December 2018

You are receiving this monthly newsletter because you are either a part of the ASPHN Children’s Healthy Weight CoIIN or a partner in this CoIIN. This new newsletter will feature stories and highlights from partners and CoIIN 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 rleighton142@gmail.com. Thank you!

Upcoming Events

- January 3, 2019, 1 pm ET: BF Workstream Networking Call
- CHW-CoIIN 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.
- January 23, 2019, 1 pm ET: PA Workstream Networking Call

Save the Date

January 8-9, 2018: CHW-CoIIN In-Person Meeting

Hyatt Regency Bethesda
One Bethesda Metro Center (7400 Washington Ave)
Bethesda, Maryland
Did you know you can view past newsletters and more? Visit ASPHN's Children's Healthy Weight CoIIN page to view previous newsletters and resource documents for both breastfeeding and physical activity state teams. Check them out now!

Visit our website

Physical Activity Team Highlight

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

Florida’s project is focused on helping to increase physical activity during schooltime in Jefferson County, FL. This county was chosen for a variety of reasons, including their lack of community resources, a strong buy-in from teachers and school staff, enthusiasm from all partners, and student excitement about the potential program.

GoNoodle is a program that helps teachers and parents increase kids’ physical activity by incorporating short interactive activities throughout the day. Students participate in desk-side movement during the school day, which helps keep them engaged and motivated throughout the day.

Somerset School received the CoIIN's total funding to purchase nutrition and physical activity materials and a subscription to GoNoodle for one year to be used by the entire school. The project focuses on 5 Kindergarten classroom teachers that have incorporated in-class physical activity throughout the school day as described in the existing Comprehensive School Physical Activity Program (CSPAP) plan by using the GoNoodle subscription.

A pre-questionnaire was sent to get teachers' feedback on the importance of in-classroom physical activity, and a second questionnaire will be sent at the end of the funding period.

The total Student Minutes of GoNoodle Movement since August 2018 is 1440.

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!

Partner Spotlight

Dr. Jamie Stang, PhD, MPH, RDN is an Associate Professor in the Division of Epidemiology and Community Health at the University of Minnesota School of Public Health. She also
serves on the graduate faculties of Maternal and Child Health (MCH), Nutrition Science, and Pediatrics at the University of Minnesota. She served as Chair of the Public Health Nutrition Program at the UMN for 6 years. Jamie is the Director of the Leadership Education and Training Program in MCH Nutrition and the Center for Excellence in MCH Education, Science and Practice; both of these training centers are funded by the Health Resources and Services Administration, Maternal and Child Health Bureau. Dr Stang is also the director of the National Maternal and Infant Nutrition Intensive Course, which is co-funded by the USDA FNS and HRSA MCHB. Her research focuses on MCH nutrition, particularly on the prevention of excessive gestational weight gain, gestational diabetes and early childhood weight gain.

Jamie is a member of the US Dietary Guidelines for Americans pregnancy subcommittee as well as the advisory committee for the National Academy of Sciences, Engineering and Medicine webinar on “The Current Understanding of Pre-Pregnancy Weight, Gestational Weight Gain and the Impacts on Maternal and Child Health: A Workshop.” She has been an active member of many professional organizations including the Association of State Public Health Nutritionists, having served Chair of the MCH Nutrition Council, a member of the Governing Council and a member of the Policy Committee. Jamie is also active within the Academy of Nutrition and Dietetics (serving as newsletter editor, Chair, and advisor for multiple DPGs, and serving on the Commission on Dietetic Registration, the Council on Future Practice, the Nominating Committee, the Public Health Committee and the Honors Committee).

In her spare time, Jamie is a certified master gardener who volunteers for the UMN Extension program in under-resourced communities and is active in wildlife habitat restoration, especially native habitat for ducks, bees and butterflies. She is also currently training to become one of the first UMN Extension food preservation consultant volunteers.