



Family Wellness and Childhood Obesity Action Team
Meeting Minutes: March 4, 2019

Vision: Healthy, active children in healthy families;
wide access to healthy food and safe recreational opportunities

Facilitated by Julie Fetherston

Members present at the meeting: Tarney Sheldon-NCO, Megan Cavalli-First 5, Cici Winiger-AHUV, Julie Fetherston-Healthy Mendocino, Julie McGovern-ARRC, Eric Reinelt -Walk and Bike Mendocino), Car Mun Kok – UCCE, Tina Tyler O’Shea-HHSA, Marianne Davison – City of Ukiah Depart. of Parks and Rec, Daniel Spence – City of Ukiah Depart. of Parks and Rec

Review of Agenda and Minutes:

No additions to the agenda and minutes were approved as is.

Agenda Item Updates: Frank Zeek Morning Mile and Walking School Bus

Erica and Eric met with John Pinon at Frank Zeek school to discuss the possibility of adding a morning mile program and/or reinstating the walking school bus. Erica gave us this update via email:

Information gathered:

- Frank Zeek has “Morning Recess” where students dropped off early can spend time on the playground and blacktop courts before school. John shared that most students stand around and talk. He sees a morning walking program as a great way to get this ‘captive audience’ interested in moving during Morning Recess.
- John Pinon is the supervising staff member during Morning Recess, but they’ll need committed parent volunteers to help with the walking program.

- John thinks he could make a walking loop around the black top courts for the morning walk. He has some 5ft tall standing flags and could use more to map out the course.
- John already has equipment to run the program (card-maker, QR scanner, tech abilities) because he also does a “Running Club” during PE. Therefore, we won’t need to buy the Morning Mile package, which provides very similar (if not identical) materials. This also gives the school a chance to create their own ‘brand.’
- John is interested in using competition and incentives/prizes to make the program more interesting. Awards for most miles/most days attended + a team component were discussed. He thinks they could pair up classes or grades to create teams. Ultimately, we can have competition between Ukiah elementary schools.
- Frank Zeek’s “Positivity Club” could take ownership of this project. This group of young leaders promotes positive school activities and meets on a regular basis. Dara and John would like to see Positivity Club create a Frank Zeek-branded walking program and promote it to their fellow students. (“Walking Tigers, Hidden Dragons” has a ring to it right?? Jk 😊)

Next steps:

- John Pinon was going to take this information to Principal Dara Brown and find out when the next Positivity Club meeting is.
- Eric and I discussed that we could do a presentation at a Positivity Club meeting to teach them the benefits of doing activity (walking) before school. The students could take this information to use in their development of the program, posters, announcements, etc.
- John Pinon is going to look into the cost of the flags for around the walking course.

Funding/Resources needed:

- Flags for the course
- Incentives/Prizes for the walking program – TBD; he does not want to do charms – they already do this for running club
- Parent volunteers

Other thoughts...

Eric and I would like to do a pre- and post-program assessment to determine the effect the program has on minutes of activity per day, behavior and attention during school, and more. A survey could be distributed to teachers and parents. Assessment forms already exist, we just need to advocate for this piece and get the surveys out in time. This will help inform and support future programming.

The team discussed the update and asked a few clarifying questions to see what our next steps with Frank Zeek might be and how we might be able to replicate this at other school sites. Frank Zeek's tracking system seems to be proprietary and may not be replicable as is. However, the lunch club running club idea makes the adoption of a morning mile program slightly less resource intensive, particularly at schools that already are staffing a morning recess before school hours. CiCi said that she has budgeted some money in her outreach budget for this kind of thing and could either support the purchase of the morning mile program for one to two schools that are interested and/or potentially fund the above items for Frank Zeek to implement a similar program. The group was enthusiastic about supporting schools throughout the county to implement new ways to encourage before school physical activity.

It was decided to form a sub committee to develop a package for schools to support them in implementing either a morning mile type program (Daniel Spence suggested Daily Dash, which the group quickly adopted) and/or a walking school bus program. The subcommittee includes the following members: Cici Winiger-AHUV Howard Memorial, Julie McGovern-ARRC, Eric Reinelt -Walk and Bike Mendocino), and Erica Baumker – AHUV Pediatrics

ACTION ITEM: The School Movement committee will convene with staff support to create the following:

1. A kit for schools to implement morning movement. The following components were identified (this is an initial list):
 - Promotional/educational materials for teachers and parents about the benefits of morning movement
 - A checklist for how to start a Daily Dash or Walking School Bus, with options depending on the resources available to each site
 - Ideas for incentives to increase individual, classroom and schoolwide participation.
 - Ways to engage families and staff to participate
 - Measurement ideas including a Pre and post survey to track behavior change and potential reduction in referrals
 - Potential sources of funding and/or estimated costs

Associated actions: Eric and Erica, with the subcommittees support, will follow up with Frank Zeek to help with the next steps identified in Erica's update. They will clarify with CiCi regarding potential funding.

Agenda Item – March to School update from Eric Reinelt

March 25-29 Walk and Bike Mendocino will be promoting “March to School” week. They will have activities at multiple schools, including prizes and raffles for classrooms with the most participation. Tina asked if they were including Willits as part of their campaign and Eric said they could have a staff person cover Willits. Julie M. suggested that they use the smoothie bike in their events, Tarney agreed they could use it if they wanted. CiCi offered to have staff do layout for the fliers and Eric agreed to get her a digital version by the end of the week for that to happen.

