

Pediatric Obesity Mini-CoIIN
FACE TO FACE MEETING - June 13-14, 2017
Minneapolis, Minnesota
Evaluation Results

Summary

Part 1: Face to Face Meeting

I: Attendees and Survey Responses

- 44 of 56 attendees responded to the survey for a 79% response rate.

II: Meeting Objectives

- Respondents mostly reported meeting the six meeting objectives very well (47%-82%) or somewhat well (18%-53%).

III: Usefulness of Specific Sessions

- Respondents mostly reported that the specific sessions of the meeting were very useful (36%-84%) or somewhat useful (14%-49%).

IV: Agreement Statements about the Meeting

- Respondents generally agreed that the meeting provided time for them to provide input and ask questions, was a good use of their time, was conveniently located, and the hotel facilities were appropriate.
- Those that attended the meeting long distance for the most part had positive experiences and were glad to be able to participate.
- There were mixed feelings about the “affinity groups.” Several commented about how switching those up the second day would have allowed them to connect with more states.

V: Enjoyable Parts about the Meeting

- Respondents enjoyed the opportunity to connect and network with others, work with their state team, and the specific meeting sessions.

VI: Things to Change about the Meeting

- Respondents provided suggestions on the schedule and time devoted to different types of activities, the affinity groups, and the instructions provided and flow of the meeting.

VII: Further Comments

- Respondents had many positive things to say about the meeting.

Part 2: General Mini-CoIIN

I: Agreement Statements about the Mini-CoIIN Process

- Respondents feel like they understand the CoIIN Process, know what is expected of them, and that their team is making progress.

II: Future Training Needs

- Where to find funding for ECE projects was the topic selected the most for additional training regarding funding and finance.
- Respondents provided many ideas for future webinar topics, including evaluation, learning from other states, and several specific topics.

Part 1: Face to Face Meeting Evaluation

I: Attendees and Survey Responses

The evaluation survey for the face to face meeting was sent to 56 attendees from 13 different states. Seven of those attendees participated over long distance via gotomeeting. Overall, there were 44 responses to the survey, for a 79% response rate.

1. Meeting participants and evaluation respondents by state:

State	Participants (n)	Respondents (n)
Arkansas (AR)	4	3
California (CA)	4	3
Indiana (IN)*	4	4
Iowa (IA)	4	3
Kentucky (KY)*	5	4
Louisiana (LA)	4	3
Missouri (MO)*	5	5
North Dakota (ND)	4	4
Oklahoma (OK)	4	4
Ohio (OH)	2	0
Oregon (OR)	5	3
Pennsylvania (PA)	6	5
Wisconsin (WI)	5	3
<i>Total</i>	<i>56</i>	<i>44</i>

II: Meeting Objectives

2. Participants were asked to rate how well the six meeting objectives were met. An N/A option was available if they were not able to attend a session.

- I can describe successful strategies and best practices related to improved nutrition, increased physical activity, and reduced screen time in early care and education and how to overcome barriers and challenges in my state.

N = 43	n	%
Very well	20	47
Somewhat well	23	53
Not very well	0	-
Not at all well	0	-

- I can describe barriers and facilitators to implementing policy and practices affecting early care and education facilities that result in improved nutrition and physical activity; and reduced screen time.

N = 44	n	%
Very well	23	52
Somewhat well	21	48
Not very well	0	-

Not at all well	0	-
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- I assisted my State team in applying the Model for Improvement and PDSA format through the development of the Plan (P) for each change cycle that we are planning to test.

N = 42	n	%
Very well	29	69
Somewhat well	11	26
Not very well	2	5
Not at all well	0	-

- I engaged with other states doing similar work.

N = 42	n	%
Very well	31	74
Somewhat well	9	21
Not very well	1	2
Not at all well	1	2

- I can apply the evaluation process to my State's Mini CoIIN work.

