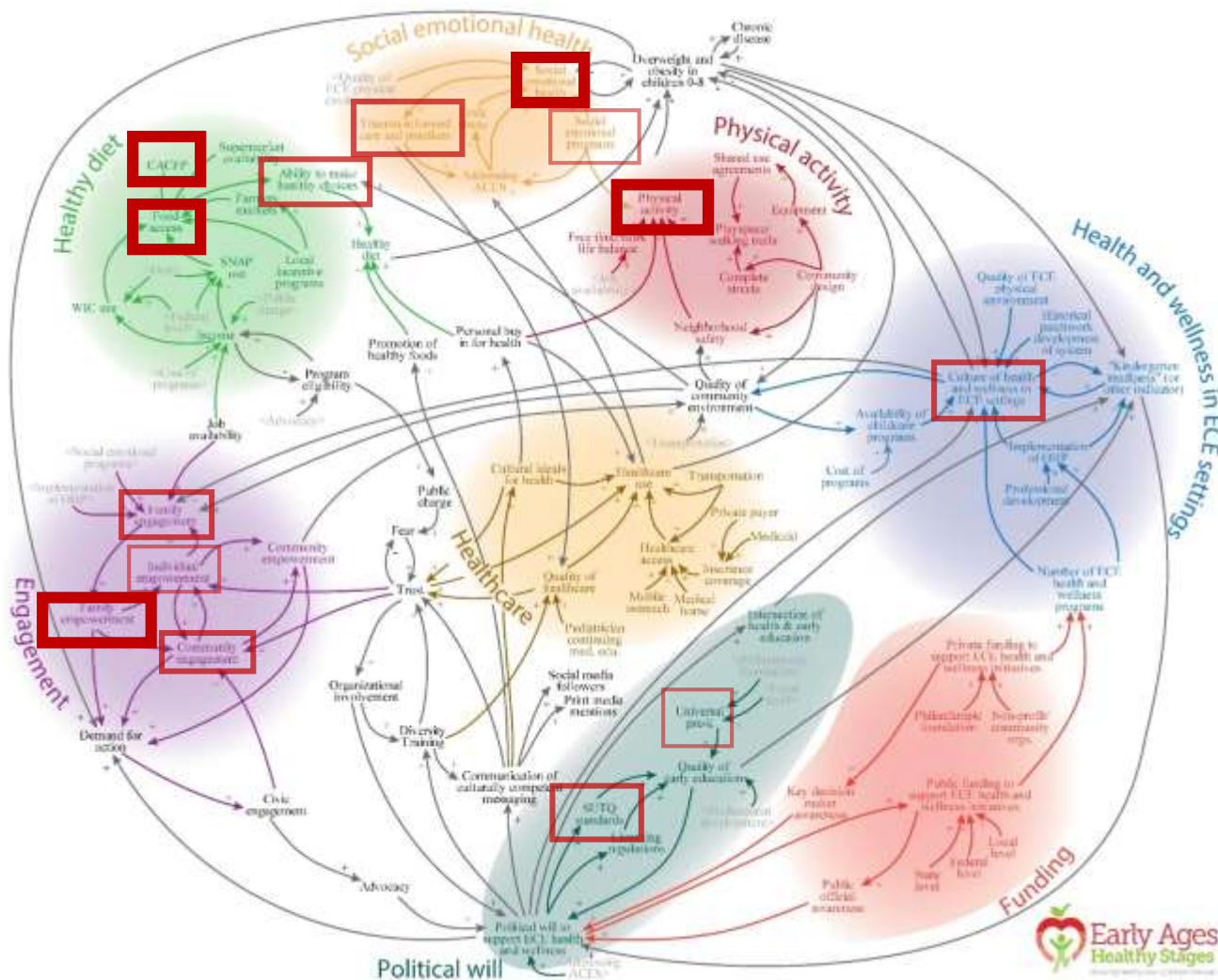
EAHS 2020

Ground the work in our “system”