ACTION ITEM: Eric will send draft flier to CiCi at the end of this week and send the final flier to FWCO Team to promote the events

Agenda Item – Food Policy Council Update

There was no FPC update, because there has not been a meeting.

Agenda Item – Sugar Sweetened Beverage Tax Bill (SSBTB) and Jim Wood position letter

The team discussed the current bills in the legislature SB347 and AB764. Julie and Tarney provided an outline of both bills (see appendix A). Neither bill is a sugar sweetened beverage tax bill. SB347 is a warning label bill and AB 764 states the legislatures intent to enact legislation that restricts promotion and marketing of sugar sweetened beverages (SSBT) (without stating when, where, how or how much). Tina Tyler O’Shea said she thought there was a different bill in the works but not on the floor yet that is an actual tax bill. Considering the importance of an appropriate tax bill in the effort to create population level behavior change, the team decided to form a subcommittee. The subcommittee will meet to complete the following three

ACTION ITEMS:

1. clarify current efforts outside of what is listed in current legislation and then
2. draft a position letter outlining what the team would like to see included in a sugar sweetened beverage tax bill – including how the money would be allocated.
3. Use the letter as a template to request that other appropriate organizations (the hospitals, clinics etc.) write similar letters (will come back to the team with this item)

SSBTB Subcommittee members: Tarney Sheldon-NCO, Megan Cavalli-First 5, Tina Tyler O’Shea-HHSA

Agenda Item – discussion of subcommittees

Julie Fetherston brought the teams stated vision, goals and objectives to review (see appendix b for more information). She pointed out that the current Community Health Improvement Plan (CHIP) cycle ends this fall resulting in a final version of the CHIP report will be produced and the team will be evaluated based on the goals and objectives that they outlined. The final goal that has not been addressed was:

OBJECTIVE 3: By December 31, 2020, implement one workplace environmental change to promote nutrition and healthy weight in 75% of businesses surveyed.

She asked the team if they still wanted to address this objective. The team agreed and a subcommittee was formed. Sub-committee members are: Megan Cavalli-First 5, Car Mun Kok – UCCE, and Marianne Davison – City of Ukiah Depart. of Parks and Rec. The subcommittee will meet to gather or develop the following:

ACTION ITEM:

- A set of model wellness policies based on size of organization
- A checklist of wellness practices that can support policies, or in small organization serve as a replacement for a formal wellness policy
- Create a recommendation for local business to act together to implement “one workplace environmental change to promote nutrition and health weight”
- Consider promotional ideas or incentives for business
- A summary of research that supports the cost savings of these kinds of wellness policies (healthier employees are more productive employees)

Julie mentioned that the Mental Health Action Team is working on putting together a workshop for Human Resources Directors from around the county to look at a range of personnel policies and practices that support mental health and help support those with a mental health diagnosis to be gainfully employed. Julie is working with partners to create a tentative agenda that may include other workplace wellness policies and best practices which could include items identified by the subcommittee. In addition, the team agreed to go back to their organizations and ask for a copy of the wellness policy currently in place. After the meeting of the Wellness policy subcommittee, each FWCO team member will engage with their organization to identify one change they can make to improve their wellness policy or practices.

ACTION ITEM:

To assist the wellness policy subcommittee, all FWCO team members will share their organization’s wellness policy with Julie F.

Action Item Table

Action Item	Tasks	Responsible parties	Date due
The School Movement committee will meet	<p>A kit for schools to implement morning movement. Kit may include:</p> <ul style="list-style-type: none"> • Promotional/educational materials for teachers and parents about the benefits of morning movement • A checklist for how to start a Daily Dash or Walking School Bus, with options depending on the resources available to each site • Ideas for incentives to increase individual, classroom and schoolwide participation. • Ways to engage families and staff to participate • Measurement ideas including a Pre and post survey to track behavior change and potential reduction in referrals • Potential sources of funding and/or estimated costs 	Cici Winiger, Julie McGovern, Eric Reinelt, and Erica Baumker	Bring drafts back to April 1 meeting
March to School Flier creation and promotion	<ul style="list-style-type: none"> • Eric sends draft to CiCi • Eric sends final to FWCO team for distribution and promotion 	Eric Reinelt	by 3/8 week of March 18
SSBTB subcommittee to meet and draft letter to Jim Wood	Coordinate with Food Policy Council Check current legislation in pipeline (other than SB347 and AB764)	Tarney Sheldon, Tina Tyler O'Shea and Megan Cavalli	Draft to April 1 st meeting

Obtain and share your organizations wellness policies and/or practices		All FWCO team members	By March 15 if possible
Wellness policy subcommittee meet and create policy/practice packet	<ul style="list-style-type: none"> • A set of model wellness policies based on size of organization • A checklist of wellness practices that can support policies, or in small organization serve as a replacement for a formal wellness policy • Create a recommendation for local business to act together to implement “one workplace environmental change to promote nutrition and health weight” • Consider promotional ideas or incentives for business • A summary of research that supports the cost savings of these kinds of wellness policies (healthier employees are more productive employees) 	Megan Cavalli, Car Mun Kok, and Marianne Davison	