



August 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. Thank you!

Upcoming Events

- August 30, 2018: CHW-ColIN Breastfeeding Work Stream Networking Call
- September 19, 2018: CHW-ColIN All Work Stream Webinar
- September 26, 2018: CHW-ColIN Physical Activity Work Stream Networking Call

Reminders

Did you miss a CHW-ColIN Webinar? All past webinars are available to view at <https://asphn.org/trainings-webinars/>.

We want to hear from you. After all webinars, look for an email from Cheryl Clark (cclark@amchp.org) with a link to an evaluation survey. All webinar attendees are expected to complete the survey.

Save the Date

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

Resources

CDC has released the 2018 Breastfeeding Report Card. CDC's Breastfeeding Report Card provides a compilation of data on breastfeeding practices and supports in all states, the District of Columbia (DC), Puerto Rico, Guam, and the US Virgin Islands.

[Read More Here](#)



[View the full infographic here](#)

Partner Spotlight

The National Physical Activity Society has been sharing ideas and strategies for promoting physical activity with ASPHN since its formation in 2005. ASPHN helped form the National Physical Activity Society, a network of professionals working together to promote physical activity across all sectors of society.



NPAS communicates ASPHN activities to its members, supports strategic alliances that share priorities in promoting physical activity, and provides opportunities to access the diverse expertise and experience of their members.

The National Physical Activity Society's working board is focusing on:

- Partnerships with ASPHN and others
- Webinars for professional learning
- PAPHS certification as a Physical Activity and Public Health Specialist
- Communication, especially regionally among people in PAPH practice

NPAS supports the goals and strategies of the National Physical Activity Plan, which addresses public health, schools, worksites, recreation, business, transportation, and other sectors.

Anyone with an interest in public health approaches to physical activity is eligible for membership, which is free.

[Visit Us Here](#)

Physical Activity Team Highlight

Each month, a new Children's Health Weight CoIIN team will be featured in the newsletter! Read here to learn about what your fellow teams are working on.

Oregon's CoIIN project is focused on accelerating progress in implementing new physical education standards and laws, adding more physical activity to the school day, and strengthening education and public health partnerships to improve health and well-being of students



OREGON

and staff.

The project includes two components. The first was focused on revising state standards for health and physical education curriculum. They also created a new flowsheet that informed partners on how to better align their curriculum with state standards.

For the second component, they wanted to better understand what school administrators felt their opportunities and barriers to physical activity before, during, and after school were. They engaged 3 different districts in 3 counties by holding focus groups. The first district they engaged was just outside the metro and had a total of 21 schools. Oregon's team had all 21 school

principals and the cabinet for the school district attend and participate! They had similar successful engagement with the other two districts.

Team lead Jennifer Young says she was extremely impressed with how much physical activity was already happening in the schools. Through this process, the team learned that physical activity was very valued among these schools.

Jennifer explained that their CoIIN met once a month to plan these focus groups. They used the PDSA cycle to review and change their plan many times. She says one of the most important things they did was to have a principal who was not a part of their focus groups read their questions in advance. This allowed someone from the target audience to provide their input. This helped reduce the jargon in some of the questions and helped rephrase questions in a way that would appeal to the principals and help the team get the best information.

Together, these two projects are beginning to address the immediate need in schools for supplemental physical education and activity curricula that align with the state standards. It has also provided the chance to learn directly from school leadership about opportunities and barriers to fulfill the physical education and activities requirement in schools for all students. These learning will assist in addressing professional development, technical assistance and training needs.

About Us

The Children's Healthy Weight Collaborative Improvement & Innovation Network (CoIIN), 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 CoIIN is managed by the Association of State Public Health Nutritionists (ASPHN). Visit www.ASPHN.org for more information about ASPHN.

Visit the CoIIN Website

Children's Healthy Weight CoIIN | Association of State Public Health Nutritionists

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