



December 2018

You are receiving this monthly new sletter because you are either a part of the ASPHN Children's Healthy Weight CoIIN or a partner in this CoIIN. This new sletter w ill feature stories and highlights from partners and CoIIN members, information about resources and upcoming trainings, and other important new s. If you have anything you'd like to contribute, you can reach out to Rebecca Leighton at reighton142@gmail.com. Thank you!

Upcoming Events

- January 3, 2019, 1pm 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

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) Rebecca Leighton
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-CoIIN Impact Evaluation spreadsheet	
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 Douque 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-CoIIN 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		10:30 am	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 Eidsos, Med, PAPHs Executive Director National Physical Activity Society (NPAS)
1:00 pm	State Team Work Session / Technical Assistance			Innovative Nutrition Integration Work Stream Break Out	Bonnie A. Spear, PhD, RDN, FAND Professor Pediatrics Emerita University of Alabama at Birmingham
1:45 pm	Quality Improvement / CoIIN Process	??? – CoIIN/QI Expert Marci Brewer – LA CHW-CoIIN Team Lead - confirmed Jennifer Young – OR CHW-CoIIN Team Lead - invited		Breastfeeding Work Stream Break Out	Sandy Perkins, MS, RD/LD CHW-CoIIN Project Manager ASPHN
2:30 pm	State Team Work Session / Technical Assistance			Physical Activity Work Stream Break Out	Kinkini Banerjee Coalition Relations Director United States Breastfeeding Committee (USBC)
3:15 pm	Energizer Break			Innovative Nutrition Integration Work Stream Break Out	Bonnie A. Spear, PhD, RDN, FAND Professor Pediatrics Emerita
3:45 pm	Keynote: Nutrition Messaging	Beth Kitchin, PhD, RDN Assistant Professor Dept of Nutrition Science University of Alabama – Birmingham	11:15 am	Physical Activity Work Stream Break Out	Pam Eidsos, Med, PAPHs Executive Director National Physical Activity Society (NPAS)
4:45 pm	Wrap Up				
5:00 pm	Adjourn				
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: https://fsgw.org/english-country-dance	

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

Physical Activity Team Highlight



Each month, a new Children's Health Weight CollIN 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 CollIN'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.

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 for more information about ASPHN.

Visit the CollN Website

Children’s Healthy Weight CollN | Association of State Public Health Nutritionists

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