

Welcome

Christopher Browne, Healthy Living Matters (HLM) Executive Committee Chair greeted members at the first HLM Collaborative Meeting of 2017. He presented a brief overview of the meeting's theme: the need for advocacy and how to voice opinions to elected officials.

Mr. Browne stressed the importance and ease of advocacy. He and Panel Moderator and Speaker, **Tim Schauer**, proceeded to demonstrate that ease by role playing a phone conversation between a constituent and elected official staff person (pictured right). As Mr. Browne stated, "It is easy and valuable to let our elected officials know what their constituents want. It's important to give your opinion. If it is a bill, be very clear on where you stand on the bill."



He then recognized and thanked the executive committee, special guest speakers, and city/ county agencies for their continued support and efforts to make Houston/Harris County a healthier place to live.

"When I started in 2011, I hadn't done advocacy work before, hadn't made any phone calls. But as I started doing it, I realized this was actually easy and that people want my opinions."

*Christopher Browne
HLM Executive Committee Chair*

Key Note Speaker

Representative Sarah Davis (District 134, Texas State House of Representatives) aimed in her keynote to "tell [the audience] everything about the Texas legislative session in 15 minutes." She detailed the process of what occurs when a constituent contacts their elected official. Any contact with constituents is entered in a constituent management database. Every morning representatives receive a list of how constituents have weighed in on certain issues. Therefore, it is "very, very important to contact your state senator and state representative."

Representative Davis (pictured right) stressed the non-partisan nature of the House, speaking of the cooperation across the aisle to pass important bills on both sides. In addition to the two year budget (the only bill that the legislature has to pass), there were over 6,300 bills filed last session, and at the end, 1,300 that were passed into state law.

House committee assignments were made the week of February 6. Within her role on appropriations, Representative Davis is the chair of the Subcommittee on Article II (Health and Human Services). She mentioned her two priorities: allowing the Cancer Prevention Research Institute of Texas (CPRIT) to give grants and making vaccination exemption more difficult.

"The House has a rich history of working together. We are different from US congress, but that attitude is changing- more partisan, attacking one another. But for the most part, the majority of us do our best and cross party lines to get what is best for the state."

Representative Sarah Davis
Texas State Representative



Representative Davis stressed that the state is cash-strapped this session. There is currently an \$8 billion difference between the Senate and House budgets (\$214 vs. \$221 billion, respectively). The House budget is unconstitutional as it stands right now since it contradicts the Biennial Revenue Estimate of \$208 billion. Mental health and Medicaid are areas of focus in both the Senate and the House. Commitment to funding women's health will also be ramped up. There is also unilateral agreement on Child Protective Services and foster care funding.



Panel

James Caruthers, Children at Risk

James Caruthers provided a brief background on Children at Risk's policy initiatives related to school recess policy. Children at Risk conducted a small survey of 71 school districts around those districts' recess policies. What they found was that a vast majority do not have any recess policies.

In the past few legislative sessions, Children at Risk has introduced legislation related to recess. This session, Senate Bill (SB) 355 has been built on its predecessors; it states that the school district board of trustees shall adopt a recess policy. Mr. Caruthers also highlighted the importance of recess in schools, discussing how both students and teachers benefit.

For more information, please contact Mr. Caruthers at jcaruthers@childrenatrisk.org.

Ar'sheill Monsanto, Texas State Alliance of YMCAs

Ar'sheill Monsanto discussed the YMCA's policy priorities on afterschool and out-of-school time. The YMCA used Voices of Kids funding to understand the landscape of out of school time programs. They first recruited a 15-member advisory council of afterschool and out-of-school time experts and stakeholders. To make sure they were getting the broad picture, they conducted a survey which had 1,003 unique state-wide responses. They found that most providers were already offering healthy eating and physical activity.

Therefore, in this session, the YMCA is advocating for House Bill (HB) 168 and SB 757 which call for a tiered distinction program for out-of-school time providers who are going above and beyond the minimal standards set by the state.

For more information, please contact Ms. Monsanto at Arsheill.Monsanto@austinympca.org.

Kaitlyn Murphy, Partnership for a Healthy Texas

The Partnership for a Healthy Texas consists of 130 Texas organizations with the majority of them in health advocacy. Their goal is to prevent and combat obesity. The five issues on their legislative agenda include clarifying physical education reporting standards, adding healthy vending machines in state worksites, increasing utilization of hike and bike trails, creating the out-of-school time distinction program with the YMCA, and promoting childhood obesity reduction in early childcare facilities. Specifically, the early childcare bill would focus on nutrition, physical activity and screen time.

For more information, please contact Ms. Murphy at Kaitlyn.Murphy@heart.org. The Partnership for a Healthy Texas meets Thursdays at 10AM at the Texas State Capitol.

