

Nutrition Advisory Committee of Dutchess County

Meeting Minutes – Thursday, February 17, 2011

In Attendance: Shayna Russo, Nancy Cimbrello, Mallory Jackson, Lacie Schmidt, Rebecca Lull (CCEDC), Ozie Williams (DoH), Susan Grove (PFP), Pat Brown (DOA), Angela Valez (Hudson Health Plan), Brian Riddell (Dutchess Outreach), Lorraine Scuccimarra (CCC), Kimberly Clare, MD (TLC Pediatrics), Tara Callas (WIC), Gretchen Zehner (WIC)

Program Sharing and Announcements:

- Lacie passed around an upcoming workshop flyer, "Discipline is Not a Dirty Word", that Nina Doyle, from our RAPP Program, is conducting. The workshop is free to RAPP participants and open to other caregivers and agencies for a \$30 fee. It is a 3 day, 2 hour training held in Fishkill on March 14, 21, 28 from 12:00-2:00.

- Lacie mentioned Safety Awareness Day: CPR/First Aid/AED training on April 2nd from 9-4 at the Farm and Home Center in Millbrook. The caregivers will receive CPR/First Aid/AED certification. The youth will be engaged in abduction prevention and safety activities. In addition, the children will be making their own first aid kit. The event is free to RAPP participants and opened to caregivers and agencies for a \$30 fee.

Follow-up actions:

-SWOT Analysis: Shayna combined everybody's analyses from last meeting and created one report that she shared with the members. We were not able to go through the threats from last meeting. Kathy Bell sent Shayna an email giving us her feedback. Kathy's comments are as follows: *My sense of NAC has been that it has been an information sharing process coupled with opportunities to make some impact in the community but primarily it is the sharing of information and ideas. Based on the discussion at the last meeting and on the SWAT analysis it seems that there is interest in making NAC more of an action committee. While I am not opposed to going in this direction I am not sure how that would play out with the members of the committee. I think that an invitation to be part of NAC would have to clearly state that members are involved in activities and are not simply a part of an information and brainstorming committee.*

NAC has been around for the past 11 years. One of NAC's passionate topics is the Summer Feeding Program. Since there is no funding for the program, we need to enlist volunteers. Volunteers have helped tremendously for the kickoff event. Ozzie reminded that if anybody sees any goodies for the kids, please pick them up to use as gifts for the kids. The group would still like to have a member from the legislature sitting on our coalition, letting them know that we exist and that we don't duplicate services.

Shayna would like to revisit the SWOT Analysis throughout the year. SWOT analysis is attached. Susan suggested that the idea of visiting the different agencies and programs, either as a group or individuals. Because of time constraints on everybody's schedule, that might not be feasible.

It was suggested that a summary or bio of what an agency does and what you can offer to each other, what other coalition's that you might sit on, any opportunities that you can offer. Shayna will draw up a summary/bio template and forward with email. The first 15 minutes of next month's meeting will be spent filling out the bio.

New Business

- 2011 Mission, bylaws, goals: Shayna reported that the mission and goals are always on the back of the agenda. EWPH will have to be taken out since the grant ended. Shayna will email the bylaws. The regular meetings are held on the 3rd Thursday of every month. Minutes will be sent out within a week. Any changes please let Shayna know.

- 2011 Agenda Topics

Food Day, October 24, 2011: National Agenda Topics include: nutrition (childhood obesity, soda tax), agriculture, animal welfare, environment, labor, sustainable agriculture, and food insecurity. CCEDC is collaborating with Eastern Dutchess Rural Health Network. NYSHEPA is the NY contact agency. The ultimate goal is to have policy change. Shayna mentioned that nutrition and food insecurity seem to be top ones that NAC has always felt very passionate about. Asked the group to try to think of an event that an agency does anyways and then tag into the food Day. Some suggestions were made to have a community dinner, an indoor market at CCEDC, agencies can set up information tables and can also get into the schools. The committee felt that getting into the schools would be an easier task. Possibly the schools can do a survey, or have a curriculum day and healthy promotion of a healthy snack. Also consider the concept of food insecurity and hunger and discuss that in the schools. NYSHEPA will do press releases and create a logo. Susan mentioned that if the goal is for policy change, then the target has to be adults and legislatures, also. Dr. Clare can include in her column about Food Day and Child Care Council has a newsletter that can run an article about Food Day. We will share these ideas with the Eastern Dutchess Rural Health Network and NYSHEPA.

Healthy Hunger-Free Kids Act and Summer Feeding: Shayna mentioned about the Act that Obama recently signed that will affect the 2012-2013 school year's menu. Shayna passed along a sample menu.

Scheduled topics for the year: We would like to have scheduled topics for each meeting so that we have the right people at the table to discuss the topics. We know that summer feeding takes about 2/3 of the year and the budget situations take the later of the year. Food Day seems like a topic that all are interested in and will take up time in the mid-part of the year. We will still have other side topics to discuss but those mentioned above can be primary hot topics and we can add secondary as we go.

Updates:

-Community Food Assessment: Building Bridges to a Hunger-Free Poughkeepsie applied for a USDA grant in October and was rewarded the money to implement the full plan. The surveys are about 1/3 done. They are still looking for volunteers for 3 weekends in March to help complete surveys. Susan passed out a flyer to be put up in any places that you know promoting the survey. The project is about 18 months to 2 years long. The goal is to collect 375 surveys. The number will give us enough of a statistical sample to achieve a baseline as to how people are affected in the City of Poughkeepsie. Anybody who wants to volunteer, please sign up with Susan.

-DCFA: Mallory reported on the status of Dutchess County Fish Advisory. No children and women under 50 should eat fish out of the Hudson River. The Steering Committee meets tonight. The committee helps guide the project and talks with people to promote behavior change. The committee is in the works on getting steel signs up near the river and pocket cards will be available for them to take. The cards will be available in English, Spanish and Korean. Mallory has a large supply of brochures and magnets if anybody is interested. Our nutrition educators are providing their clients with the surveys asking them about their thoughts on fishing out of the Hudson. The surveys are also done at the Poughkeepsie middle and high schools. A large amount of their student's families are fishing to supplement their income. In the fall, a more extensive fish unit will be added to their curriculum in grades 9-12 at the Poughkeepsie School. Raw data has shown that a lot of people in certain areas, like Tivoli, are not eating fish from the river. But in Poughkeepsie, they are consuming it. Eating contaminated fish causes birth defects and cancer later in life. Mallory has been to the WIC Clinics in Poughkeepsie and Beacon.

-Shayna mentioned two articles/studies on effects of diet soda and energy drinks. The links to those articles are below.

<http://www.med.miami.edu/news/miller-school-researchers-link-diet-soda-and-salt-to-cardiovascular-risk>

<http://med.miami.edu/news/um-pediatric-researchers-publish-findings-on-energy-drinks>

Next Meeting: March 17

Schedule for 2011:

April 21

May 19

June 16

July 21

August 18
September 15
October 20
November 17