

Workshop Sessions

Common Themes

What is happening here?

- Healthy Habits for Life
- ROCK
- Get Active Orlando/Get Active Brevard
- Hebni
- SHAC
- Collaboration between school curriculum and food services
- Nemours
- UCF

Opportunities

- Increase teacher/parent awareness, education, participation as role models
- IFAS Extension Services
- HealthyQuest
- Children's Cabinet
- Institutions of higher learning
- WIC/Health Department
- Expand Health Habits for life

Challenges/Barriers

- Funding
- Large target area
- Lack of health/nutrition education in elementary school
- Diverse culture
- Parental involvement
- Decision-making is decentralized/lack of agreement on priorities
- Lack of validated tools

Next Steps

- Identify outcomes/Orlando's big 3
- Assessment /inventory-what's operating, what are best practices, what's working
- Restructure/streamline service area
- Increase communication
- Develop recognition/awards for programs, groups, etc.
- Look at Duval's Call to Action Plan...will it fit for ROCK

Captured Workshop Dialogue

Workshop A: Building a Health Child Care Center

What is happening here?

Session 1: (only 1 session for this workshop)

- ROCK
- Healthy Habits for Life
- Recipe for success early childhood education training

Opportunities

- Expand Healthy Habits for Life in early child environments (possible internships)
- Distribute Nemours “Best Practices” guide in early child environment
- Diversity/culture
- Target/reach out to staff, staff wellness
- Promote importance of pre-natal care and wellness
- Walking tapes for early childhood education
- Early childhood comprehensive system ECCS

Challenges

- Diversity/cultural awareness (BMI differential)
- Weather
- Parental involvement

Next Steps

- Collaborate with Hebni in other counties early childhood education
- Partner with YMCA

Workshop B: Creating a Health School

What is happening here?

Session 1:

- OCPS wellness policy
 - Competitive foods
 - Physical education
- Collaboration between curriculum and food/nutrition services: Coordinated Approach To Child Health (CATCH)
 - Science- 35 schools

- Food Services-35 schools
- Osceola
 - Active wellness and School Health Advisory Committee
 - In all schools
 - Data indicates high percentages of participation in health & wellness programs
 - School nurses at all schools
- Collaboration is happening

Session 2:

- 150 minutes in 30 minute blocks
- Healthier Options for Public School Children (HOPS)

Opportunities

Session 1:

- Increase education of teachers about the impact of nutrition, healthy lifestyle and partnerships
- Healthier Options for Public School Children (HOPS)
 - Quick lessons ready for teachers to use

Session 2:

- Use Alliance for a Healthy Generation
- Mandating in-school improvement plans
- Parent involvement
- Research on benefits of exercise to improve learning (also a challenge)
- Programs that combine activity with learning
- Use of extension services

Challenges/Barriers

Session 1:

- 30 minutes blocks of activities
- Needs to be structures
- Academic pressure-FCAT
- Decision making decentralized
- Parent involvement
- Sports versus activities
- Lack of nutrition education in schools
- Underutilized resources and key players
- Funding

Session 2:

- Candy sales
- Sodas in the teacher's lounge

- Agreements with soda distributors
- Staff that don't buy in, model behaviors
- Insufficient finances (insufficient pay for teachers)
- Educators paid for high test scores (emphasis on test performance versus whole child)
- Lack of health education in elementary schools
- Lack of school nurses
- Lack of education for parents

Nest Steps

Session 1:

- ROCK can
 - Provide a roster of participants
 - Involve superintendents, principals, school boards
 - Continue to provide education to members

Session 2:

- Who are the key players
- Tackle as one big area or as separate counties
- Connect key players
- Use research/recognition program to persuade schools

Workshop C: Promoting Health Eating & Physical Activity in Out-of-School Time

What is happening here? (Missing Session 2 for this question)

Session 1:

- Harmony Institute- human/animal bond
- Participate in teaching
- Kids Cooking (OC SFS)

Opportunities

Session 1:

- Opportunities to reach a lot of children, plant a lot of seeds
- We have ROCK
- Organizations already in place have a lot more to offer than is generally known
- HealthyQuest
- Children's Cabinet

Session 2:

- Environmental assessment of what is currently being offered
- Wellness policy for after school

- Teachers/leaders as role models
- Engage parents
- Tool kits with DVD/interactive with parents and kids
- HealthyQuest
- 24 hour help line

Challenges/Barriers

Session 1:

- Large number of children
- No consortium of after-school programs
- Programs mainly after-school grant funded
- Large service area
- Individual agencies may have difficulties implementing i.e. competent/qualified staff
- Social marketing challenges i.e. cultural, language, understandable