N = 43	n	%
Very well	29	67
Somewhat well	13	30
Not very well	1	2
Not at all well	0	-

- I left energized about next steps

N = 44	n	%
Very well	36	82
Somewhat well	8	18
Not very well	0	-
Not at all well	0	-

3. Participants were given the opportunity to comment on their answers regarding how well objectives were met.

Positive Feedback:

- Best Mini-CoIIN meeting to date! Very happy with this productive meeting and with your attention to our feedback from previous meetings. Enjoyed joint session with ASPHN.
- Dr. Murray's presentation was the best presentation/podcast/information I have EVER received about epigenetics.
- I felt that this year's meeting was much more beneficial than previous years! Kuddos!
- I felt very grateful to be able to participate from a distance. I sent texts and emails to my team and felt as though I was an active part of the planning. The areas where I was not as able to

network effectively were only due to not being there in person. My colleagues who attended in person felt it was very valuable.

- I loved getting to know the other state's team members and getting ideas from them. It really helped me to foresee barriers that can come up and how to overcome those barriers.
- Thank you for an enjoyable learning experience and the opportunity to interact with peers from across the country.
- The process was very helpful in helping me understand our project and who all the partners are and what they will be doing.

Suggestions:

- The only recommendation I would make is to not have states who have been doing the COIIN for years have to sit through the PDSA conversations again since we know those. Maybe allow states time to work in small groups while the new states learn about PDSA?
- It's hard to travel to a meeting and start focusing on the work in the same day. I know it's challenging to time the events and budget for travel.
- It may be more helpful for the states funded by Nemours to network. The funding allowed us to move farther faster.

Barriers:

- Since I participated virtually I did not have the full benefit of being in person to share with other states and work with our state team in person. The time zone difference also was a barrier to participate in all the sessions electronically. All of these barriers I feel are imposed upon me by my travel restriction and not by the CoIIN meeting itself--I appreciated being able to participate electronically when able and did benefit from that.

III: Usefulness of Specific Sessions

4. Participants were asked to indicate how useful the specific meeting activities and sessions were in helping them to plan and conduct CoIIN activities. An N/A was available if they did not attend that session.

- TUES: Nutrition and Early Development - Robert Murray

N = 43	n	%
very useful	36	84
somewhat useful	6	14
slightly useful	1	2
not at all useful	0	-

- TUES: Federal and State Early Care and Education Snapshot - Carrie Dooyema

N = 43	n	%
very useful	25	58
somewhat useful	15	35
slightly useful	3	7
not at all useful	0	-

- TUES: Mini-CoIIN Speed Dating

N = 41	n	%
very useful	15	36
somewhat useful	14	34
slightly useful	8	20
not at all useful	4	10

- TUES: Introducing Team Storyboards and Purpose Statements with Team Work Session - Sandy Perkins and Donna Johnson

N = 41	n	%
very useful	20	49
somewhat useful	20	49
slightly useful	1	2
not at all useful	0	-

- TUES: Mini-CoIIN State Affinity Groups Introduction Activity

N = 41	n	%
very useful	24	59
somewhat useful	15	36
slightly useful	1	2
not at all useful	1	2

- TUES: Informal Networking Opportunity with Light Snacks

N = 31	n	%
very useful	13	42
somewhat useful	9	29
slightly useful	8	26
not at all useful	1	3

- WED: PDSA in Action with Team Work Session - Sandy Perkins and Bonnie Spear

N = 43	n	%
very useful	27	63
somewhat useful	11	26
slightly useful	5	12
not at all useful	-	-

- WED: Evaluation with Team Work Session - Donna Johnson and Tori Bradford

N = 43	n	%
very useful	26	60
somewhat useful	14	33
slightly useful	2	5
not at all useful	1	2

- WED: Healthy Eating Active Living Policies in Child Care - Roshelle Payes

N = 43	n	%
very useful	25	58
somewhat useful	15	35
slightly useful	3	7
not at all useful	0	-

- WED: Viewing Resources During Breaks

N = 40	n	%
very useful	24	60
somewhat useful	11	28
slightly useful	4	10
not at all useful	1	2

- WED: World Cafe - Nemours Session with Roshelle Payes

N = 41	n	%
very useful	21	51
somewhat useful	16	39
slightly useful	3	7
not at all useful	1	2

