



Healthy Connecticut 2020 State Health Improvement Plan

OBESITY ACTION Team Meeting AGENDA & NOTES

Date: April 27, 2016

Time: 11:00 a.m.

Location or Conference Call Number: 860-972-6338

Conference Call Access Code: 662251

Attendees (Please list all who participated): Lynn Faria, Sandra Gill, Eugene Nichols, Charles Brown, Teresa Dotson, Greg Brisco.

Excused: Anne Elwell, Nancy Yedlin

Agenda Items	Time	Discussion	ACTION Items and person responsible
Welcome	11:00	<ul style="list-style-type: none"> Welcome Greg Brisco, Chief Executive Officer Northwest CT YMCA 	
Review action steps— review steps discussed at last meeting.	11:05	<ul style="list-style-type: none"> Follow up on food organization contacts Group review best practice info from Feeding America LF contacted 5-2-1-0 program at Maine Children’s Health 	<ul style="list-style-type: none"> Lynn reached out to all organizations that Teresa shared—only spoke to End Hunger CT! Lynn will follow up with Foodshare and CT Foodbank Charles shared a list of “healthy food drive shopping” from Bridgeport. This has been circulated among the members The group still needs to focus on physical activity
Recommendations		<ul style="list-style-type: none"> Promote access for food and create more collaboration among groups and organizations, including CAP agencies, health and 	<ul style="list-style-type: none"> A communication mechanism will need to be organizations—TBD

		<p>human service organizations, faith communities, school districts, and food pantries, among others</p> <ul style="list-style-type: none"> • Establish and expand communications networks as consistent mechanisms to promote access to food. • Utilize a list, similar to the one from Bridgeport, to faith communities and businesses • Develop an inventory of Hunger Action Teams with Foodshare (existing in New Britain, Newington, and Wethersfield) 	<ul style="list-style-type: none"> • Communication tactics need to be drafted (some of this work being done locally) • Determine at the next meeting who will do the inventory
Best practice	11:15	<ul style="list-style-type: none"> • Greg Brisco—review of NWCT YMCA program: Greg updated the group on the work being done by the NW CT YMCA and how they have utilized the 5-2-1-0 program 5 fruits & vegetables a day 2 hours or less screen time 1 hour of physical activity 0 sugary drinks This is an established program with materials that can be adapted locally. The Maine Children’s Medical Center offers training. Greg referred to the evaluation of school wellness policies that the Rudd Center at UCONN has produced. Question: should this plan recommend that school districts review these available findings. We discussed starting with early childhood programs and pediatricians and then moving on to schools • Gene Nichols—review health department programs Gene shared information on work being done by the Manchester health department and the Eastern CT Highlands group. 	<p>This program will need further review with a specific eye to how best to launch. Again, the question of the role of our subcommittee: to recommend this program or to take a more active role in launching.</p>
Outline next steps	11:40	<p>We will have another meeting in May and June. The next update to the leadership group will be due in late June</p>	
Next meeting	11:50	<p>Lynn’s assistant, Cheryl Belomizi, will issue a Doodle poll to schedule the next meetings.</p>	