Session 2:

- Money
- Staff/volunteer education awareness
- Facilities
- Regulations or lack of
- Resources (food, sanitation, access)
- Safety
- Buy-in of program staff
- Culture

Next Steps

Session 1:

- Identify Orlando's "Big 3:
- Get to know the organizations already in operation
- Structure and streamline service area into manageable levels of coordination
- Finding different or better ways to get info to children and parents about what is available
- Decide together what is a healthy after-school program

Session 2:

- Assessment/inventory
- Ask for "Best Practices"
- Recognize groups/people doing great things...bronze, silver, gold categories of recognition
- Pull in media/social marketing
- Use social networking sites

- Find local celebrity to put face on the issue

Workshop D: How do we know what we are doing works?

What is happening here?

Session 1:

- ROCK
- Get Active Orlando/Get Active Brevard
- Hebni Nutrition Consultants

Session 2:

- ROCK
- Get active Orlando/Get Active Brevard
- KYDS (Kids Take Charge)
- School Health Advisory Committees (SHAC)
- Children's Cabinet
- Community Vision-Osceola
- Winter Park Health Foundation
- University of Central Florida
- Nemours

Opportunities

Session 1:

- Extension-gardening/nutrition
- Colleges- sports and fitness
- Health Planning
- Interns/Student assistants
- WIC/Health Department
- Professional organizations
- Volunteers
- Local Media

Session 2:

- IFAS Extensions (UF)
- Higher Education Institutions
- Health Council
- Florida Hospital Health Futures
- Community Foundation Philanthropy Center (Rollins College)
- United Way
- Soup Labor

Challenges/Barriers

Session 1:

- Time/money
- Lack of validated tools
- Lack of agreement on priorities
- Complex

Session 2:

- Time- lack of
- United Way change of focus
- Competing priorities
- Scarce and declining resources
- Limitations on funding

Next Steps:

Session 1:

- Identify outcome indicators
- Who have you not tapped?
- Long range plan
 - Local officials
 - See Duval county

Session 2:

- Identify outcomes and who wants what information
- Who is going to care about this and willing to be a public voice
- National Association of Children's Hospitals
- Social Marketing- a unique opportunity for partners
- Jacksonville

Next Steps for ROCK

(Group discuss held before the close of the conference)

- Synthesis of sheets
- Post on Web
- Form working groups
- Select priorities and plans
- Communication among/between
- Create call to action (i.e. Duval)
- Send participant list by county/interest

What can you do?

- Expertise (write, etc...)
- Who can you reach
- Interest
- Network
- Volunteer time
- Do something
 - Project
 - Response
 - Effect State standard
 - Review of regulations

Innovative Ideas for Getting Kids Physically Active

- YMCA
- Boys & Girls Club
- School
- Church
- After School
- 4-C
- Head Start
- 4-H
- Extension
- Community College
- Elected Officials
- Home School Network
- Private Schools
- Parks and Recreation/ City and County
- Daycare
- Television/Wii
- Physical activity televised
- Library
- Waiting rooms
- Motivation outside of schools
- Fitness Center...kids/family
- Neighborhood/competitions for subdivision
- Human Busses
- Safe Kids organizations
- Clubs/Girls Scouts/Boy Scouts

- Karate
- Yoga
- Bounce House Place
- Charter schools
- Technical colleges
- Zoo
- Apartment complex
- Professional Sports complexes
- Arena, Wide World of Sports at Disney
- Golf Course
- Hotels
- Hospitals
- Malls
- Bike Clubs
- Geocaching Clubs
- Archery
- Summer Camps
- Swimming
- Science Center
- Track Shack Foundation
- Running Clubs/marathon/kids run

Brainstorming Session

Common Themes

- Engage YMCA, Boy/Girl Scout/Clubs
- Engage 4C, 4H, Head Start, Early Learning Coalitions, Extension Services
- Engage faith-based community
- Engage Parks and Recreation
- Partner with local grocers, farmers markets community gardeners
- Develop/promote cooking lessons for adults and kids
- Engage Colleges, student interns,
- Engage PTA
- Engage political leaders
- Science Center, RDV, Orlando Magic, Local sport leagues
- Florida Hospital for Children