- WED: World Cafe - CDC Session with Carrie Dooyema and Margaret West

N = 41	n	%
very useful	19	46
somewhat useful	19	46
slightly useful	2	5
not at all useful	1	2

- WED: World Cafe - Evaluation/PDSA Session with Donna Johnson and Tori Bradford

N = 40	n	%
very useful	20	50
somewhat useful	17	43
slightly useful	3	7
not at all useful	0	-

- WED: Storyboard Reporting and Wrap Up

N = 39	n	%
very useful	19	49
somewhat useful	14	36
slightly useful	6	15
not at all useful	0	-

5. Participants were given the opportunity to comment on their answers about the activities and sessions.

Positive Feedback:

- Again, the sessions I was able to attend via Go To Webinar were extremely valuable. My colleagues who attended in person felt this experience was very valuable to the work of our state.
- Appreciated the opportunity to interact with the other states and hear about their projects and what had worked well AND, what had not worked well. The storyboards were very interesting and the Resource Sharing< I got some nice resources to review and gain ideas from. Loved the relaxed atmosphere, and that you started on time and we had an agenda to go by. Also appreciated the opportunities to stand up and move around with the activities, as it is hard to sit for a long period of time. Thank you.
- I enjoyed so much the learning that took place at the conference! Everyone was very helpful and encouraging. I very much enjoyed getting to know the other participants and have conversed with two of them since coming home! Sharing ideas is invaluable.
- I loved all the sessions-- very helpful.
- I really enjoyed how the conference was organized. Having short presentations and then having the chance to take what we just heard and learned and work within our state team on the area.
- Loved Dr. Murray. Great mix of activities.
- This was a great opportunity to build relationships in our team and get a unified vision moving forward.
- This was one of the best trainings I have attended in the past 10 years. I liked that we were actually doing something rather than listening to a day of presentations.

Suggestions:

- Had some difficulty hearing group discussions due to so many teams working at once--but this was not a large problem. I think it caused our team to miss some instruction from time to time.
- Switch up the affinity groups on day one and day two. I understand why we were paired together but there were some states we never got the chance to meet or hear more about their project.
- Would like to have had a little more time to work on storyboards and wrapping up. Seemed a little rushed at the end.
- Our project does not fit completely in one affinity group. I would have liked more opportunity to discuss successes and challenges with other states, maybe in a round table setting.
- Speed dating was interesting but state's team members should have been spread out so could hear from multiple states.
- Sticking with Affinity groups from Tuesday and the World Cafe did not afford me the opportunity to hear from all states until the storyboard reporting at the very end.
- The group was too big for report out. Split them up before and after affinity groups?

- The instructions to some of the activities were not very clear and they felt chaotic. Otherwise, everything was a great success and appreciated!!!
- the speed dating was too close to one another and loud that it was hard to hear the person in front of you and get anything of value out of that session. Maybe easier to do at the tables and rotate to spread out more.
- the storyboard reporting was a bit rushed and crowded so it was hard to pay attention
- We did participate by phone in a 2 team work sessions but it was difficult. Background noise and not having face to face interaction was a barrier. Our current travel restriction policy states that we need to do the same work via technology and after experiencing this at the CoIIN meeting there are so many elements that we cannot participate in effectively I see that it is not a good solution for many portions of the meeting.

IV: Agreement Statements about the Meeting

6. Participants were asked to indicate their level of agreement with the following statements.

- The meeting provided adequate opportunity for states to provide input and ask questions.

N = 44	n	%
Agree	37	84
Somewhat Agree	5	11
Disagree	1	2
Other: did not attend in person	1	2

- Grouping the state teams into ""affinity"" groups for some activities was helpful.

N = 44	n	%
Agree	33	75
Somewhat Agree	6	14
Disagree	1	2
Other:	4	9
<ul style="list-style-type: none"> • did not attend in person • I was unable to attend affinity group sessions • not able to actively participate • Yes agree but switch up affinity groups each day 		

- Participation in the meeting was a good use of my time.

N = 44	n	%
Agree	39	89
Somewhat Agree	4	9
Disagree	0	-
Other: We were challenged because we had to catch our new team member up to speed.	1	2

- The meeting location was convenient.