2020 Survey – where is working happening with EAHS members?

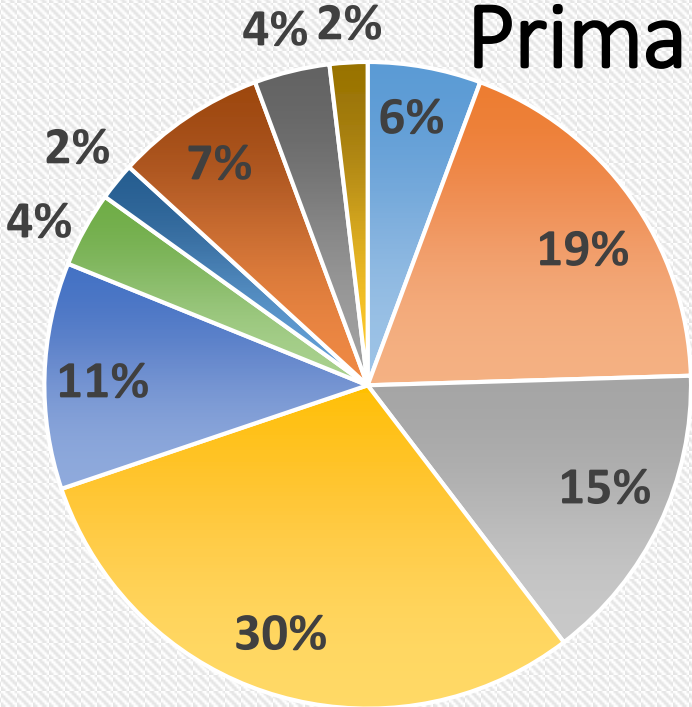




Top Selected Variables	
Variable	# of Selections
Physical Activity	19
Family Engagement	18
Food Access	15
Social Emotional Health	15
CACFP	12
Community Engagement	8
SUTQ Standards	8
Trauma-informed Care	8
Ability to Make Healthy Choices	7
Family Empowerment	7
Culture of Health and Wellness in ECE Settings	7
Social-emotional Programs	6
Universal Pre-K	6
Individual Empowerment	6

n=250 selections made

Primary Sector Representation



- Healthcare
- Early Education
- Community-based organization
- Center-based child care
- Home-based child care
- Parent
- University