Action Break

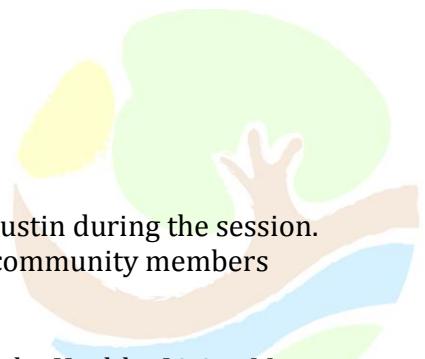
Lawrence English & Tobie Halliburton, Playworks

Though their usual audience is elementary students, **Lawrence English** and **Tobie Halliburton** of Playworks got everyone out of their seats and having fun, playing a game called "shipwrecked" where people had to find partners to "swab the deck" and pretend to be lighthouses. At the end of the activity, Mr. English wanted attendees to think about how the activity provided an opportunity to connect with others and to be in the moment, having fun.



General Session

Tim Schauer began the session with a general overview of what is happening in Austin during the session. Healthy Living Matters wants to continue working at the local level to talk to get community members engaged with the legislative process.



*“Government is run by those who show up.
There is no such thing as happily ever after-
you have to do this every year.”*

*Tim Schauer
Cornerstone Government Affairs*

Mr. Schauer summarized the Healthy Living Matters Community Action Plan (included on Page 9). The Community Action Plan (CAP) began with around 70 recommendations from the community of different priority policy areas in Harris County. They were then narrowed down and organized them into 3 buckets: Eat, Play, Learn. These recommendations are the backbone of what Healthy Living Matters plans to advocate for and implement.

Healthy Living Matters will be asking partners and member to make phone calls to their senators and representatives via action alerts that will be sent out. The importance of making a phone call cannot be stressed. While an email is usually perceived as around 2 or 3 people in the district support an issue, a phone call is viewed as 7 to 10 caring about the issue. For every person who goes in person to Austin to speak with a representative, he or she represent 35-40 people who care about the issue.

Mr. Schauer stressed finding out who your representatives are at <http://www.fyi.legis.state.tx.us/Home.aspx>. Calling the right people is important, so it is useful to know exactly who your representatives are.

Mr. Schauer acknowledge that many attendees worked for non-profit and governmental agencies. However, all could advocate, at least to a certain degree, but may not lobby. Anyone can call as a resident; working for a non-profit or government agency does not mean giving up rights to speak about issues of personal interest.

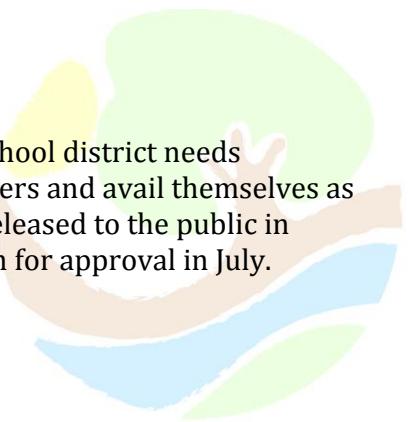
Update

Lisa Lauter, School Health Consultant with Healthy Living Matters, gave the group an update about the Every Student Succeeds Act (ESSA) survey put out by Texas Education Agency (TEA). Because the survey did not address health and physical education through the questions, an action alert was put out that gave guidance for recipients to elevate the importance of health and physical education through their comments.

Ultimately, the TEA collected had 22,000 completed surveys with 16% from south TX. Through ESSA, Healthy Living Matters and our partners are hoping health and physical education will be reemphasized. In a post-survey update in January from TEA, TEA states that as part of the definition of Texas Required Curriculum - health, with an emphasis on the importance of proper nutrition and exercise, and physical education is included. Title IV block grants are being designed to improve student academic achievement by increasing access to and opportunities for a well-rounded education for all students. This means that an infusion of about \$58 million will go to local education authorities, with about \$12 million going to activities that support a well-rounded education.

HLM has identified an opportunity for organizations with capacity to assist with school district needs assessments and encourages those organizations to reach out to their school partners and avail themselves as a resource. The ESSA Implementation timeline indicates that a draft plan is to be released to the public in April for input before the final plan is submitted to the US Department of Education for approval in July.

For more information, please contact Lisa Lauter at llauter@hcphes.org.



Announcements

- TX Children in Nature - Houston is one of 9 focus cities to receive funding for free bus money to get kids outside through the Every Kid in a Park initiative. More information is available at ekiphouston.org.
- The community-wide fitness challenge, the Million Mile Challenge, kicks off in April. More information is available at millionmilemonth.org.
- Air Alliance Houston – SB 1927 is a toxins bill that would give nearby community members an alert any time an explosions or other environmental disaster happened that could effect air quality. This would save lives and money.
- Recipe for Success – The annual 30-day Veg Out Challenge starts in March which encourages participants of all ages to eat 30 vegetables in 30 days. More information is available at vegoutwithrfs.org.

