



# Obesity Networking Conference Call Summary Notes May 21, 2015, 1:00-2:00pm

**Recorded Webinar Link:** <https://cdphe.adobeconnect.com/p8sxxzbrviag/>

\*presentation start times are noted below for your convenience

## **Participants:**

*Local public health jurisdictions represented:* Boulder County Public Health, Broomfield Public Health and Environment, Custer County Public Health Agency, Dolores County Public Health Agency, Eagle County Public Health Agency, El Paso County Public Health, Jefferson County Public Health, Mesa County Health Department, Northeast Colorado Health Department, Pitkin County Public Health Agency, San Juan Basin Health Department, Summit Public Health Department, Teller County Public Health Department, Tri-County Health Department, Weld County Department of Public Health and Environment.

*CDPHE Divisions represented:* Office of Planning Partnerships and Improvement, Early Childhood Obesity Prevention Unit, Prevention Services Division

*Facilitator:* Alison Long, OPPI

## **Presenters:**

*Jodi Christopfel*, Early  
Childhood Obesity  
Prevention Unit, CDPHE  
[Jodi.christopfel@state.co.us](mailto:Jodi.christopfel@state.co.us)  
us  
303.692.2608

*Stacy Miller*,  
Breastfeeding Specialist,  
Prevention Services  
Division, CDPHE  
[Stacy.miller@state.co.us](mailto:Stacy.miller@state.co.us)

## **Presentations, Discussion & Resources:**

**1) Physical Activity in Child Care Settings: “I Am Moving, I Am Learning” (State Public Health Improvement Plan, Strategy #2, Objective #4)**

**Jodi Christopfel, Early Childhood Obesity Prevention Unit, CDPHE**

**- Recording starts @ 5:11**

- Curriculum developed in 2005 for the classroom and family routine- kids aged 3-5
- Strategy for preventing and reversing childhood obesity
- IMIL Goals:
  - Increase time spent in physical activity
  - Improve quality of structured movement
  - Promote healthy nutrition choices in childcare centers
- Fits well with Healthy Colorado Plan Strategy 2, Objective 4
- Received 5 year funding from CDC in 2014- offered 3 trainings in CO for childcare centers, also doing evaluation
- Wrapping up year 2- offered 4 trainings, contracted with Healthy Childcare Colorado to offer 3 trainings, started training the trainers
- 339 providers trained in 138 childcare centers
- Year 3- target areas are rural regions 2, 4 and 5



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- CDPHE going to be offering more TA around incorporating IMIL into childcare center policy
- We need your help:
  - Attend a free training, recruitment, trainers, get the word out, venues
  - Quality Assurance and Evaluation of childcare centers

## *Discussion:*

- In your work with policies will you be focusing on our 2 LPHA HEAL priorities: sugary drinks and breastfeeding? It is something we can keep in mind, policy guidelines are currently being developed.
- How does this fit in with the healthier meals initiative? It is aligned and works together very well.
- How soon will trainings be available in Region 5? Spring 2016, possibly late summer/early fall.
- How much are trainers reimbursed? Trainers are reimbursed \$500 if they train 10 childcare facilities in their community.

## *Resources:*

- Powerpoint Presentation
- [http://padlet.com/jodi\\_christo/2hw9urmhdb7u](http://padlet.com/jodi_christo/2hw9urmhdb7u)
- [www.hsbs.org](http://www.hsbs.org)
- [www.Choosykids.com](http://www.Choosykids.com)

## **2) Breastfeeding in Child Care Settings and Hospitals: Colorado Baby Friendly Hospital Collaborative & Results from Survey on Breastfeeding in Child Care Settings (State Public Health Improvement Plan, Strategy #1, Objs #1 and #2) Stacy Miller, Breastfeeding Specialist, Prevention Services Division, CDPHE - Recording starts @25:01**

- 2014 breastfeeding survey from 2011 births: As a state, we're doing better than the nation, but are not yet at 2020 Healthy People Targets
- Colorado Baby-Friendly Hospital Initiative- Birthing centers can get designated based on breastfeeding supportive maternity practices
- State provides quarterly webinars and annual workshop, and a collaborative environment for participants
- MCH and CDSC funds support this practice
- 17 Hospital Members in Collaborative representing 49% of live births in Colorado
- Childcare providers are critical in helping mothers to continue breastfeeding as the majority of mothers are in the workforce
- Breastfeeding in Child Care Survey- overall results showed positive attitude towards breastfeeding and breast milk in child care; gaps in care related to handling breast milk vs. formula, health benefits for infants, infant feeding cues, and belief that they could not influence mother's breastfeeding



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- Future focus areas: Address knowledge gaps through training, influence attitudes and beliefs, and developing a breastfeeding-friendly child care designation/recognition- ideally this will be done in partnership with local public health agencies
- If you are interested in participating in an advisory committee- or childcare providers who might implement breastfeeding support- contact Stacy Miller
- It would be great to get the breastfeeding friendly designation tied to licensing
- CCPD Grants- A35 tobacco taxes- three year grant, four new grantees: Boulder, Chaffee, Delta with West Central Public Health Partnership, and Northeast Colorado Health Department with Rocky Mountain Center Health - 14 counties in all
- All focusing on workplace lactation accommodation
- Webinar July 16 10-11am: Colorado state laws, approaching employers to comply and accommodate breastfeeding women, tips and resources
- Quarterly conference call sharing: Thursdays 11-12pm- June 18<sup>th</sup>, September 17<sup>th</sup>, December 17<sup>th</sup>
- Email [stacy.miller@state.co.us](mailto:stacy.miller@state.co.us) if you would like to join any of the calls or webinars
- Also can provide assessment examples

### *Discussion:*

- Can other healthy beverages be added to this initiative? This initiative only deals with breastfeeding, but you could tie this work into another initiative or designation that you are working on locally.
- Can you share results from the survey/chart that OPP put together prior to the Obesity Conference in 2012, possibly conducted by Patty Boyd and Andrea Wagner? Alison will share. Also mentioned another resource for local obesity strategies: On the CHAPS main page, click on the map for obesity to view strategies by county:  
<http://www.chd.dphe.state.co.us/CHAPS/Documents/WBMaps/Obesity6.swf>

### *Resources:*

- Powerpoint
- [www.breastfeedcolorado.com](http://www.breastfeedcolorado.com)

### *Link to the State Public Health Improvement Plan:*

[https://www.colorado.gov/pacific/sites/default/files/OPP\\_2015-CO-State-Plan.pdf](https://www.colorado.gov/pacific/sites/default/files/OPP_2015-CO-State-Plan.pdf)

### **Next call:**

July 23, 2:30 - 3:30 pm Topic: Worksite Wellness and Diabetes Prevention

Summary notes submitted by Jordana Sabella