

## **Working Group – Nutrition and Physical Activity Meeting Format**

### **1. Mission**

EAHS helps children and families achieve early childhood success by addressing health and wellbeing through childcare environments and community collaborations.

### **2. Results Statement**

All Cuyahoga County children in early care and education are healthy

### **3. Why is this important?**

EAHS aims to provide children with the best foundation possible in their early years. This leads to children who are more prepared to learn and lifelong health and wellness.

### **4. How are we doing?**

- 2-3 performance measures
- Something we have control over/are responsible for
- Either data we have access or can easily get
- Data development agenda – list of priorities for new or better data
- In phase 1 of this process, one performance measure for nutrition and physical activity was child obesity rates. We *contribute* to this performance measure but are not wholly responsible for it.
- In phase 2 we are looking for performance measures for which we are responsible

### **5. What will it take to do better? (strategies)**

- No cost/low cost solutions
- Off the wall ideas
- What does the research say it will take?
- What do we have control to change that will improve the performance measures

### **Next Steps:**

- Prioritization exercise via email
- Vet responses with group
- Develop final strategic plan chart similar to what was completed for phase 1

## **Discussion Summary – Performance Measure Brainstorm**

### *Training and Technical Assistance*

- Control over local implementation of OHP
- Programs that want to be OHP designated go through trainings (admin, teachers, cooks), look at menu revisions, parent handbooks, policy development, provide TA
- Smaller programs give positive feedback that OHP helps them maintain or gain stars
- New recruitment rate to OHP

### *Advocacy and Communication*

- Programs want to know what I can get out of this
  - Communication?
  - We're already doing these things, why jump through the hoops for designation?
- Increasing communication with non-designated program or not in a formal setting

### *Community Collaboration*

- What is done to recruit programs into OHP?
  - ODH new assessment tool, programs can go online to complete tool then get a report of results (copy of report available)
- Can pull together a list of resource/agencies that have interest in advocating for physical activity for children
- Food is a financial issue for programs

### *Research and Evaluation*

- Connection of OHP designated programs that are also SUTQ rated
- Retention rate in OHP
- What are the nutrition and physical activity needs not being met for the community?

## **Discussion Summary – Strategy Brainstorm**

### *Training and Technical Assistance*

- Think about how we develop/implement a physical activity specific training for teachers/admin
  - Sort of touched on in OHP, but could be built upon

### *Community Collaboration*

- Retention – mentorship with programs?
- Top down strategy – stars, the lower you go the more monetary incentives
- Host series of events where families can come

### *Research and Evaluation*

### *Advocacy and Communications*

- Can we reach out to programs that are not OHP designated to recruit them to get on board?
  - Presented at UPK programs
- Getting families more aware of what OHP is and the benefits it brings to the programs?
- Communications – broader education and communications campaign to reach all families, whether or not they are in early childcare programs.
  - Social media campaign?
- EAHS can create communications and community groups and agencies can send out
- Virtual resource fairs
  - Ongoing