



## March 2019

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 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 [reighton142@gmail.com](mailto:reighton142@gmail.com). Thank you!

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### Upcoming Events

- March 27, 2019, 1pm: PA Workstream Networking Call
- April 17, 2019, 1pm: CHW COIIN Webinar
- June 9-11, 2019: ASPHN Annual Meeting, Scottsdale

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### Resources

The ASPHN Annual Meeting will be June 9-11, 2019 at the [Embassy Suites by Hilton Scottsdale Resort](#) in Scottsdale, Arizona. This is a chance to connect, collaborate and create a wide network that cultivates positive change across the country. The theme of the 2019 annual meeting is *Optimizing Your Performance: Engaging in a world where there is too much to do*. The [draft agenda](#) is available on the ASPHN website.

ASPHN expects each Intensive Learning Level COIIN team to present a poster on their CHW-COIIN work. While we do not have funding to reimburse travel for technical assistance team representatives, we believe the technical assistance teams are also doing work that would be beneficial to ASPHN members. We would like to invite you to considering presenting a poster on your CHW-COIIN work as well as well. If you are unable to travel to the meeting, Sandy is willing to assist with the poster presentation.

The call for posters is open; complete the [online application](#) by May 1.

Details and logistics about the meeting may be shared with others who are interested in attending.

[Learn more here!](#)

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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!

## Breastfeeding Team Highlight



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

Wisconsin's project is focused on expanding an existing online physical activity resource to include content relevant and useful for out-of-school-time (OST) programs with high staff turnover and limited resources for training. Since 2007, a group of stakeholders (Healthy Early) consisting of Departments of Health, Children and Families, Public Instruction, UW-Madison, UW Extension, various child care associations, CCR&Rs and advocacy groups have been working on creating resources for programs to use to put practices

and policies in place in programs for children around healthy eating and physical activity in Wisconsin. These resources include Active Early and Healthy Bites.

Wisconsin's QRIS (YoungStar) is inclusive of school-age children in child care programs, school-based programs and day camps. Youngstar includes a required health and wellness component for 3, 4, and 5 Star programs that verifies if a program is supporting healthy nutrition and/or physical activity through policies and practices. It contains an optional indicator of 90 minutes of moderate to vigorous physical activity each day. The 90 minutes is pro-rated for after school or before school only programming.

Wisconsin received CollN's total funding to create an OST version resource that is available online for out-of-school time programs and school-aged staff to use to incorporate into program policies and curriculum/activity planning. Use of the National Afterschool Association's Healthy Eating and Physical Activity Standards and the Out-of-School Nutrition and Physical Activity (OSNAP) Self-Assessment tool by Harvard are used to support the Active OST resource and training. Training of Trainers and Consultants will occur and a sample collection of programs will receive training either in-person or online support. A pre and post-questionnaire will be used to get program administrators and teachers' feedback on the importance of incorporating physical activity.

**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



Van S. Hubbard, M.D., Ph.D. retired from Federal service in November 2015. Most recently, he was Director, NIH Division of Nutrition Research Coordination and Associate Director for Nutritional Sciences, National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health. Dr. Hubbard had been at NIH since 1976 in various positions and attained the rank of Rear Admiral and Assistant Surgeon General within the Commissioned Corps of the US Public Health Service prior to transitioning to civilian service in 2010. He was chair of the NIH Nutrition Coordinating Committee and

served as the NIH representative on numerous federal and non-federal committees. He helped to establish the joint service cystic fibrosis clinic at the National Naval Medical Center (now Walter Reed National Military Medical Center) in the mid 1980's. He has also received three Meritorious Unit Commendation (Navy-USMC) awards for helping deliver clinical care at the National Naval Medical Center. From 2005-2008, Dr. Hubbard served as the Senior Advisor to the Secretary of DHHS on obesity. Additionally, he served on the Committee on Nutrition of the American Academy of Pediatrics from 1988-2015. He still holds an appointment as Professor of Pediatrics at the Uniformed Services University of the Health Sciences.

Dr. Hubbard has received many honors such as the Certificates of Appreciation from FDA, DHHS, and USDA. He was awarded the USPHS Outstanding Service Medal, three Meritorious Service Medals, and the Surgeon General's Exemplary Service Medal, two DHHS Secretary's Awards for Distinguished Service and four NIH Director's Awards. He was elected an Honorary Member of the American Dietetic Association (2000); received The Obesity Society's George Bray Founders Award (2002); received The Obesity Society's Mickey Stunkard Lifetime Achievement Award (2010); received the 2012 Barney Sellers Public Policy Award from the American Society for Parenteral and Enteral Nutrition; and voted Fellow of the American Society for Nutrition (2014) and Fellow of the American Society for Parenteral and Enteral Nutrition (2017). His major research interests are clinical nutrition, obesity, cystic fibrosis, and nutritional modulation of disease risk.

Activities outside of work are also very important. Dr. Hubbard values spending time with family. He has raised two sons and four grandchildren that enrich the lives of their parents. He also enjoys playing racquetball 3 or 4 times a week when not traveling, listening to his wife, Linda, play her mountain dulcimer(s) and accompany her to several dulcimer workshops and festivals throughout the year. A joint stress-buster is listening to live music—pop, classical, jazz, new-age, and especially BLUEGRASS.

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### Share your feedback!

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

Take our survey!

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### 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](http://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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