

August 14, 2009
AL Power Company WaterCourse Building
Clanton, AL

Alabama's State Obesity Task Force:

“Working toward prevention and reduction of obesity for a healthier Alabama.”

Obesity Task Force Meeting Minutes

Mim Gaines called the meeting to order, welcomed members, followed with group introductions.

Bonnie Spear provided an update on the grant submitted to assist identify county resources. If funded, members will be asked to serve on the Needs Assessment Advisory Committee.

Mim provided an update on the BITE community grants and the upcoming Alabama Communities of Excellence project. BITE grants have been issued and specific the communities are being trained on computer software. She thanked members for serving on the selection committee and thanked Heather Whitley for providing the press release. (Attachment 1) Alabama Communities of Excellence was explained and handouts provided. (go to <http://www.alabamacommunitiesofexcellence.org/>) The OTF will have a display at the ACE conference on Sept 30, 2009 in Montgomery, AL.

Loyd McIntosh provided an update from the Jefferson County Childhood Obesity Task Force. (Attachment 2)

Linda Lee, from American Academy of Pediatrics, Alabama Chapter, shared some of the initiatives the pediatricians have worked on that deal with obesity. The current project focuses on the communication needs and methods for the school nurses and local physicians.

Sandra Sims, ASPHERD, shared the process of the recent PE bill that was passed, but not signed by the Governor.

Tammy Truett, of the USDA National Forest Service, provided information on the walking – hiking emphasis they have. There are four national forests in Alabama. A grant opportunity, More Kids in the Woods, was explained. Tammy's contact information is:
Tammy Truett, Public Affairs Officer
National Forests in Alabama
2946 Chestnut Street
Montgomery, AL 36107

Telephone: 334-241-8144
Email: ttruett@fs.fed.us
Fax: 334-241-8177
Website: www.southernregion.fs.fed.us/alabama

Jonnie Melton led the group stretch break.

Helen Wilson reviewed the process of developing the OTF Mission Statement. After discussion, it was voted to accept the statement, **“Working toward prevention and reduction of obesity for a healthier Alabama.”**

Michael Jackson provided an overview of the goal of writing an OTF procedure manual. Work will continue on this project, and interested volunteers are encouraged to contact Michael.

Members self- selected into one of the four work groups for the remainder of the meeting. Each group had a set of questions to answer. They were:

1. Group 1) Obesity Task Force manual review- Group leader was Michael Jackson. This group discussed several points. The work will continue on a policy and procedures manual. Michael agreed to take the lead in this project; however, he will definitely need all our help. If you have worked on manuals, are familiar with designing manuals, or have an interest in developing this manual, please contact Michael at mjackson@dife.us

2. Group 2) Handout reviews for the ACE meeting- Group leaders were Lloyd McIntosh and Bonnie Spear. This group did a great job weeding out the information not needed and revising points for clarity. These handouts will have our mission statement and be available for anyone to use. They will be posted on the Obesity Task Force web page after the meeting.

3. Group 3) Reference materials and anticipated questions for the ACE meeting- Group Leader was Heather Whitley. This group drafted potential questions for OTF representatives to consider before going to the meeting as part of preparation for the audience. The group reviewed the reference manuals that will be at the display. These manuals will have a sheet for interested leaders to sign in order for OTF members to share more information.

4. Group 4) Evaluation guide development- Richard Sinsky was the leader for the data discussion. This group came up with general ideas for the OTF to consider in all evaluations as well as a spreadsheet to collect specific information for the Sept meeting.

During the wrap up session, groups shared key points. In addition, Heather Whitley was drafted a press release about the upcoming meeting in September with the ACE organization. This will be submitted through the ADPH system for statewide distribution

The next quarterly meeting date is planned for November.

Attachment 1 Heather Whitley provided a press release for the BITE communities.

Five communities selected for Alabama Physical Activity and Nutrition Grant

FOR IMMEDIATE RELEASE

CONTACT: Miriam Gaines
(334) 206-5226

Five Alabama communities have been selected to receive grants of \$3,000 each to stimulate community-based physical activity and nutrition programs to reduce risks for overweight and obesity. Receiving funding will be Anniston, Birmingham, Greensboro, Millbrook and Montgomery.