N = 44	n	%
Agree	35	80
Somewhat Agree	5	11
Disagree	0	-
Other:	4	9
<ul style="list-style-type: none"> • appreciated opportunity to attend via distance • neither agree or disagree • Not convenient, but still loved it. • Remote access was a good option for those who could not attend in person 		

- The hotel and facilities were appropriate for the meeting's activities and purpose.

N = 44	n	%
Agree	72	95
Somewhat Agree	0	0
Disagree	0	-
Other: did not attend in person	2	5

- The meeting technology worked well.

N = 6	n	%
Agree	5	83
Somewhat Agree	1	17
Disagree	0	-

7. Participants were given the opportunity to comment about attending the meeting remotely and if anything could be done to improve their experience.

- This was very smooth - I had to remind myself that I was in a different time zone than the agenda...but other than that it was a smooth way to participate.
- I appreciated that you had microphones for the audience to capture comments/questions and make them audible to remote participants.
- There was background noise that occasionally made it difficult to hear. We signed in at the specified time but realized the first speaker had already started and we didn't know that he began a bit earlier.

V: The most helpful or enjoyable part of the meeting:

Networking and connecting with others doing this work

- The sharing of projects and hearing each state describe how it worked for them.
- Had a wonderful time networking, even being silly, and commiserating about the challenges of public health work with teams from other states.
- The collaboration that takes place! The new ideas that were shared with us all.
- Connecting with the states. I loved the mixture of novices with newbies. Great use of time. The experience was great. Our team left feeling energized and excited about our work. Great location as well. Everything was fabulous!

- Talking to other states that are doing similar work, and having uninterrupted time with our team
- Seeing and meeting colleagues from across the country face-to-face was helpful.
- It was helpful to have the summary of what each state is doing (with contact info) so that we can follow-up with appropriate people that are working on similar projects. Speed "dating" also gave us a chance to learn more about other state projects in a fun, informal format.
- Seeing that other states are in similar positions and that little steps forward are still in the right direction
- Networking and hearing about how states projects.
- Talking with other states during speed dating, affinity group and world cafe.
- Networking with my state team as well as the other state teams.
- My greatest take-away came from networking and understanding how other states are forming their collaborations and moving forward.
- Hearing what other states were doing and what part of the process they were in. It was an empowering experience for our state team.
- Meeting other teams and learning what they are doing.
- I enjoyed our first breakout session into affinity groups where we presented our purpose statements. It was useful to hear how other states were leveraging their mini CoIIN funding to improve ECE practices around nutrition or physical activity.
- networking with other states

Having time to work in their state teams

- Connecting with our state team
- being able to get together with our team members away from the office to allow time to focus on this work
- having time to work with my state
- Having several individual state work group sessions was helpful to my team.
- The ability to sit down with my team (without distraction) to focus on/work through our plan, while being guided by the grant administrators on expectations.
- "Having the time to work with state teams.
- We are new to this, so the opportunity to bond with my state team and get a better idea of what we can realistically accomplish was very helpful. Before, I felt like the CoIIN concept was fuzzy. I feel like we now have the energy to move forward with some action.
- This was an excellent opportunity to work with our state team, as we have not been able to get together for a face-to-face meeting to work on the CoIIN project.

Enjoyed Specific Sessions

- Talking about Evaluation ideas....
- "Time spent on our PDSA cycle was particularly helpful in narrowing our focus. I enjoyed the speed dating as a quick way to get to recognize faces and work of other states.
- I liked the resource sharing and the story boards from each state
- Time to focus on our project.
- I liked the Mr. Potato Head activity

- Team work time. It's nice to have focused time together. Really enjoyed hearing again about the PDSA and Evaluation and then having time to work. Our team took a lot away from these two sessions.
- The speed dating, affinity groups and the team work sessions. It was great to have a day and a half to work in our teams away from distractions.
- The most helpful parts of the meeting were the Dr. Murray presentation and the Mr. Potato Head PDSA activity. The Mr. Potato Head activity was hands-on, relevant, fun and challenging. I also liked the state team panel. It was helpful to hear more info from state teams.
- Really appreciated kick off speaker. I liked the speed dating, good to do right away
- packet and speakers
- The purpose statement. Being able to ask questions from the experts.

