



## **Weighing In Quarterly Meeting Highlights September 22, 2016**

**Attendees:** Shelly Summar, Emily Meissen-Sebelius, Jennifer Oakley, Robin Shook (speaker), Chantel Bethune, Melissa Ussery (speaker), Amythest McPhail, Star Robinson, Cindy Calender, Nydia Garza, Madison Rich, Roy Scott, Sarah Hampl, Jeanette Metzler, Lori Lanter, Barbara Spaw, Janelle Brazington, Rachel Camp, Carol Ayers, Sarah Ziegler, Jessica Berkemeier, Cachet Davis, Annette Campbell (speaker), Nancy Sanchez, Maggie Priesmeyer, Barbara Keen, Rachel Werner, Katie McAnany, Kayla Schwindt, Brittany Fischer, Kelsee Halpin, Darla Ketchum, Morgan Warren, Kate Lesner, Joan DeCoursey, Nathan Matney, Karen Sherbondy

### **Presentations**

- **“Introduction and Research Interests”, Robin Shook**
  - Dr. Robin Shook, new director of Weighing In started Aug. 1, 2016
  - Dr. Shook comes to us from Iowa State University Department of Kinesiology where he served as an Assistant Professor, teaching and conducting research in the areas of exercise and chronic disease, exercise physiology, and community-based programs and evaluation
  - Presentation available for review on website
- **“Improving Healthy Behaviors and Lifestyles through an Innovative University-Community Approach”, Annette Campbell (Director Score 1 for Health) and Melissa Ussery (CHAMPS Coordinator)**
  - **Score 1 for Health, Annette Campbell**
    - Score 1 for Health is a free health screening offered in qualifying schools. Health screenings are provided using a variety of medical and Allied Health students from KCU
  - **CHAMPS (Coaching Health and Movement Program with Students), Melissa Ussery**
    - A new program offered through Score 1 for Health that provides health coaching related to healthy lifestyles from medical students
    - Coaching is offered after school, at convenient locations. Sessions are about 45 minutes with 6-8 visits.
  - Presentation available for review on website

### **Member Updates**

#### **Partners 4 Health, Emily Meissen-Sebelius**

- Truman Medical Center-WIC and Weighing In are partnering on a grant from the National WIC Association
- Target area is in and around zip codes 64127-64128; the Linwood corridor
- The focus of the grant is to increase access to healthy foods and support community-clinical linkages for families with young children
- The Healthy Lifestyles Initiative framework and 12345 Fit-Tastic! message is being used to implement the work
- A leadership team meets monthly to develop and implement this project. The team consists of WI staff, WIC participants/community members, WIC staff, a physician and YMCA staff

#### **Early Childhood Working Group, Nancy Sanchez**

- The Early Childhood Working Group met in June and in August. We have continued our focus on connecting the working group members with area dietitians and resources related to healthy eating and nutrition. In addition, at our last meeting, working group members shared resources they utilize in working with young children and families, particularly the 0-2 age group, around healthy lifestyles.

- The Early Childhood Working Group meets every other month on the 2nd Mondays from 2-3:30. The next meeting is Oct. 10th at 2:00p.m.

#### **Healthy Lifestyles Initiative, Emily Meissen-Sebelius**

- Currently have 268 partners
- Updating the 12345 Fit-tastic! Website and looking for feedback and suggestions from those who use the website
- Evaluation results have been analyzed and will be sharing those and incorporating the feedback into future planning and supports provided by the HLI

#### **Healthy Schools, Shelly Summar**

- Continued work on wellness policies for schools
- USDA released a new final rule in July 2016. This requires new regulations related to the implementation of school wellness policies to be in place by June 2017
- We are hosting a pilot workshop for 3 teams from different metro area school districts on Oct 25<sup>th</sup> at Don Chisholm. We hope to learn from this pilot to see what other supports we can offer.
- Next meeting will be in December.

#### **Mother & Child Health Coalition**

- Supporting pregnancy & breast feeding
- Breast feeding training by WYCO Health Dept on Oct 16<sup>th</sup> with KS Breastfeeding Coalition from 1-3pm

#### **Other Updates**

- *Farm to Preschool, Barb Keen*
  - Growing with Missouri **(Only in MO)**
  - Looking to recruit 75 child care centers to participate from the Kansas City, Springfield and Columbia areas
  - \$750 in funding for each child care center
  - Learn gardening, resources for incorporating garden into the classroom and menu, field trips to farms, etc.
  - Culinary skills training, Oct 15<sup>th</sup> pilot training
  - Enrollment is low, only 4 out of 15 spots
- *Walk to School Day – October 15<sup>th</sup>*
- *Bike Walk KC, Maggie Priesmeyer*
  - Walking routes and rewards
  - Being physically active
  - [www.Walktoschoolkc.com](http://www.Walktoschoolkc.com)
- *KC Kids Marathon – Saturday, October 15<sup>th</sup>*
  - The Kids Marathon is a 1.2 mile, non-competitive fun run for kids. Kids are encouraged to track 25 miles on their own and after participating in the fun run, will have completed a “kids marathon.”
  - The after party will have a 12345 Fit-tastic! theme.
- *Cliffhanger 5K/8K in northeast KC – Saturday, October 8<sup>th</sup>*
  - Walk/run and celebrate history
  - KCU is hosting a community party 11am-2pm. It will include a bicycle giveaway and helmets

**Next Weighing In Quarterly Meeting:** Dec 8, 2016, 8-10am @ Kauffman Foundation Center