Alabama was selected as one of eight states to receive funds through the Balancing InTake and Expenditure grant from the Chronic Disease Directors Association in early 2009.

Dr. Donald Williamson, state health officer, said, “The funding will be applied to stimulate community-based physical activity and nutrition program planning, implementation, reporting and evaluation to reduce risks for overweight and obesity. “

The Alabama Obesity Task Force money was received by the Alabama Department of Public Health and was distributed by the State Obesity Task Force. Members from the Obesity Task Force were instrumental in reviewing submitted applications and selecting recipients.

Fred Smith, with the Walking Club of Jacksonville State University, will use the money to expand current activities. Smith says, “The Jacksonville State University Walking Club is pleased to partner with the Alabama Department of Public Health on the BITE grant in partnership with local agencies and the communities in the development and acceptance of wellness and health education.”

Bree Garrett, with the Jefferson County Childhood Obesity Task Force in Birmingham, plans to heighten awareness through the development of more promotion materials for local urban farm and low-income inner-city residents.

Garrett says, “The Jefferson County Childhood Obesity Task Force will soon begin to look at best practices of day cares around the country. We will develop best practices for Birmingham’s daycares focusing on fresh food access and fresh food distribution. This will be a great project to use for the BITE grant. Once these best practices have been created, we will help day cares make these improvements step by step.”

John Plaster and the Auburn University Rural Studio-Lions Park in Greensboro will add a walking trail in a community park. The Lions Park Committee is honored to receive the BITE grant. The funds will allow Rural Studio students to build a walking trail for the City of Greensboro.

Choona Lang, with the Alabama Gem City Preparation and Community Awareness Walk in Millbrook and Montgomery, plans to develop a manual and offer training to low-income communities about the importance of churches providing physical activity and healthy nutrition.

Lang says, “We are excited to be a recipient of the BITE grant. This grant will give us the opportunity to expand our current health promotion and education project to a larger segment of Montgomery and the surrounding areas to ensure the message of healthy lifestyle habits is accessible.”

Felecia Barrow, with "Seeds to a Healthier River Region" through the Montgomery Wellness Coalition, partners with rural county schools and local businesses to develop and improve local gardens and promote its goods to local restaurants.

“The Montgomery Area Community Wellness Coalition and River Region Steps is excited about the opportunities that will be afforded through the BITE grant. Seeds to a Healthier River Region will not only promote increased consumption of fresh fruits and vegetables in Lowndes County, but it will also increase socialization. Both young and seasoned citizens will be able to work together for the betterment of health and wellness for the total community. The recipients of the products harvested will, regardless of their socioeconomic status or whether they have health insurance or not, benefit. The collaboration with various partners from government agencies, to schools, to nonprofit organizations, to local business owners, will ensure that we continue to work together to improve health and access for all” says Barrow.

Planning and implementation of these selected community projects will begin July 1 and take place over 13 months.

The Alabama Obesity Task Force volunteers its time and energy for continued proactive support in helping communities make improvements. Established in 2004, the Obesity Task Force’s goal is to reduce obesity in Alabama. Over the past four years, the task force members have aided Alabama community organizations partner to improve the overall health of community residents through encouraging physical activity and healthy nutrition.

Attachment 2

Loyd McIntosh provided an update from the Jefferson County Childhood Obesity Task Force

Notes from JCCOTF meeting 8/12/09

Health Action grant- social marketing by kids for kids-

The JCCOTF received a Health Action grant to do a social marketing project with children. Bree Garrett, with JVUF will run Seed 2 Plate fieldtrips and interview each group to find out what they learned and how they would talk to their friends about making healthier choices. Starting this fall, these interviews will be videoed and will be given to UAB's Digital Community Studies students to compile and turn into short videos or PSAs. The task force will help organize a screening contest, develop avenues for distribution and effective use of the messages and recruit the winners of the contest to further participation in community health leadership.

BITE grant and Communities in Balance website-

The JCCOTF will use the <http://www.communitiesinbalance.org/> website to help plan, coordinate and manage projects. Each member will be added to the website so they can utilize the site. We will have training at our next task force meeting on September 16th at 2:00 at United Way.