The meeting was helpful in general

- Everything!!!!
- I found the entire meeting helpful. Team time and interactive activities helped me to clearly understand the COIIN process.

Other comments

- Also -great lunch on Wednesday! Thank you!
- Thank you for GoTo meeting so we did not feel completely excluded.
- Thanks to technology and your willingness to offer GTW sessions, I felt like I was there for some of the sessions and was able to keep up with and contribute to my state's planning!
- #2 I was thrilled with the chance to visit Minneapolis in the evenings with convenient use of the metro. Eating establishments were nearby and affordable. Appreciated not having evening sessions. City felt safe.

VI: Part of the meeting you would change:

Time could have been used differently to maximize usefulness; many would appreciate more time to work as state teams:

- I think I would skip the story board and devote that time to more speed dating.
- Just a little more time on storyboard planning. Perhaps integrating yoga or some sort of activity when it is a longer day
- Our team could have benefited from more state work time but this was unique to us as we had change in team members.
- Making previous states sit through the PDSA talk again...we could have used that time to continue planning as a state team for our next PDSA cycle
- More time to work as a state group.
- The "speed dating" could have been combined with the networking on Tuesday as they both seemed to have the same intent, which was to have states get to know each other.
- Parts of it were a little slow moving, but I also understand that the meeting included different projects in different stages, and others may have needed that time. I would rather it be a little slower (though valuable), then too quick (and not get the needed information and time).

- I think fewer presentations and more team/group work time and technical assistance specific to our work would have been a better use of the time.
- I think more time on the evaluation plan would be helpful. Also, adding some time toward the end to complete our story board prior to presentation. However, I do realize time is limited.

Switching up the Affinity Groups would have been helpful:

- Switch affinity groups throughout the conference. It was a great way to hear more details and brainstorm about projects and barriers but would have love to be able to do that with more states and groups.
- Not sticking with Affinity group for both days to allow time to meet all states and learn from each other. Even if we aren't doing similar projects we may have been able to provide feedback or learn from states already doing work in their states.
- Reconsider affinity groups- Our affinity group wasn't such a good affinity fit
- Maybe too much time in diversity groups. Diversity would help a bit.

Instructions for some activities were hard to hear/could have been clearer:

- I thought the story board time was not clearly defined. My group spent too much time trying to figure out what was expected from us. Clearly defined tasks would help us jump into the board faster.
- When doing group activities try them out with a small group to ensure they understand before doing with a large group. The room was too noisy to effectively participate in some of the group sharing activities. I think they were great ideas but I was unable to fully engage because I either did not understand or could not hear.

Facilitated activity during breaks would be nice:

- I was excited for the "energizing break" but it was just a break. I think there was a missed opportunity to do something fun and active. I recommend something from Diane Craft's Active Play book. At Diane's training I have never seen so many adults laugh so hard at a work training. Swat the Fly is a great activity to get adults and children moving.
- Maybe have another quick break in the afternoon, to allow everyone to move around a bit.

Other:

- I put more time into planning for the meeting than was necessary. I worked on -- and asked my team to work on -- assignments that took place on site. This did make us more prepared, but wasn't the most efficient use of my time to work on many items which would be worked on again at the meeting.
- Being able to travel :) Not in your control!
- I also attended the ASPHN meeting so by the time of the CoIIN meeting I was pretty exhausted.

VII: Additional comments about the training or the Mini-CoIIN:

General Positive Comments:

- It was a great meeting! Thank you to all of the organizers!
- Thank you so much. This was truly the best /most helpful Mini-CoIIN ever.
- Great Job!