Ideas for Promoting Healthy Meals in the Community

- Food demonstrations where food is disseminated for lower \$
- Portable farmers market
- Farmers market at schools
- Collaborate with local grocers to promote/prepare healthy meals
- Collaborate with churches/faith-based
- Educate the children (plate)
- After school programs & cooking lessons
- Host family event with hands on food prep and cooking
- School chef program
- Participate in health fairs
- Connect with generations...kids with seniors
- Kids Meals-on-wheels...going to after school programs, tie in exercise & recipes
- Fruit/Veggie truck to go through neighborhood
- Have a mascot or 2
- Community gardens and schools
- Food pantry education (extending what is available)
- Kids meals at restaurants
- Star program-media incentives
- Book/presentation on low cost ways to eat healthy
- Community-based chef program through VCC or other school
- Sports nutrition info for teens
- Teach how to sell healthy snacks at sports venues and still make a profit

Child Care Environment

- Children's Services Councils
- Student Interns/service learning
- Health Departments in other counties
- New venues/methods for parent education
- Community youth sports/activity organizations
- RDV/Orlando Magic
- Science Center
- County/City Government
- 4H/Extension Services
- EFNEP (Expanded Food & Nutrition Education Program)

- Expand Healthy Habits for Life to Early Learning Coalitions/4C
- Head Start
- Faith-based community
- Parks and Recreation
- DCF-policy
- Child Care Food Program
- Master gardener's/Extension
- Food banks/farmers market
- WIC
- Gyms/YMCA
- Library
- Community Vision-Osceola-Children's Cabinet
- Kids Hope United
- Children's Home Society
- Devereux
- Extended day/yr
- Healthy Start
- Hospitals/pediatricians
- Healthy Families

School Environment

- Pediatricians/Dentists
- Psychologists and Social Workers
- UCF medical School
- College of Education/Nursing
- PTA-vendors & food service
- Volunteer parents
- Girls & Boys Scouts/Clubs
- A Gift for Teaching
- Faith-based organizations
- Housing authorities
- Private Schools/School Administration

Willing to work

- Debbie Booth- District PTA/ Congressman Alan Grayson's Office
- Political leaders
- All 4 SHAC chairs
- Who is responsible in school district for policy and implementation

- Florida Hospital for Children
- RD
- PTA representative
- Teen health Advisory Council

Be a Part

- Dividends
- Teaching Associations
- Sports & Fitness Programs from local universities
- Professional Sports Team Representative
- Collegiate Sports Teams
- City Parks & Recreation
- Chef's/Restaurants

After School Activities

- Activities for after school list of all four counties
- HealthyQuest after school and summer programs in all four counties
- Inventory of after school providers/environmental assessment and what's doing with healthy eating and physical activity in all four counties
- Florida After School Network (FAN)
- Child Care Center A.S Program
- School Districts
- Leagues (Soccer, football, etc)
- Children's cabinet in all 4 counties
- YMCA
- DCF
- Boy /Girl Scouts
- 4H
- Church groups
- Student Interns
- Parks & Recreation
- Youth Sports program (Saturday morning also)
- Science Center
- Boys/Girls Club
- Culinary Schools for cooking demos, career, healthy lifestyles
- Role Models (HS football players, Magic, community players)
- After school cooking clubs/cooking dinner for Mom & Dad
- Dance Studios/competitions

- Talent Shows
- Fitness Center Professionals
- Early Learning Coalition of 4 counties
- Florida hospital for Children
- Student interns
- 21st Century Community Learning Center...coordinators...want program

Linking Programs and Evaluators”

- Not on topic – but brought up in the groups. Communication:
 1. The Health Department’s 211 program is an avenue to distribute information about reduction of childhood obesity support resources
 2. Information can also be distributed through the faith-based community.
 3. WIC is in touch with a lot of kids and families and is a good way to distribute information.
 4. ROCK Web site can help link willing “sites” (like schools, communities, etc.) with programs that are looking for places to implement.
 5. The ROCK Web site should provide links to “best practices” info.
- ROCK can help facilitate connecting programs/providers with someone who can help with evaluation design.
- ROCK can identify evaluators and/or evaluation resource in the community (e.g., universities and colleges, community colleges, nonprofit support groups, associations, IFAS extension, local evaluators that are listed on the American Evaluation Association (AEA) Web site.)
- ROCK can coordinate what data indicators should be used locally to show overall impact – including identifying who “owns” the data. Possibly this can be a joint project by the UCF College of Health and Public Affairs (COHPA) and their Center

for Community Partnerships. There needs to be centralized coordinating of these data.

- ROCK needs long term plan with goals and objectives including long-term outcome data indicators. This will need funding to accomplish.
- Best practices – how are these evaluated and this information shared?
- There are city/county meetings (e.g. Safe Coordinators) that are another opportunity for outreach and information distribution.
- Identify groups that help with community needs assessment (e.g. Community Voices.)
- Consider using simulations to evaluate and validate what is currently being done (e.g., industrial engineering & management systems – UCF Institute for Simulation and Training.)