



## November 2018

You are receiving this monthly newsletter because you are either a part of the ASPHN Children's Healthy Weight ColIN or a partner in this ColIN. This newsletter will feature stories and highlights from partners and ColIN members, information about resources and upcoming trainings, and other important news. If you have anything you'd like to contribute, you can reach out to Rebecca Leighton at [reighton142@gmail.com](mailto:reighton142@gmail.com). Thank you!

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### Upcoming Events

- December 19, 2018, 1pm ET: CHW-ColIN Webinar
  - December 27, 2018, 1pm ET: BF Workstream Networking Call
  - CHW-ColIN In Person - January 9-10, 2019 - Bethesda, MD
  - NO January Webinar - We will use the January 16, 2019 1 pm ET time slot if weather prevents a number of people from attending the In Person meeting.
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### Save the Date

**January 8-9, 2018: CHW-ColIN In-Person Meeting**  
[Hyatt Regency Bethesda](#)  
One Bethesda Metro Center (7400 Washington Ave)  
Bethesda, Maryland

Tuesday, January 8			Wednesday, January 9		
Breakfast on your own			Breakfast on your own		
9:00 am	Welcome & Introductions		8:00 am	Welcome	
9:15 am	Opening Remarks	Laura Kavanagh MPP Deputy Associate Administrator MCHB (invited)	8:15 am	Keynote: Evaluation	Michael D. J. Ph.D. Director Office of Epidemiology and Research MCHB (confirmed)
9:30 am	Keynote: Nutrition, Breastfeeding and Physical Activity in Title V Federal Level with	Michele Lawler Director Division of State and Community Health MCHB - confirmed		CHW-CollIN Impact Evaluation spreadsheet	Rebecca Leighton
10:00 am	Beverage Break			Breastfeeding Work Stream Evaluation Break Out	John Richards & Colleague Co-Director National Center for Education in Maternal and Child Health Georgetown University (confirmed)
10:15 am	Introducing Team Poster Presentations / Marketing piece How to dynamically tell the story of your work on a poster.	Lourdes Pougue Communications Consultant ASPHN – invited	9:15 am	Physical Activity Work Stream Evaluation Break Out	
11:00 am	State Team Work Session / Technical Assistance		10:15 am	Break	
11:45 am	Introduce Innovative Nutrition Integration (INI) Primary Drivers and Change Package Introduce INI primary driver Encourage different state members to attend different tables	Sandy Perkins, MS, RD/LD CHW-CollIN Project Manager ASPHN - confirmed		Breastfeeding Work Stream Break Out	Kinkini Banerjee Coalition Relations Director United States Breastfeeding Committee (USBC)
12:00 pm	Working Lunch (provided) – INI Driver Discussions (4 Discussion questions will be provided to each table) Encourage different state members to attend different tables			Physical Activity Work Stream Break Out Talk about the potential topics on the networking call tomorrow. If do follow the disabilities theme there is a person in DC who Pam will start with. If not there is some funding to cover a speaker.	Pam Eidson, Med, PAPH Executive Director National Physical Activity Society (NPAS)
1:00 pm	State Team Work Session / Technical Assistance		10:30 am	Innovative Nutrition Integration Work Stream Break Out	Bonnie A. Spear, PhD, RDN, FAND Professor Pediatrics Emerita University of Alabama at Birmingham  Sandy Perkins, MS, RD/LD CHW-CollIN Project Manager ASPHN
1:45 pm	Quality Improvement / CoIIN Process	??? – CollIN/QI Expert Marci Brewer – LA CHW-CollIN Team Lead - confirmed Jennifer Young – OR CHW-CollIN Team Lead - invited			
2:30 pm	State Team Work Session / Technical Assistance				
3:15 pm	Energizer Break				
3:45 pm	Keynote: Nutrition Messaging	Beth Kitchin, PhD, RDN Assistant Professor Dept of Nutrition Science University of Alabama – Birmingham		Breastfeeding Work Stream Break Out	Kinkini Banerjee Coalition Relations Director United States Breastfeeding Committee (USBC)
4:45 pm	Wrap Up		11:15 am	Physical Activity Work Stream Break Out	Pam Eidson, Med, PAPH Executive Director National Physical Activity Society (NPAS)
5:00 pm	Adjourn			Innovative Nutrition Integration Work Stream Break Out	Bonnie A. Spear, PhD, RDN, FAND Professor Pediatrics Emerita
Dinner on your own					

