



Healthy Connecticut 2020 State Health Improvement Plan

OBESITY ACTION Team Meeting AGENDA & NOTES

Date: March 14, 2016

Time: 9:00 a.m.

Location or Conference Call Number: 860-972-6338

Conference Call Access Code: 662252

Attendees (Please list all who participated): Donna Heins, Teresa Dotson, Eugene Nichols, Nancy Yedlin, Anne Elwell, Abby Alter, Sandra Gill, Lynn Faria

| Agenda Items | Time | Discussion | ACTION Items and person responsible |
|---|------|---|--|
| Welcome | 9:00 | <ul style="list-style-type: none"> The group welcomed Abby Alter from CHDI | <ul style="list-style-type: none"> |
| Overview action team charge/timeline | 9:05 | <ul style="list-style-type: none"> The group reviewed the two strategies under the obesity area of concentration | <ul style="list-style-type: none"> |
| Review action steps | 9:20 | <ul style="list-style-type: none"> The focus was on the strategy related to “increase the availability of healthy options.....” The group discussed the information available from End Hunger CT, CT Food Bank, and Foodshare as each would have information addressing action steps in items A-D. Item E cannot be addressed until we have the initial information. Sandy confirmed that our subcommittee is responsible for contacts to these groups as well as making recommendations. In order to be clear in our presentation to the groups that will be contacted, Sandy will provide updated power point slides for the group that will provide an overview to the SHIP | <ul style="list-style-type: none"> Teresa will provide contact information for the food bank groups. Lynn agreed to make contact to get the information related to the action steps. |
| | | <ul style="list-style-type: none"> The group discussed action step F related to suggesting education for those groups, such as faith communities, schools, work places. While the information used by the food distribution organizations | <ul style="list-style-type: none"> The subcommittee is asked to review the best practice information from Feeding America. Are there other sources? |

| | | | |
|--------------------------|------|--|--|
| | | <p>(referenced above), may be appropriate and useful, the subcommittee will need to identify effective distribution tactics for the educational information for these groups.</p> <ul style="list-style-type: none"> • Best practice information action step G was discussed: http://healthyfoodbankhub.feedingamerica.org contains best practice information. • The subcommittee discussed the appropriateness and practicality of involving DSS, WIC, and Office of Early Childhood in discussions to topic in action step H. Also noted that while there are 6 programs providing SNAP-ed, if other programs would like this information, it can be requested • Discussion related to strategy: “implement age-appropriate...” • The group agreed to do the environmental scan first of what is available. • Gene and Lynn have both contacted 5-2-1-0 and Gene noted that some health departments have also embraced expanding it to 9-5-2-1-0 to add sleep time. • The group discussed other programs, such as some YMCAs who have also addressed this issue through “Healthy Eating and Physical Activity” program • There is also proposed legislation addressing physical activity in schools. The group will follow its progress. | <ul style="list-style-type: none"> • Gene offered to gather information from these sections. • Gene offered to gather information on the YMCAs’ program. |
| Identify partners | 9:30 | • | • |
| Next Steps | 9:50 | <ul style="list-style-type: none"> • Evaluate Meeting—Lynn requested that individual feedback re the meeting would be welcomed. • Review Next Steps—the next meeting will be scheduled via doodle poll • Homework--NA • Next Meeting Date/Time: Will be scheduled via doodle poll in late April—week of the 25th. | <p>The group was asked to provide individual feedback re the meeting.</p> <p>Lynn’s assistant, Cheryl, will send a doodle poll to schedule a meeting the week of the 25th of April.</p> |