

HLM Collaborative Meeting **HIGHLIGHTS**

July 26, 2016, 1:30 PM- 4:00 PM

DePelchin Children's Center

MEETING ATTENDEES

Aaron Juan, Houston Health Department
Abbhiraami Rajagopal, HCPH
Ahmed Muhsin, HCPH
Alicia Lee, Greater Houston Partnership
Alejandro Chaoul, MDACC
Allyson Chee, HCPH
Amanda Miller, YMCA of Greater Houston
Amy Willa, HCPH
Ann Smith Barnes, Legacy Health Services
Andy Nelson, Recipe for Success
Anjali Patel, Oliver Foundation
Anum Arif, Bayshore Medical Center
Aryana Butler, HCPH
Ashley Minkey, HCPH
Audrey Jefferson-Harrison, HC Dept of Ed
Dr. Karmen Bates, HCPH
Beverly Reed, Collaborative for Children
Cameron Campbell, Coach Cam
Cecilia Hoeft, Houston Food Bank
Chasidy Celestine, Harris County Dept of Education
Chris Browne, EHRA, *HLM Chair*
Clare Martinson, AICP
Crystal Davis, Houston Youth Police Advisory Council
Eileen Egan, Near Northside District
Elizabeth Love, Houston Endowment
Elizando Juan, Houston Greenbelt
Ellen Stein, Planned Parenthood
Guilmae Pierre, Houston Health Department
Gwen Sims, HCPH
Hoda Sana, HCPH
Helena Wolf, HCPH
Jacqueline Cabrera, YPAC
Jasmine De Blow, Northeast Multiservice Center
Jim Murphy, State of Texas
Jennifer Hadaya, HCPH
Jeysel Huezo, Southwest Multi-service Center
Jolene Norbert-Harrell, HCPH
Jovonny Flores, YMCA of Greater Houston

Judith Cruz, Lantrip Elementary
Judy Carnahan-Webb, Creative Trainers & Consultants
Justine Grimes, City of Pasadena
Kayla Lumpkin, Northeast Multiservice Center
Kelly Rector, Energy Corridor District
Kristi Rangel, My Brother's Keeper, City of Houston
Kristin Bennett, HCPH
Lisa Helfman, HEB
Linda Civalero, MD Anderson Cancer Center
Linda Forays, HCPH
Maggy Solis, MD Anderson Family YMCA
Marie Arcos, YMCA
Melissa Shelton, City of Houston
Melissa Bing, Houston Health Department
Meghna Tripathy, Oliver Foundation
Megan Hoag, Texas Hunger Initiative
Nohemi Castillo, HCPH
Olivia Hudson, Disability Rights TX
Pam Tevis, Pasadena ISD
Pamela Hernandez, Project GRAD Houston
Pat Rosenberg, Link Up
Ricardo Banks, Oliver Foundation
Rocaille Roberts, HCPH
Rodner Neal, Houston Youth Police Advisory Council
Ronald Wilson, My Brother's Keeper
Rose Haggerty, Parents for Public Schools Houston
Sandy Bristow, Oliver Foundation
Sandra Wicoff, Urban Harvest
Sandrine Ngamo, HCPH
Sherry Bernard, West Orem Family YMCA
Dr. Shoba Chandrasekhar, Oliver Foundation
Tanweer Kalemullah, HCPH
Tommy Garcia-Prats, Small Places LLC
Tony Essalih, Cornerstone Govt Affairs
Tunde Lawal, YMCA of Greater Houston
Thy Ho-Pham, YMCA of Greater Houston
Veronica Garza, Planned Parenthood
Will Miller, Office of U.S. Senator Ted Cruz

MEETING HIGHLIGHTS

Welcome

Christopher Browne, HLM Executive Committee Chair welcomed members to the Summer 2016 Collaborative Meeting and provided a brief overview of the meeting agenda, pointing out that our focus was engaging youth to advance HLM priority policies.

“We want to cultivate a strong relationship with youth.”
– Christopher Browne



Meeting Attendees



Art work by children at Agape Christian Preschool (Pasadena)

Key Note Speakers

The Honorable Representative Jim Murphy, District 133, Texas House of Representatives

According to Stephen Covey, the author of *First Things First*, we could get a bridge built very quickly. But the same cannot be said for growing wheat which involves planting and watering at the right time and yet you cannot make the plants grow faster. Some things just take time and healthy living is one of those. He mentioned that the Harris County BUILD Partnership's CLARA (indoor farm) project would serve as a great teaching tool. He said that engaging youth while they are still in high school is important and it would allow them to choose issues that are relevant now and will be in the future. District 133 hosted a West Houston Teen Summit attended by nearly 200 students from 15 different schools where the message was simple: leadership strikes now.

