

Minutes for January 15, 2016

Recorder: Michaela Horn

**Present:** Amy Blanchard, Heidi Collins, Nicole DeFrank, Adrienne Dorf, Sharon Geedy, Naomi George, Danette Glassy, Shanna Hanft-Rife, Xinying He, Janice Heck, Michaela Horn, Tina Horner, Claudia Hume, Suzanne Kohaya, Trang Kuss, Tina Nelson, Cathe Paul, Cheryl Polasek, Alba Suarez, Nancy Tarara, Kelly Walters, Karen Weidert, Kezia Willingham, Nancy Wessenberg, Ariana Willet, Caitlin Young, Joan Zerzan. (18 in person, 8 online)

TOPIC	DISCUSSION	ACTION / DECISION
<b>Welcome and Introductions</b>	<p>Introductions</p> <p>Minutes are posted on the website on the front page at the bottom under the heading "Latest Business". Please read on your own and if there is anything that needs to be changed.</p>	<p>Let Micha Horn know if there are any changes that need to be made to the minutes.</p>
<b>CSHEL Business</b> <i>Update by Cathe Paul</i>	<p>Cathe Paul coordinates the meeting, schedules guest speaker, ensures CEUs available, and the website. Website is back up after an issue with the domain name. Comment made that the calendar is not easy to find on the website. Cathe will be working on getting this improved.</p> <p>Really, CSHEL is currently acting as a forum for networking and information sharing, rather than doing projects and advocacy. In the past we've done position papers with CSHEL's name. We are going to step back from that work now. If individuals are interested in a position paper again, someone can spearhead it and get a group together to work on it and sign it as "CSHEL members" but not from CSHEL as an organization. If Best Start Washington needs someone to do a project in the future, they can find a member through CSHEL to do the project independently or through their employer.</p> <p>The one financial connection that Best Start Washington will keep is to support the CSHEL website.</p>	
<b>Member/Agency Updates</b>	<p><b>Cathe Paul (Independent Health Consultant)</b> – Has 6 infant rooms that she is an INC for. Also doing STARS health and safety trainings for immigrants and refugees in Seattle/King County. Also working on getting a certificate to teach ESL.</p> <p><b>Arianna Willis</b> – completing health practicum</p> <p><b>Amy Blanchard (Snohomish Health District)</b> – Program Manager for Communicable Disease</p> <p><b>Adrienne Dorf (Department of Early Learning)</b> - Healthiest Next Generation Program Manager – focus on preventing childhood obesity.</p> <p><b>Tina Nelson (Snohomish County ECEAP)</b> – Nutritionist, over 1200 children and early HeadStart</p>	

## COALITION FOR SAFETY AND HEALTH IN EARLY LEARNING

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	<p>also.</p> <p><b>Joan Zerzan (Washington State Department of Health)</b> – Nutrition Consultant with DOH</p> <p><b>Tina Horner (PSESD)</b> – RN, just finished Masters degree</p> <p><b>Danette Glassy (Pediatrician)</b> – Work at National and State Level for Early Learning, Board Member of Best Start Washington (non-profit)</p> <p>If you have an idea that you want to do and need a 501C3 to help with the grant process, etc. we are happy to talk with you.</p> <p>One current grant through Best Start Washington – Alba Suarez is doing an online training for Early Learning providers that explains the importance of vaccines, dispels myths, and how to look at immunization records and report back to DOH. Will go on DEL website and be available for STARS credit. There is no other training like this in the nation.</p> <p>A lot of our state funds for child care come from CC Development Block Grant. There is a national mission to improve quality. There are now more pointed H&amp;S standards. Our state is putting together a proposal of these standards – the proposal is now up for public comment. Read the comments and provide input.</p> <p><b>Alba Suarez (Snohomish Health District)</b> – PHN at SHD Communicable Disease Outreach for Child Cares. Expanding our program to be hiring a nutritionist and a behavioral health specialist.</p> <p><b>Suzanne Kohaya (PSESD)</b> – Nutrition Services Manager – Doing Communications</p> <p><b>Nancy Tarara (Nurse Consultant)</b> – busy with ECEAP, 9 child cares, following 4 different sets of rules and is interested in seeing alignment of the WACs and other rules.</p> <p><b>Karen Weidert (BFHD)</b> – nurse for 2 centers, working on BFHD health policy format and also CSHCN</p> <p><b>Naomi George (Infant Nurse Consultant)</b> – working in Pierce County, used to work for PSESD</p> <p><b>Nancy Wessenberg (Infant Nurse Consultant)</b> – how many nurse consultants are there in King County (4) – where is our data?</p>	
<p><b>Department of Early Learning Update</b></p> <p><i>Update from Adrienne</i></p>	<p>New Director at DEL – Ross Hunter, a former legislator and former Microsoft Administrator. Really interested in education and statistics and outcomes. His goal for the state is by 2020 90% of children will be kindergarten ready. Interested in tracking individual children through the system.</p> <p>Child Care Development Fund Block Grant is being written as we speak. It is currently available for public comment. Look at it in terms related to health and safety. Write in your comments and add your</p>	<p>Access DEL blog at <a href="http://www.del.wa.gov">http://www.del.wa.gov</a></p>

