



ActionNow! 4 Kids Workgroup Meeting 6/3/08

Present: Jessie Coffey, Kathy Karsting, Gina Egenberger, Corrine Roach (reporting), Dr. Karla Lester, Carol Mitchell

Teach a Kid to Fish Program:

Dr. Karla Lester joined us and talked about a new non profit organization she is starting called Teach a Kid to Fish and You Can Change the World. The goal is to battle the obesity epidemic. She is working on advocacy, policy, collaboration with health care, schools and community.

Dr. Lester talked about a successful health care collaboration with schools that was about empowering the kids and involved parents. It was in Cambridge, MA and the Mayor was the chairperson. She talked about the 5-2-1-0 prevention tool that was started in Maine (5 fruits and veggies, 2 hours of screen time, 1 hour of physical activity and 0 sweets or sweetened drinks.)

Dr. Lester said that she would be willing to meet with the school board in regard to work plan objective 5, at a later time.

LPS Activities:

Jessie said that LPS was getting an Action for Healthy Kids grant for \$37,000. Each school would get \$2,000 to spend on ways to promote healthy eating and activity. It will start in the fall and include pre and post tests.

Jessie talked about a campaign with LHS and Prescott with free fruits and vegetables and about the "Whatcha doin?" campaign. She also talked about the possibility of putting messages on phones at schools so that when people call in and are put on hold, they will hear a message about healthy eating and activity.

ActionNow! Website Update:

Carol shared that a meeting was held with staff from Snitily Carr about revising the current website. It was suggested that the "Live Well Colorado" website was a lot more user friendly.

Nourishing Our Children Conference:

Kathy Karsting talked about UNMC and how they had a program with CEU's for eating disorders regarding teens. It was suggested that we tap into this or other available programs. It was also suggested that we do a 2 hour of ½ day program but there was concern about available staff to put this together. It was not clear how much time was needed to prepare for a telehealth program.

Resource Manual:

Information for the Kid's Section has been forwarded to the group working on updating the current Manual. This section will be included in the revised manual.

We also discussed getting posters to pediatricians and family practice offices.

Next Meeting:

Tuesday, August 26, 2008 from 9-10:30 am. This will be in the Training Center, which is on the lower level of LLCHD. When you get off the elevator, go right and down the hall to the end room.