“Tip of the hat to HLM for doing very impressive work at systems level to address cause.”
– Jim Murphy

Ricardo Banks, Teen Advisory Board Member, Oliver Foundation; *Saint Thomas High School*

He thanked HLM for the opportunity and said he believes in things that motivate us (religions, icons etc.). He also said that health makes everyone come together. He stressed the importance of small changes (such as fruit for breakfast) one can make toward better health.

“Health makes everyone come together.”
– Ricardo Banks



The Honorable Representative Jim Murphy, District 133



Ricardo Banks, Oliver Foundation

Panel Discussion

Jennifer Hadayia introduced the panel moderator, Meghna Tripathy. In addition to being a scholar and an athlete, Meghna is a member of the Teen Advisory Board at the Oliver Foundation. Meghna went on to introduce the panelists who provided their unique perspectives on youth engagement.

Jovonny Flores, YMCA Teen Achievers (*Youth Perspective*)

His parents, both hardworking people in society were informed about the Achievers program, he said that he got hooked after the first service. Opportunities to look into certain colleges and summer programs through travel are some of the benefits this program. He mentioned that people look up to him now.

Judith Cruz, PTA President, Lantrip Elementary (*Parent Perspective*)

Ms. Cruz started Lantrip Blooms, a gardening community in a predominantly Latino neighborhood, after watching what kids ate at school or brought in their lunch boxes. She said that getting to know parents, finding out what's important to them is vital. She said that we should let kids and students be leaders.

They have so many ideas and sometimes they need their voice to be heard. She said that we need to let kids drive the solutions and make it a fun process.

“Let kids and students be leaders- they have so many ideas and sometimes they need their voice to be heard.”
– Judith Cruz

“Youth have a way in their vulnerability to tell us when things are not perfect and are resilient to pick up and get back on course.”

– Kristi Rangel

Kristi Rangel, Public Health Education Chief, My Brother's Keeper (*Youth-serving Program Perspective*)

MBK's youth council meets twice a month and the purpose of this council goes beyond leadership training. The council recognizes the value in educating teens about health issues so they can then become advocates. MBK has students who get certified as peer educators (i.e. community health workers). MBK focuses on social determinants of health. In order to sustain our programs we have

to engage our youth because they are going to be the generation to lead the charge. Youth have a way in their vulnerability to tell us when things are not perfect and are resilient to pick up and get back on course.

Rosie McStay, Director of Government Affairs, Texas Children's Hospital (*Governmental Perspective*)

Speaking up about issues, things you are passionate about is advocacy. You can talk to your buddy or your parents or your city council members. It is important that each one of us knows who our city council members are and to be an effective advocate, you must understand the issue thoroughly. As an advocate, you need to be able to spend time talking to legislators, following up with them and pushing your message consistently. There is not any issue that youth can't voice their opinion on, but in doing so don't be belligerent or disrespectful. Giving youth the hope, optimism and help when they need is the best thing we can do.

“Advocacy is speaking up about issues you are passionate about.”

– Rosie McStay

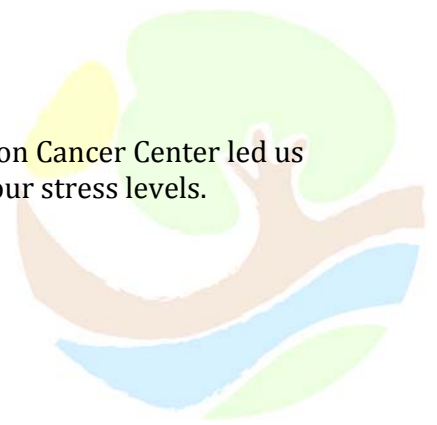


Panelists



Panel in Session

Alejandro Chaoul, PhD, Director of Education, Integrative Medicine, MD Anderson Cancer Center led us through a mindfulness exercise to help us be present in the moment and reduce our stress levels.



Mindfulness break

Breakout Sessions

Prior to the breakout sessions, all attendees were asked to select one policy priority in each of the domains (Eat, Play & Learn) that they believed was most important to youth in addressing childhood obesity. Dr. Sana instructed the audience to further discuss opportunities for action around engaging in the top ranked priority policy areas of HLM.