- Just wanted to say that I really enjoyed getting away and exploring in Minneapolis! What a beautiful city! It was great to be able to focus my time solely on the Mini CoIIn.
- Thank you for everything that was so thoughtfully done for each of us!
- Good mix of speakers and audience participation time. Good information presented by speakers. Appreciate the relaxed atmosphere and comfortable meeting room. Great location for meeting, hotel rooms and restaurants.
- Thank you. I hope we have the opportunity to attend again.
- Thanks for the opportunity!!
- Found the meeting useful and left optimistic about process.
- I attended the 1st and now the 3rd Mini-CoIIN meetings. The meetings have gotten better each time. Well done and thank you for this opportunity.
- It was really a great meeting. I enjoyed it very much! Thanks for your hard work in putting it together.
- Although Robert MUrray's session had little to do with our project, I found him to be very interesting and a good use of my time.

Suggestions

- I would have loved to have the CDC ECE profile and the other documents distributed in our state folder for our team prior to the meeting with an assignment to read them prior to travelling. It was too much to read the one copy and discuss it during the meeting but has very valuable information.
- I would have liked more time to put together our poster. It was powerful to hear what each state presented at the end.

Part 2: General Mini-CoIIN Feedback

I: Agreement Statements about the Mini-CoIIN Process

8. Participants were asked to indicate their level of agreement with the following three statements.

- I understand the CoIIN process.

N = 44	n	%
Agree	40	91
Somewhat Agree	4	9
Disagree	0	-

- I am confident that our state is making progress in implementing the CoIIN.

N = 44	n	%
Agree	39	89
Somewhat Agree	4	9
Disagree	0	-
Other: we seem to be bogged down in too many details	1	2

- I understand what state teams are expected to accomplish.

N = 44	n	%
Agree	36	82
Somewhat Agree	8	18
Disagree	0	-

II: Future Training Needs

9. Funding and finance came up as an area that most people needed more information about. Participants were asked what aspects they would be interested in learning more about.

N = 43	n	%
Where to find funding for ECE projects	32	74
What funds are states receiving and from whom	27	63
Existing ECE system	18	42
Other:	2	5
<ul style="list-style-type: none"> • Suggestions for effective ways to negotiate with one's own agency to obtain a larger "piece of the pie" for ECE • Where to find funding for expanding the CACFP 		

10. Participants were asked to provide topic ideas for future webinars.

Specific Topics:

- Integrating this work into **QRIS**. Ways programs have integrated **CACFP** into other work.
- More info on why child care centers choose to participate in the **CACFP** program or not?
- Maybe some topics related to working with **children with special needs**, especially in relation to physical activity. Maybe some kind of partnership with Special Olympics or other organization that works with kids with physical challenges.
- **special needs** and childcare nutrition
- Also, something related to **cross-cultural issues** that come up in the ECE setting, e.g., working with providers who do speak English as a first language and working with parents who speak a language other than English."
- **Funding** ideas
- **Financing** ECE programs such as with taxes on sugar sweetened beverages.
- Examples of **PDSAs** would be helpful.
- Examples of **PDSA** cycle related to some of the Spectrum of Opportunities areas.
- How to **keep child care providers engaged** in wellness activities.
- **Mindfulness**
- The connection between **stress and emotional eating** in children
- **allergies** and childcare
- Dealing with **team members** who are in danger of becoming a liability
- Tips for **working with our agencies**
- Working through the **politics of our agencies**

Learning from Other States

- I find it helpful and supportive to hear other states talk about their successes and struggles.
- learning from other states
- I have found the state resource tables to be very helpful. Perhaps having a webinar that just highlights state resources, including how other states can order them, would be helpful.
- One thing that became very clear to me is that there is a variety of professionals from different agencies. We seem to talk past each other using different jargon and have very different structures in each state. It took me awhile to figure out what some of the states were describing because of what they called various positions and where the position was housed. I found it interesting and helpful in thinking about other ways of collaborating. I am not sure this a topic but it was apparent that we are all different but facing similar issues no matter where we are housed or what the position is called.
- What other states (even outside of the CoIIN) have done to decrease the barriers to **CACFP** or physical activity.
- It would be helpful to have webinars that are specific to the affinity groups to present updates on the status, successes and challenges of their projects.

Evaluation and gathering evidence

- simple evaluation ideas
- More discussion on evaluation
- Tools and tips for effective research/evidence gathering (survey design and distribution, focus groups, listening sessions). How to design these things effectively, get a robust response, and present results for maximum input.