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<b>Dorf</b>	<p>data that supports it. How health relates to learning. Can look up references in CFOC.</p> <p>Early Achievers has always been voluntary, except for ECEAP. Now any provider that accepts state subsidy will have to enroll in Early Achievers both homes and centers. The hope is that the programs serving those that are lower income and higher risk will move towards high quality.</p> <p>Alignment work – Bulk of the work is making sure that the school, center, and home WACs are the same. Another major concept is that there will be a progression of quality and so that all the standards such as licensing, ECEAP, and Early Achievers align with one another. For example, licensing doesn't mention developmental screening, but both ECEAP and Early Achievers have standards. There are many health components that are already best practice in licensing (at level 1) – such as communicable disease control and food safety. The rest we are looking at how to create a progression. It is important to have health professionals to submit their ideas of what can be done as a progression. Need to integrate health into Early Achievers because many child cares are spending a lot of time working on Early Achievers goals. If we make sure health is included in Early Achievers, there will be an incentive to focus on quality in those areas.</p> <p>National Association of Regulatory Agencies (NARA) – resources to help states develop the best kind of regulations and best practices. (<a href="http://www.naralicensing.org">www.naralicensing.org</a>)</p> <p>New breastfeeding training available online at UW funded by DOH - 200 providers took the training. STARS (<a href="http://depts.washington.edu/uwcphn/work/ece.shtml">http://depts.washington.edu/uwcphn/work/ece.shtml</a>); Must be done all in one sitting.</p> <p>New professional development library on DEL's website: (<a href="http://www.del.wa.gov/Professional/library.aspx">http://www.del.wa.gov/Professional/library.aspx</a>) Also a Healthiest Next Generation DEL website. (<a href="http://www.del.wa.gov/HealthiestNextGeneration/Default.aspx">http://www.del.wa.gov/HealthiestNextGeneration/Default.aspx</a>)</p> <p>CHOICES Project – cost effectiveness data of implementing NAP SACC in Washington State (<a href="https://gonapsacc.org/">https://gonapsacc.org/</a>) Ms. Wright</p> <p>Medicaid Costs – Washington State has applied for a waiver to do some innovative things to decrease costs. One idea is asking for an opportunity to use Medicaid funds to incorporate a NAP SACC type program in Washington States. Such a proposal has been submitted for WA state.</p>	
<b>DOH Immunizations</b>	<p>Excited about online training and thanks to Alba for working on it so hard. Have been trying to get it done for many years.</p> <p>Put together a legislative budget request for a new tool “Immunization Validation Tool” in the</p>	

