



June 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. Thank you!

Upcoming Events

- June 27, 2019, 1pm ET: BF Networking Call
- July 17, 2019, 1pm ET: Monthly Webinar
- July 24, 2019, 1pm ET: PA Networking Call

Breastfeeding Resource:

Are you interested in helping to support breastfeeding mothers at your next conference or event? The American Academy of Pediatrics created a toolkit for how to organize a donor milk drive!

This toolkit provides all the steps necessary to help coordinate a milk drive at a conference. For detailed information, check out the link below!

[Check out the toolkit!](#)

Physical Activity Resource:

BEPA 2.0, which stands for Be Physically Active 2Day, provides standards for health and physical education. Training on BEPA 2.0 will be the main feature of Oregon's collaborative COIIN, Title V, Fuel up to Play 60 and Oregon Healthy Schools (CDC 1801) physical activity training in June.

[Learn more here](#)

**Check it out -
The CHW COIIN was highlighted during the 9th National Breastfeeding**

Conference & Convening in June!

- **Innovations in Breastfeeding Coalition Building and Workforce Capacity: Highlights from MCHB's Children's Healthy Weight CollIN (Collaborative Improvement & Innovation Network)**
 - Meredith Morrissette, MPH, *Health Resources and Services Administration (HRSA) / Maternal and Child Health Bureau (MCHB)
 - In 2016, the Health Resources and Services Administration's Maternal and Child Health Bureau launched the Children's Healthy Weight Collaborative Improvement and Innovation Network (CHW-CollIN) to increase the workforce capacity of state Title V MCH programs around breastfeeding, nutrition, and physical activity. Currently, 11 State Teams in the CHW-CollIN are working to establish new policies and practices that address social and ecological barriers to breastfeeding. This presentation will describe the structure of the CHW-CollIN, discuss best practices and models in systems innovation using state success stories, and highlight the importance of coalition building in achieving impact at the state level.

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!

The purpose of California's Children's Healthy Weight CollIN project is to build capacity to support workplace and school lactation accommodation and reduce related infant feeding disparities in California by June 2019. The CollIN will target individuals and organizations providing lactation accommodation education and resources to communities with low breastfeeding duration.

Outcome: All California parents who return to work or school after giving birth and choose to breastfeed/provide human milk will be equally and adequately accommodated.

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

Sandy Perkins is a Public Health Nutrition Consultant and the Director of Program Development the Association of State Public Health Nutritionists (ASPHN). In this position she serves as the project manager for the Children's Healthy Weight CollIN. She also provides consultant support to the organization's MCH Nutrition Council, National Fruit and Vegetable Nutrition Council and the Obesity Prevention Nutrition Council.

Sandy has over 25 years experience in the field of public health nutrition specializing the the maternal and child populations. Sandy has coordinated nutrition services for the various programs serving maternal and child populations at the state and local agency levels, including WIC, Maternal and Child Health (MCH), Children with Special Health Care Needs, and Part C of the Individuals with Disabilities Education Act. Ms. Perkins is the past President for the ASPHN. She holds a master's degree in food science and human nutrition from Colorado State University and a BS from Kansas State University.

Sandy lives in rural Kansas with her husband, chocolate lab and kitties. Her hobbies including cooking, photography and gardening.

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

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number, U7NMC30388, Pediatric Obesity CollN 2.0 (also known as the Children's Healthy Weight CollN) 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.