Update on Policy work-

Child Nutrition Promotion and School Lunch Protection Act-

Many children spend their lunch money on food from vending machines and the school store rather than purchasing a hot lunch. The current standards for foods sold outside of school lunch are outdated and make no sense, so this act is to get the USDA to create nation-wide standards for foods sold outside of lunch. While Alabama has set standards, most states have not. The state's child nutrition department, Mim Gaines with the state task force, and Bree Garrett with JCCOTF participated in a conference call with Congressman Davis' staff to discuss the importance of this act and asked for their support. We feel the meeting went very well.

Time for Lunch Campaign- Child Nutrition Reauthorization Act/ Food Inc.-

Handout- http://www.slowfoodusa.org/downloads/campaigns/time_for_lunch-platform.pdf

The Slow Food organization has started a "Time for Lunch" campaign to encourage groups to have "eat-ins" or pot-luck lunches on Labor Day where they will take a few moments to call their legislator to support an increase in reimbursement rates in this year's Child Nutrition Act. This would allow more money to be spent on healthier foods to provide healthier meals for school children.

JVUF, Slow Food of Birmingham, JCCOTF, Whole Foods, Greater Birmingham Community Food Partners, and Alabama Sustainable Agriculture Network have all joined together to create "Call to Action". Whole

Foods is putting together promotion material to begin handing out 2 weeks before Labor Day. The materials will explain the Child Nutrition Act and how to contact your legislator. They will distribute this information to each customer and encourage them to take action along with their friends and family on Labor Day (or before). As soon as the material is ready, it will be given to the JCCOTF to help with distributing it and getting the word out.

Another part of the “Call to Action” is that these groups are hosting a viewing of *FOOD, INC.* <http://www.foodincmovie.com/> This is a documentary about our food industry and how it has changed in the last 20 years and is affecting our health. We feel this is a very important film and will change the way people think about food.

All shows will take place at The Bottletree on Labor Day Weekend. Purchase tickets online now by visiting their website: <http://www.ticketbiscuit.com/bottletree/eventspotlight.aspx>

Tickets: \$7 for Saturday shows

\$18 for Sunday show + Supper

Ticket proceeds benefit Greater Birmingham Community Food Partners' Food Summit November 12-14.

Saturday, September 5th 1:00 showing- Food, Inc inspired Brunch menu beginning @ 11:00 am. Movie starts at 1:00. Eat-In information available throughout the day via a Jefferson County Childhood Obesity Task Force table.

Saturday, September 5, 5:00 showing

Sunday, September 6th 4:00 showing -Food, Inc experience including a 4:00 showing, panel discussion afterward, and a local Food Inc inspired Supper will close our Food, Inc

This is considered our “Eat-In” as there will be fresh, local food with a documentary to explain the issues with our food system.

There will be information booths educating people on ways to get involved and how to be proactive and make a difference. The JCCOTF’s booth will provide information about the Child Nutrition Reauthorization Act and how to contact your legislators. JCCOTF volunteers are needed to man the booths during all three showings. All interested volunteers please email Bree Garrett at nutrition@jvuf.org by Sept 1st.

Food Summit, November 12-14

The event at Bottletree Café will also advertise the upcoming Food Summit. Sylvia Crum with Greater Birmingham Community Food Partners gave a brief overview and will give an update at the next meeting with a more detailed schedule. The event will begin Thursday evening and will wrap up Saturday. A variety of speakers will talk about our food system, food access, food policy, etc. There will be a tour of local community gardens, JVUF’s “Growing Together” community garden training will begin that Saturday.

Walking School Bus

Lisa Jones mentioned that Hoover and Fairfield received Safe Routes 2 School grants and have started Walking School Bus groups.

Edwin Marty brought up that many schools in Birmingham are being renovated and new schools are being built. It would be nice to have someone from the school board attending the task force meetings to keep walkability in mind while designing these schools.

Birmingham Health Care

Dr. Reynolds, pediatrician with Birmingham Health Care, which provides services to the underserved children in Birmingham, would like to screen children for obesity and give parents information on ways to help. He would like to have an event this fall.

McWane Science Center

Tony with McWane Center announced that they too have stopped frying food and have a healthier café now. They are also wanting to provide health education for children. He mentioned that they have 200,000 fieldtrips a year and would like some of the groups from the task force to come and do short presentations to these groups. Contact him if interested in this.