

Activate Omaha Kids
Nutrition Plank Meeting
February 10, 2009
1:30 – 3:00
Extension Office
Minutes

Members Present: Beth Bruck-Upton, Caryn Kusleika, Tim Bivens, Jennifer Meyer, Carrie Miller, Cynthia Tiedeman, Audra Losey, Sarah Schram and Mary Balluff
Staff Present: Diane Roberts

1. Mary Balluff welcomed the group. Introductions were made.
2. Review of agenda.
3. Updates
 - a. Goal 1 – By 2011, increase by 10% the number of children and families who know and understand the principles of healthy eating.
 - i. Inventory – A grad student will be working with the inventory to provide a descriptive analysis of the information by May. There are concerns making the inventory available on the website as a searchable tool. The maintenance and updating of information would be a large task. As new organizations or programs become available, we will try to keep the inventory updated electronically.
 - ii. Club Possible – This program is moving forward at 8 OPS sites next year, growing to 12 the following year.
 - b. By 2011, increase by 5% the number of environmental and community supports for healthy eating.
 - i. NEMS (Nutrition Environment Measures Survey) project – The project is moving forward. On Thursday, February 12, Mary will meet with the Grocers Association to discuss the project, providing information about what will be measured and how this information will be valuable when the new WIC food packages will begin in October.
 - ii. Community Gardens – This group will be meeting again on Monday, February 23rd at the Extension Office. There are four distinct groups: Farmer’s Markets, Food Bank and co-ops, Neighborhood community gardens and the micro-business groups get seed programs going, who all are collaborating to increase access to healthy foods.
 - c. Goal 3 – By 2011, 10% of all Omaha metro schools and childcare centers will have wellness policies and programs that support healthy eating.
 - i. School Wellness Policies – The sharing session took place on Friday, January 30. Fourteen schools were represented. The success stories and other information about future meetings, resources, etc. will be compiled and sent to the attendees as well as the school wellness contacts who were unable to attend. Those in attendance enjoyed the networking. Some of the suggestions from

the group for support included: ways to gain administrative support, finding champions/advocates to extend the efforts to the parents and finding some training opportunities.

- ii. Childcare curriculum – The group discussed how to find the best curriculum to present to childcare providers. Beth Upton will be presenting to a meeting of childcare providers on March 18th. She is willing to survey this group to find what they feel is needed to provide in nutrition education. Many have no identified childcare nutrition and/or physical activity education programming. There is an identified need to find what educational information is important to teach to preschoolers. An assignment was given to the plank members to find 3 or 4 really good curriculums for childcare and to read this article: “Child Care as an Untapped Setting for Obesity Prevention: State Child Care Licensing Regulations Related to Nutrition, Physical Activity and Media Use for Preschool Children in the United States” by Karen Kaphingst and Mary Story in the journal, Preventing Chronic Disease and available at the following site:

http://www.cdc.gov/pcd/issues/2009/jan/07_0240.htm

- d. Goal 4 – By 2011, all health care systems and providers will support healthy eating for children and families.
 - i. Physician training – The Activate Omaha Kids Medical Subgroup has assumed the training for Omaha physicians, encouraging BMI’s at all well child visits.
 - ii. Breastfeeding –
 1. Peer Counseling – Sarah Schram reported that of the five peer counselors, four are presently active, and they received training on December 8th. There were 214 WIC mothers at the CDHC and Midtown Clinic, who completed a survey, given to all pregnant women at the WIC clinics. Of these 214, 128 responded that they wished to be contacted by the peer counselor on breastfeeding. These surveys will provide the evaluation component for this initiative. The counselors see the mothers four times prenatally with the first contact in the first trimester. Six postpartum visits are planned. The USDA recommends a WIC curriculum, entitled Loving Support.
 2. Hospital Breastfeeding Policy – Sarah is working on a self-assessment for hospitals to find how they are doing and what can be done to help increase breastfeeding initiation. She is seeking contacts in each hospital and anticipates combining the CDC’s MPinC (Maternity Practices in Infant Nutrition and Care) assessment with the 10 Baby-Friendly Hospital criteria to develop a survey. She is seeking additional members for this subcommittee. If you are

interested, please email her at

Sarah.Schram@douglascounty-ne.gov.

On June 10, 2009, the Wellness Council will host a Round Table to begin wellness programming in small businesses. Part of the emphasis will be to find out from focus groups what are the benefits and barriers to support breastfeeding women in the workplace.

4. Discussion

- a. Review work for next year – The group was encouraged to bring ideas to the next meeting on the focus for the next fiscal year. The childcare curriculum initiative was slated for Year 2. The social marketing strategy surrounding family dining may be a Year 2 project. It was suggested that the member bring ideas for a “show and tell” session at the next meeting, focusing on future plans.
- b. The next meeting will be held on Tuesday, March 10th at 1:30 p.m. at the Extension Office.