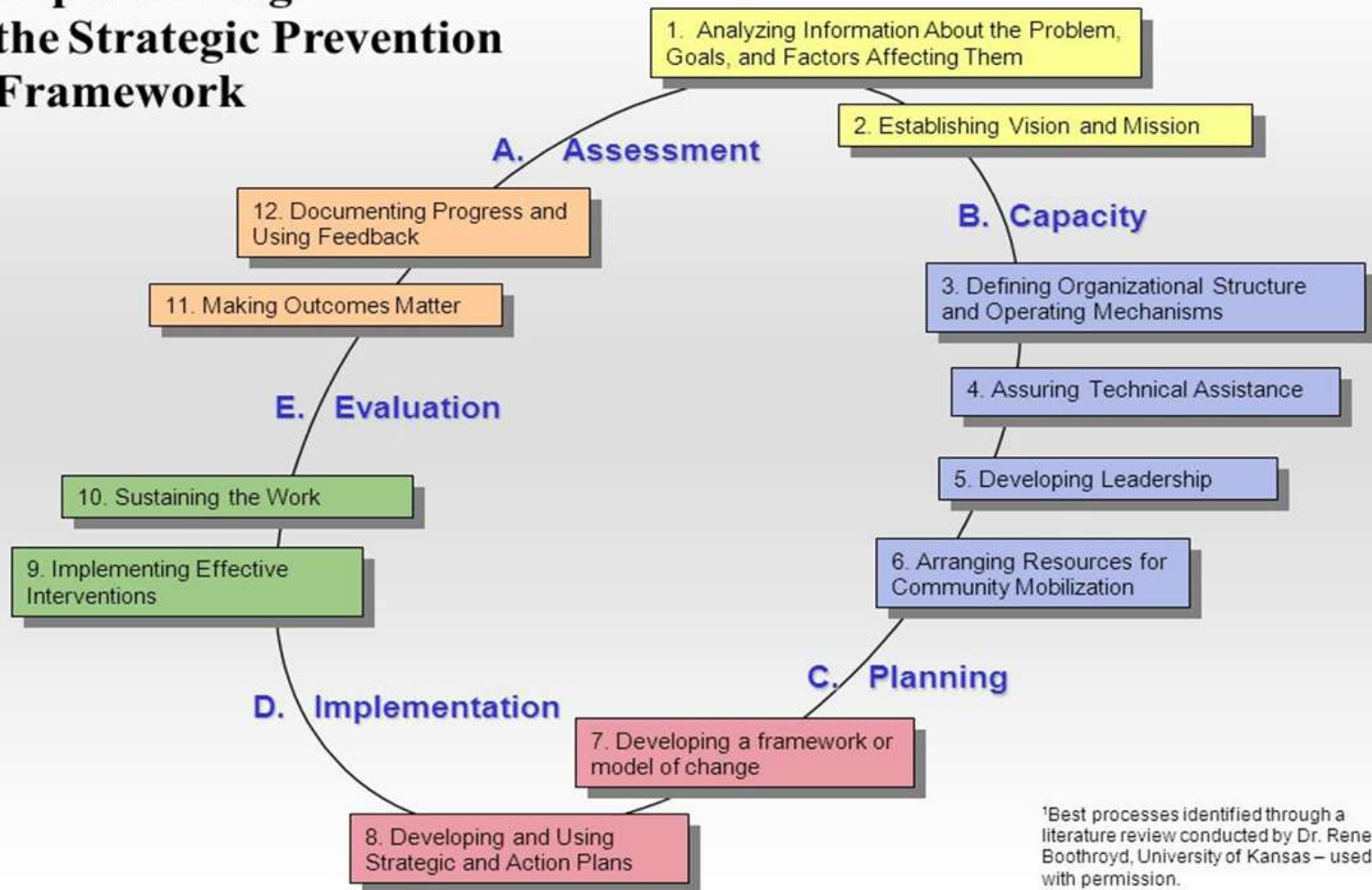
High Level Takeaways

- **Strong ongoing work:** A lot of ongoing work is happening in the *engagement, healthy diet, social emotional health, and physical activity* sub-systems.
- **Potential for action:** There is still a lot of potential to increase the efforts in the *political will, funding, and health and wellness* sub-systems, which may in turn enhance capacity for work everywhere else in the map.
- **Strength of Ohio Healthy Program (OHP):** OHP is integrated into many of the selected variables and actions described.

EAHS 2020 Strategic Plan

Reframing the Framework

Best Processes for Implementing the Strategic Prevention Framework



*Best processes identified through a literature review conducted by Dr. Renee Boothroyd, University of Kansas – used with permission.

Results Based Accountability (RBA)

- Getting to the “is anyone better off” statement
 - Ultimately, what are we trying to achieve?
 - Starts with the ends and works backward to the means
- Designed to use plain language
 - Simple enough for the community to understand

Population Accountability

EAHS *contributes* to moving these markers

Performance Accountability

EAHS is *responsible* for moving these markers

What results want to receive?

How do we measure our results?

Where are we now?

What will we do to help turn the curve?

How will we measure what we do?

RESULTS

HEADLINE INDICATORS

SECONDARY INDICATORS

BASELINE DATA

STRATEGIES


PROGRAMS

PERFORMANCE MEASURES

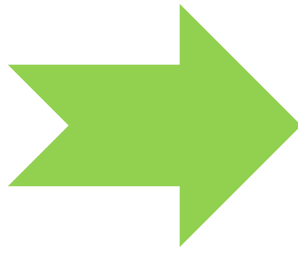
EARLY AGES HEALTHY STAGES

2017

CUYAHOGA COUNTY EARLY CHILDHOOD WELLNESS PLAN



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5 BREASTFEEDING | THE GOAL

By 2025, increase to at least 50% the rate of exclusive breastfeeding in the first six months

WHY IT MATTERS

BENEFITS OF BREASTFEEDING

- 1 2 3 4 5 6 Babies who are fed **nothing but breastmilk** from birth through their first 6 months of life get the **best start**
- Exclusive breastfeeding provides babies:
 - the **perfect nutrition** & everything they need for healthy growth and brain development
 - Protection** from respiratory infections, diarrhoeal disease, and other **life-threatening ailments**
 - Protection against **obesity & non-communicable diseases** such as asthma and diabetes

RECOMMENDED ACTIONS

LIMIT FORMULA MARKETING

- WHAT?** Significantly limit the marketing of breastmilk substitutes
- HOW?** Strengthen the monitoring, enforcement and legislation related to the International Code of Marketing of Breastmilk Substitutes

SUPPORT PAID LEAVE

- WHAT?** Empower women to exclusively breastfeed
- HOW?** Enact six months mandatory paid maternity leave and policies that encourage women to breastfeed in the workplace and in public

STRENGTHEN HEALTH SYSTEMS

- WHAT?** Provide hospital and health facilities-based capacity to support exclusive breastfeeding
- HOW?** Expand and institutionalize the baby-friendly hospital initiative in health systems

SUPPORT MOTHERS

- WHAT?** Provide community-based strategies to support exclusive breastfeeding counseling for pregnant and lactating women
- HOW?** Peer-to-peer and group counseling to improve exclusive breastfeeding rates, including the implementation of communication campaigns tailored to the local context