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<p><i>Update by Trang Kuss</i></p>	<p>immunization system. System will do all the thinking and will print out a validated CIS form so that everyone will know if a child has met the requirements for child care for specific ages. Was included in the governor's budget so hope is that it will be funded. Maybe in the future, the tool would be required to be used and then parents wouldn't have to be relied on provide immunization dates.</p> <p>Another piece of budget request is to develop a school module in the WAIS system. This allows schools to do review and tracking and sends letters. Want to roll school module out to all schools statewide.</p> <p>Annual Immunization Report – lots of reports returned, but are still sorting through the data to see how many child cares and how many schools reported. This would be the first year they intend to post the data online. Hoping it will be ready in May or June.</p> <p>Sent out the new vaccines required chart for 2016-2017 for parents and for child care providers. Posted on webpage now.  <a href="http://www.doh.wa.gov/CommunityandEnvironment/Schools/Immunization/VaccineRequirements">(<a href="http://www.doh.wa.gov/CommunityandEnvironment/Schools/Immunization/VaccineRequirements">http://www.doh.wa.gov/CommunityandEnvironment/Schools/Immunization/VaccineRequirements</a>)</a></p> <p>Status report form for next fall reporting. Overlays for the various age groups will be posted as well.  <a href="http://www.doh.wa.gov/CommunityandEnvironment/Schools/Immunization/ChildCareStatusReporting">(<a href="http://www.doh.wa.gov/CommunityandEnvironment/Schools/Immunization/ChildCareStatusReporting">http://www.doh.wa.gov/CommunityandEnvironment/Schools/Immunization/ChildCareStatusReporting</a>)</a></p>	
<p><b>DOH</b></p> <p><i>Update by Joan Zerzan</i></p>	<p>Shares CSHEL minutes with those she works with at DOH.</p> <p>Prior to this year, prenatal vitamins were only covered for pregnant women. HCA will cover prenatal vitamins for women who can get pregnant</p> <p>Nutrition network - Developing feeding needs for Children with Special Health Care Needs (CSHCN); parents receive support from hospital to home for feeding issues. When there is a training, individuals can apply to be part of the network.</p>	
<p><b>SHAKE:</b>  <b>Supporting Healthy &amp; Active Kids and their Environment – A NAP SACC Project in Seattle</b></p> <p><i>Presentation by Kelly</i></p>	<p>Dr. Pooja Tandon, MD, MPH, University of Washington.                      Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC)                      Approximately 5 million US children attend preschool and child care in the US.</p> <p>NAP SACC (Nutrition, PA, Outdoor play, screen time, breastfeeding)</p> <ol style="list-style-type: none"> <li>1) Assess – directors take the Self- assessments to find areas for improvement</li> <li>2) Plan – use action planning tools to help them set priorities in at least 3 areas</li> <li>3) Take Action – help provide education, tech assistance, and suggest resources</li> <li>4) Learn more – provide basic trainings on nutrition and PA and others as needed</li> </ol>	<p>2 more studies being formed (<b>INCLUDE INFO</b>) – if you know of centers not too far from Seattle area, contact  <a href="mailto:kelly.walters@seattlecildrens.org">kelly.walters@seattlecildrens.org</a></p>

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<p><b>Walters, BA Clinical Research Associate, Seattle Children's MPH Student, UW</b></p>	<p>5) Keep it up – assess again (in 6 mo), celebrate progress and plan next move</p> <p>Study was to implement and evaluation the NAP SACC intervention in Seattle area, do economic evaluation, and look at sustainability; recruited 10-12 licensed child cares serving 3-5 y.o. low-income and minority children; more than 8 hours of training; programs received \$250 to assist with improvements. Pre-and post-data were collected. Actigraph GT3X+ accelerometers used (4 days at baseline and 4 days post-intervention)</p> <p>Range of 1 to 5 – general increases in scores found in nutrition, screen time, active play, and outdoor play scores. Increase in total Nutrition and decrease in child's BMI. MVPA was already above 60 minutes/day so didn't increase much.</p> <p>Economic evaluation – most centers kept records on paper (missing data); need better methods to help them track expenditures more systematically</p> <p>Time tracking – 23 hours of consultant time per center and 7 hours of initial training per consultant.</p> <p>All center directors said their participation in project was useful or very useful. Improved menus, changes in feeding practices, and new food ideas were beneficial and enjoyed.</p> <p>Lessons learned – recruitment challenges, progress not always quantifiable, communication with center directors. 3 key areas for improvement chosen by center based on NAP SACC Self-Assessment – Feeding environment, indoor play environment, adult led physical activities.</p> <p>Centers chose their own goals and then developed specific actions needed to reach their goal.</p> <p>*** SLIDES WILL BE POSTED ON THE CSHEL WEBSITE ***</p>	<p>206-884-1060</p>
<p><b>Quantity Food Preparation</b></p> <p><i>Update by Tina Nelson</i></p>	<p>Tina Nelson – Tina developed a tool for quantity food preparation. Put in the number you are serving in the green cell and it will auto-calculate the amount of food you need. Everything in yellow is an auto-calculation.</p> <p>Tina has other recipes forms that have been set up for auto-calculating also. Also made labels for bleach bottles that print on “badge” stickers.</p>	
<p><b>Next Meeting</b></p>	<p>Next scheduled CSHEL meeting will be <b>on May 20, 2016</b>, at PSESD, Renton.</p>	