Wednesday, January 9		
		University of Alabama at Birmingham Sandy Perkins, MS, RD/LD CHW-CollIN Project Manager ASPHN
Noon	Working Lunch (provided) – (state teams prepare report out)	
1:00 pm	State Team Report Out	
3:00 pm	Closing Remarks and Next Steps	
3:30 pm	Wrap up and Evaluation	
Optional Evening Opportunity: English Country Dance at Glen Echo Town Hall. 10-minute ride from hotel: <a href="https://fsgw.org/english-country-dance">https://fsgw.org/english-country-dance</a>		

## Resources

Did you know you can view past newsletters and more? Visit ASPHN's Children's Healthy Weight CollIN page to view previous newsletters and resource documents for both breastfeeding and physical activity state teams. Check them out now!

Visit our website

## Breastfeeding Team Highlight



Each month, a new Children's Health Weight CollIN team will be featured in the newsletter!

North Dakota's (ND) primary goal for the Children Healthy Weight CollIN was to enhance the success of the training [Indigenous Breastfeeding Counselor Training] by allowing for travel, per diem, and hotel accommodations for key stakeholders from each of the five federally recognized tribes in ND to attend an in-person meeting prior to the training. The intent of the meeting would be to initiate sustainability planning related to how the training would be utilized to enhance

breastfeeding care within each community.

During the CollN in person learning session, January 9-10, the CollN team came to the decision not to host the Indigenous Breastfeeding Counselor Training and instead host a key stakeholder meeting to learn from communities about current support and barriers to breastfeeding before implementing interventions.

In March, a key stakeholder meeting was held with 17 attendees from four of the five tribal communities and two of the three ND communities with urban American Indian populations. Professionals who attended represented a variety of areas including WIC, Healthy Start, Home visiting, Public Health, Doula, College, Clinic Nurse and North Dakota Breastfeeding Coalition (NDBC). Monthly networking calls were coordinated to continue the conversations started at the in person meeting. During the May networking call it was shared there would be an Indigenous Breastfeeding Counselor Training in June 2018 in Bemidji, MN. Five individuals from ND attended the training.

On the networking call following the training, attendees shared they felt the group should be led by tribal communities. The role of the CollN team shifted at this time from leading efforts to offering a higher level of support to these communities. Work was put on hold to allow the communities time to determine where our support was needed most. This also allowed time to reevaluate and better define roles moving forward into the second year of the project. A major lesson learned was we had too narrow of a focus which did not allow the communities to be creative or flexible enough to meet their unique community needs.

In the upcoming year the ND team plans to develop mini-grant applications in line with the CollN focus: establish new policies or practices addressing social and ecological barriers to breastfeeding, but allows each community the flexibility to develop a plan that meets their community needs.

**Are you interested in sharing the great work your team is doing? Fill out the form to be featured in the next newsletter!**

Share your story here!

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### Share your feedback!

Please take a few minutes to provide feedback and suggestions about the monthly CHW CollN newsletter. This will help us evaluate and improve the newsletter for you!

Take our survey!

### About Us

The Children's Healthy Weight Collaborative Improvement & Innovation Network (CollN), is designed to support Title V programs to promote nutrition, physical activity and breastfeeding through collaborative learning and quality improvement practices.

The Children's Healthy Weight CollN is managed by the Association of State Public Health Nutritionists (ASPHN). Visit [www.ASPHN.org](http://www.ASPHN.org) for more information about ASPHN.

Visit the CollN Website

*Obesity CoIIN 2.0 (also known as the Children's Healthy Weight CoIIN) for \$300,000. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.*