Roundtable Discussion Groups

The feedback obtained from the three breakout sessions are summarized below:

	EAT	PLAY	LEARN
Priority policy discussed	E5: Encourage school districts and appropriate public programs to increase awareness and promotion of school food options for low-income students during the summer	P1: Support the development and adoption of “Safe Neighborhoods” Policy	L2: Support a comprehensive community with a Health Literacy Strategy
Meaning of the priority policy identified	Aim to connect school districts and public programs so we can better meet children and youth where they are during the summer and increase access to healthy, free foods during the summer months	This policy evokes a concern for equity and the effects of gentrification. Older people must also be included	Getting out into the community to inform community members about HLM. This policy is a call for action to increase health education (discussion on portion sizes and practices that lead to healthy behaviors) in the schools. Health literacy should be focused on giving people options about what living a healthy lifestyle looks like instead of just telling people what they are doing wrong.
Reasons why youth should be involved	a. Personal experience of hunger (individual and concern for family members); b. Students may already be volunteering at Vacation Bible School; c. Youth may be engaged in Community Summer Programs and could help link food delivery with these activities and programs given the infrastructure to do so	a. They know what they like and can work with their friends to make changes; b. They live in the neighborhood; c. They don't have a lot of choice of where they want to live and can advocate for themselves	a. Youth are in the middle of the obesity epidemic, therefore we cannot leave them uneducated (will have a cascading effect through peer influence) b. Youth essentially dictate their households; c. Children's involvement in things HLM and community gardens creates a sense of ownership
Example of an activity/project that youth might be engaged in	a. Address students during the school year b. Bring programs into parks, public libraries, apartment communities	a. Get them involved in safety audits; b. Conduct hashtags campaign and tweet community issues; c. Conduct events on Saturday to provide information to youth in the community; d. Can join online neighborhood group to report the dangers in community; e. File a report or call the police to report issues in neighborhoods	a. School agriculture programs; b. Garden Hen is a program that goes out to schools that teach youth/students how to raise backyard chickens; c. Use seed-to-plate initiatives more frequently in schools;
Any examples/ideas done locally	a. Sandwiches for neighborhood kids (shutdown by health officials); b. Food programming at libraries and properties; c. Meals on Wheels; d. Community Health Center/WIC (Antoine for example)	a. Photo voice (Evidence based in Oakland, California) and one is still in progress locally; b. SPARK Parks; c. YPAC (Youth Police Advisory Council): Provide food to homeless on Thanksgiving, check on problems in communities and try to resolve the issues	a. Alief Childhood Nutrition Education Center provides information about healthy living; b. Provide Peer Health Certification via Houston Health department; c. Recipe for Success is currently in the process of purchasing land in Sunnyside to create an urban farm that students in Sunnyside will be engaged in
How can we get youth involved	a. Making food more appealing; b. Technology/Gaming; c. Role models/chefs/celebrities who cook (Houston area icons) to promote programs; d. Social media icons; e. Hold a healthy foods youth chef competition; f. Food Revolution – Jamie Oliver	a. Need an intermediate to connect both the youth and the policy makers; b. Parents can help advocate for youth.	a. Reach out to youth volunteer organizations to get them to volunteer at community gardens and other events/organizations that support healthy living; b. Utilize internship program at universities and colleges
Who else needs to be at the table	Schools, Culinary Programs, Universities/Colleges, 4H Clubs, Faith based institutions, Food pantries, Houston Apartment Associations, vendors and multi-service centers	Teachers, Parents, School districts, Apartment associations, Police Department, Trustees of Districts, City governments and School Health Advisory Council	Health Coordinators/ school districts, Student leaders, Sports and Professional organizations, Park & Recreation department, Medical professionals



HLM Partners in Action

The HLM Early Child Care/Out of School Time Action Team Update

Beverly Reed, Coordinator, Collaborative for Children

The action team held its kick off meeting on March 31st. Since then the team has identified various needs related to this sector. One particular area was the need for qualified trainers to present sessions on nutrition and physical activity at conferences and continuing education venues. The team will improve on ways to reach out to the Early Care/Out of School (ECOS) community and to the parents through extensive networks represented on the team. The action team has developed a call to action to provide more training sessions on healthy living topics during conferences and other trainings. The first monthly ECOS newsletter was sent out to a wide distribution list. Members of the team have applied for a grant from the TX Department of Agriculture that would fund training the trainer on obesity prevention.

Healthcare Sector Updates:

Tanweer Kalemullah, Public Health Analyst, HCPH

The team is working to address the 2nd priority identified around collection of relevant data on social determinants of health. Health care institutions are already using some form of social screening tools, and there is collective interest across multiple health systems and providers in screening for food insecurity, a social issue directly related to overweight/obesity. The goal is to see if we can identify common measures that all partners would be willing to incorporate in their EMR (or other) systems.

Closing & Adjourn

Christopher Browne, HLM Executive Committee Chair

Mr. Browne closed the meeting by asking everyone to fill in their Commit to Action cards. Majority of youth in attendance have committed to participate in the Southern Obesity Conference to be held in Houston between November 13-15, 2016 and adults have committed to engage youth for community service projects. A summary of the Commit to Action cards is included.

"I am committing to drink water instead of coke!"