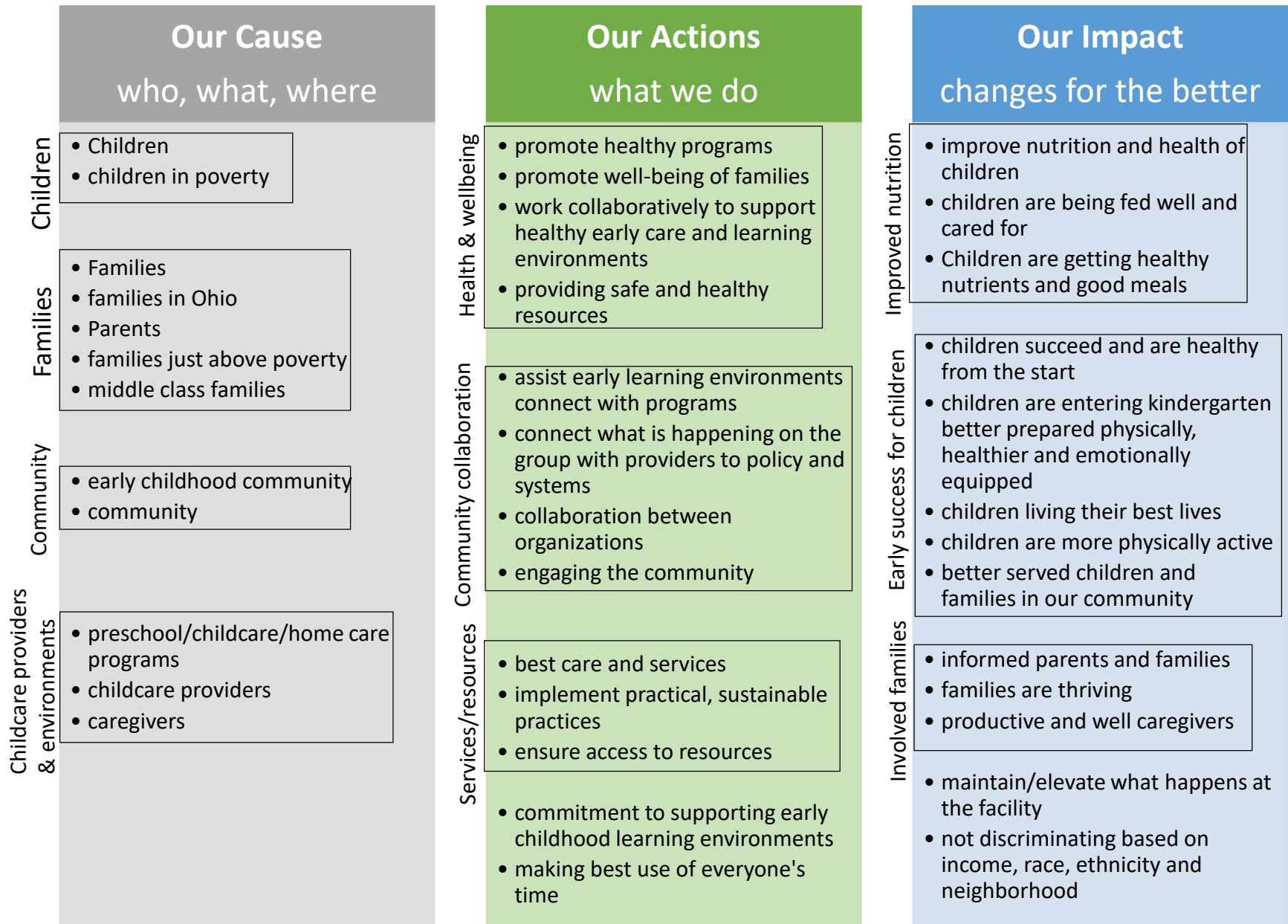
SCOPE OF THE PROBLEM

Globally, only **38%** of infants are exclusively breastfed

Suboptimal breastfeeding contributes to **800,000** infant deaths

Step 1: Mission, Vision, Values

What Do We Look Like When We Do Our Best Work?



Our Cause who, what, where	Our Actions what we do	Our Impact changes for the better
<ul style="list-style-type: none"> • Children • Families • Community • Childcare providers & environments 	<ul style="list-style-type: none"> • Health & wellbeing • Community collaboration • Provide services & resources 	<ul style="list-style-type: none"> • Improved nutrition • Early childhood success • Involved families

Next: create high level statements describing the work of EAHS using the above

Example

We help children and families **achieve early childhood success** by addressing **health and wellbeing** through childcare environment

Next Steps

- Survey – week of May 26th
 - Goal: Consensus on Mission, Vision, Value revisions
- June – September: Convene group to complete RBA for coalition foundation
- August/September: Virtual coalition meeting

Next Steps

- October – December/January: Convene working groups to complete RBA process
- January – March: Finalize strategic plan
- Monthly email communications on progress



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