

Minutes: May 14, 2009

9:00 am - 10:30 am

Crosstown Business Center

**PARTNERS
IN
OBESITY PREVENTION**

MISSION: Promote obesity treatment and prevention in Hillsborough County communities through advocacy, education and resource sharing.

TOPIC	DISCUSSION	ACTION
Welcome & Introductions	Welcome and introductions	
WIC Food Adjustments	Mary Keith, PhD, LD with University of Florida Extension Service provided information about WIC food packages that must be implemented by October 1, 2009. These requirements provide more fruits, vegetables, and fiber and less saturated fat and cholesterol. It also increases the incentive for breastfeeding. Websites for more information listed below.	
Federal Resources	<p>Cdr. Stewart Watson, FEHS, Public Health Services, Florida District FDA – provided information about resource availability. Most of these are at no charge and may be ordered in bulk. Please call him directly as shipping from his office is often faster. Email: charles.watson@fda.hss.gov, or call (407-475-4700)</p> <p>Materials are available on internet that can be printed, used in newsletters, etc. Order forms for materials are on the website: FNIC.nal.usda.gov (resources) – Fact sheets and other information for chronic diseases, medications, etc. are also available. Funding opportunities can be found through the “search”.</p>	
Policy/Systems Change Workgroup	Dot Nettles reported on a workgroup that is planning to work with one school to increase parental follow-up on children who are identified as overweight/obese, or at high-risk for developing to evaluate if additional education, referrals and contact with parents will increase the number of children identified who actually receive some further evaluation, care, or family lifestyle change guidance.	Continuing - Dot Nettles, Emily Karsholt contacts (813) 307-8071
Policy/Systems Change Identification for partners	Partners were provided a listing of all potential ideas for support of coalition for workgroup action	All members review ideas and select one or more to participate in affecting through workgroups to meet individually.
Partner Roundtable	<p>Airia Papadopoulos, USF FI. Mental Health Association – New attendee, interested in the mental health side of obesity.</p> <p>Diana King, American Heart Assoc. – Will soon have a curriculum for children. Search Your Heart curriculum is available. Live for Healthier Generation is looking for a coordinator, hopefully by June. Working with Sarasota County HeadStart. Using Power to End Stroke cookbook and reaching people in their homes.</p> <p>Healthy Start: Mary Martinez coordinates the Healthy Moms program, focuses on BMI, blood pressure. This is a 3 year grant through March of Dimes and works one-on-one with women to make healthy changes. Nutrition, healthy grocery shopping, recipe books are also included. They receive referrals from “HUGS” (Help You Grow) program. Women in the program make a 12 month commitment. This is a pilot program.</p>	

	<p>Healthy Start: Jessica Reynolds coordinates the Black Infant Health Initiative program to prevent risk factors and reduce black infant mortality which continue to rise. They utilize 3 committees: Advisory, messaging and education, and outreach & speakers bureau. Focus on nutrition, fitness and depression/mental health. Will train speakers and also has tool kits available.</p> <p>Mary Keith and Jacqueline Hunter from U of F, Extention Services FNET program – Have a position open for a coordinator of expanded food nutrition and education program. Health background but RD/LD license not required. Managerial in nature. Will close soon.</p> <p>Jacqueline is also working with the Health Department pediatric clinics to provide on-site education to children who are identified as at-risk for or already overweight/obese. Contact: (813) 744-5519 ext 121.</p> <p>Dr. Theophilus Sai – the former medical director for Tampa Family Health Centers, has now moved to Humana and leads their Senior Health division.</p> <p>Emily Karsholt – Health Department sponsors the GIFT (Get Into Fitness Today) program. No charge and training available for facilitators, which have worked well at worksites. Numerous groups are available at various locations all over the country. Geared toward weight loss with focus on improved nutrition, increased physical activity and personal accountability/group support. (813) 307-8015 ext 7107 or 7106.</p> <p>Cindy Hardy reported that Karen Pesce, the chair of Florida Action for Healthy Kids Partnership, an organization started by the Surgeon General and 1st Lady Laura Bush to combat child obesity. POP has been asked to host their pilot webinar on September 10, at 2 – 4 pm. Asked that this be our POP agenda for that meeting with a short business session afterwards. This organization does have mini-grants to offer to those groups who would like to listen to the webinar –to purchase healthy snacks/lunch/drinkgs (\$10/person).</p>	
<p>Next meeting</p>	<p>THURSDAY, June 11, 2009 9:00 AM – 10:30 AM Crosstown Business Center 4951-B East Adamo Drive, Ste. 228, Tampa 33605</p>	<p>Identify skill sets among partners and at least 1-3 policies/workgro ups for action.</p>

Links:

WIC food package provisions and requirements -
fns.usda.gov/wic/regspublished/wicfoodpkginterimrule.txt

Institute of Medicine Report:
lom.edu/CMS/3788/18047/26667.aspx

USDA, National Agriculture Library – WIC Work Resource:
Nal.usda.gov/wicworks/Learning_Center/Food_Packages.html

Department of Health, Florida WIC Program:
Floridawic.org