– Christopher Browne

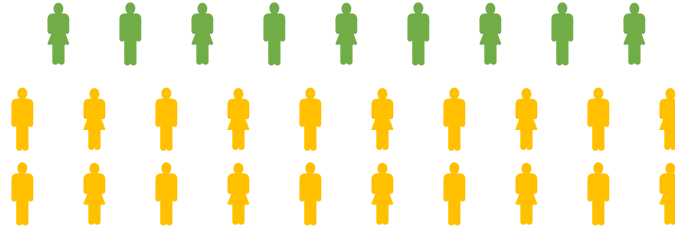
Stay tuned for information about our next collaborative meeting to be held on October 28, 2016.

Commit to Action Cards

Total Cards Received: 29

9 Youth

20 Adult



Youth Commit to Action

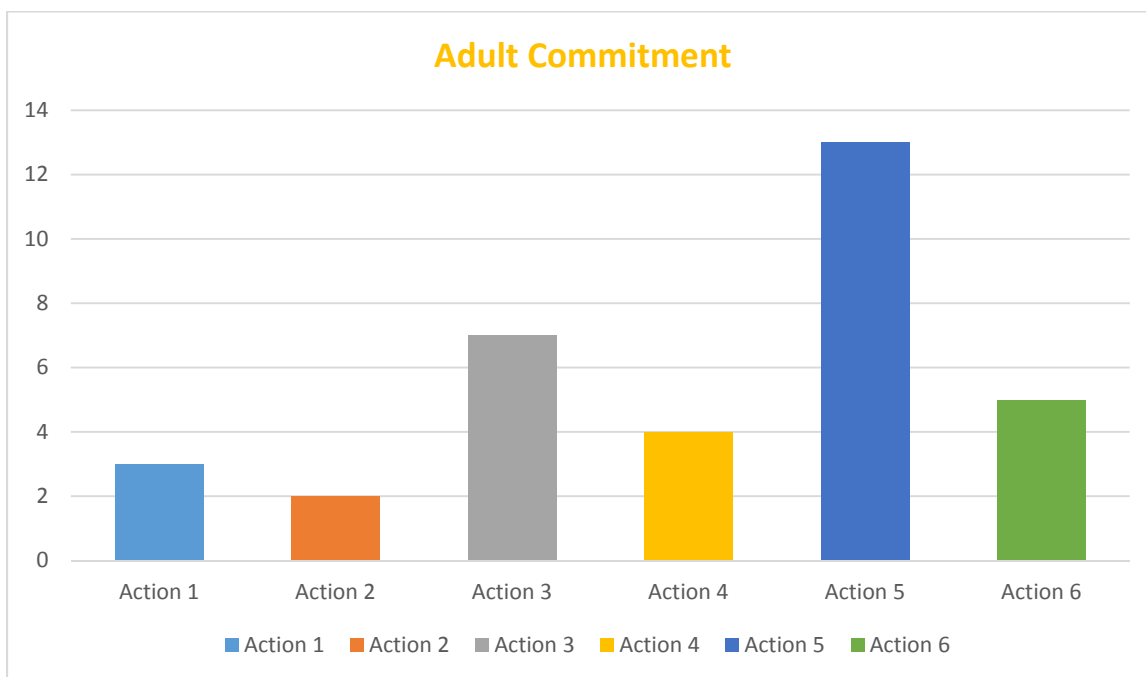
1. Convene a meeting to discuss ways to work on policy priority_____ in my school or community (fill in blank) by September 30, 2016. (May also just add the topic to an existing meeting).	3
2. Provide a youth perspective among adults at a school, organizational or community meeting by September 30, 2016 on topics related to HLM.	6
3. Sign up to participate in the Southern Obesity Conference in Houston November 13-15, 2016.	7
4. Work with HLM partners on community service projects (related or unrelated to high school graduation requirements).	5
5. Work with HLM on local policy or state legislation and /or advocacy.	4
6. If created, join a Houston/Harris County HLM Youth Council, a youth advocacy hub that connects multiple youth-serving organizations.	5



- Some people chose multiple actions, a few chose only one action
 - 3 people checked all actions
 - No one specified which policy they would work on

Adult Commit to Action

1. Convene a meeting to discuss ways to work on policy priority_____ in my organization or community (fill in blank) by September 30, 2016. (May also just add the topic to an existing meeting).	3
2. Be a subject matter expert for a youth-serving organization or other stakeholder by September 30, 2016 on topics related to HLM.	2
3. Provide shared leadership with other HLM partners to support a Houston/Harris County HLM Youth Council, a youth advocacy hub that connects multiple youth-serving organizations.	7
4. Participate in the Southern Obesity Conference in Houston November 13-15, 2016.	4
5. Engage youth for community service projects.	13
6. Work with youth on local policy or state legislation and/or advocacy.	5



- Some people chose multiple actions, a few chose only one action
 - One person chose E5 as the policy he/she would work on