Closing & Adjourn

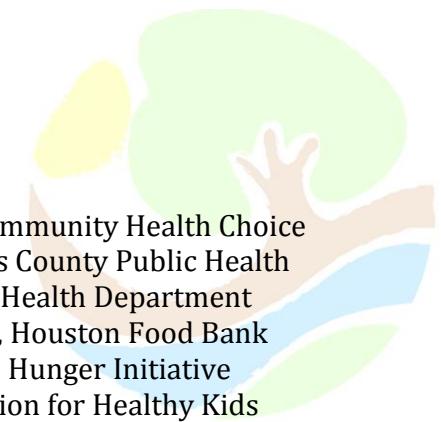
Mark Solano, the Engagement Specialist for Healthy Living Matters announced that staff will sending an engagement survey to hear more from all partners and members about how Healthy Living Matters can better serve their needs.

Christopher Browne then asked attendees to be on the lookout for the Healthy Living Matters legislative agenda and for more information about the Health Living Matters advocacy day in Austin at the Capitol.

The next Healthy Living Matters meeting will be May 5th, 2017 from 1-4PM at Kashmere Gardens Multiservice Center.

Meeting Attendees

Abhirami Rajagopal, Harris County Public Health
Albert Cheng, Harris County Public Health
Alicia Lee, Greater Houston Partnership
Allyson Chee, Harris County Public Health
Amber Macneish, Pasadena ISD
Aminata Kallen, Harris County Public Health
Andi Nelson, Recipe For Success
Ann Engelhorn, Community Health Choice
Ann Smith Barnes, Legacy Community Health Services
Ar'Sheill Monsanto, Texas State Alliance of YMCAs
Beverly Gor, Houston Health Department
Catherine Chennisi, Harris County Public Health
Cathy Phan, Asian American Health Coalition
Christina Englehart, UT Physicians
Christopher Browne, Edminster, Hinshaw, Russ and Associates, Inc.
Daisy Morales, Community Health Choice
Darlene Evans, Spring Branch ISD
Edward Gomez, St. Pauls / San Pablo Episcopal
Elinor Jackson, North Pasadena Community Outreach
Ellie Johnson, VTSPH
Emily Dean, Harris County Public Health
Frances Nguyen, Harris County Public Health
Guilmate Pierre, Houston Health Department
Gwen Sims, Harris County Public Health
Heidi McPherson, American Heart Association
Jadron Hamilton, Harris County Public Health
James Caruthers, Children at Risk
Joseph Le, Harris County Precinct One
Jyra Churchill, Harris County Public Health
Karen Parker, Clear Creek ISD
Kaitlyn Murphy, Cornerstone Government Affairs
Katy Oestman, MD Anderson Cancer Center
Keith Downey, ProUnitas Inc
Laila Khalili, Avenue CDC
Lauren Ross, Premise Health
Lawrence English, Playworks
Leah Halley, Doctors For Change
Leticia Ablaza, AIR Alliance Houston
Lharissa Jacobs, YMCA
Linda Forys, Harris County Public Health
Lisa Helfman, HEB/Brighter Bites
Lisa Lauter, Harris County Public Health
Lisa Williams, Harris County Public Health
Marcita Galindez, MD Anderson



Melissa Cornett, Community Health Choice
Mark Solano, Harris County Public Health
Mary Say, Houston Health Department
Maryiam Saifuddin, Houston Food Bank
Megan Hoag, Texas Hunger Initiative
Michelle Smith, Action for Healthy Kids
Miracle Okoye, MD Anderson
Niki Battistoni, GCCSA
Nohemi Castillo, Harris County Public Health
Pam Tevis, Pasadena ISD
Patricia Alexander, North Pasadena Community Outreach
Paul Shanklin, Harris County
Peggy Boice, Office of Harris County Judge Ed Emmett
Raul Camarillo, Healthy Living Matters - Pasadena Community Task Force
Rebecca Luman, Healthy Tweaks LLC
Rocaille Roberts, Harris County Public Health
Sandra Castro, Dairy MAX
Sandy Bristow, Oliver Foundation
Sarah Davis, Texas State House of Representatives
Selina Stasi, Texas A&M University
Stephania Alvarez, Houston Health Department
Stephanie Thomas, Public Citizen
Stephanie Kellam, UHC
Suelynn Huynh, Harris County Public Health
Sumathi Venkatesh, Texas A&M AgriLife Extension Service
Tamara Lewis, Houston Health Department
Tarri Wyre, Memorial Hermann
Tim Schauer, Cornerstone Government Affairs
Thy Ho-Phan, YMCA
Tobie Halliburton, Playworks
Verda Gaines, The Great Physician's Rx
Yoonhwi Cho, Harris County Public Health

Sector Updates

Healthy Living Matters Pasadena

- Partnering with Plaza Paseo, the mall located in north Pasadena, to host a monthly Farmers/Craft Market and create opportunities for physical activity at that location.
- Planning two Bike to School Day events in partnership with Pasadena ISD. These events are in celebration of National Bike to School Day (May 10th) and will help promote Safe Routes to School.
- Partnering with the Pasadena Chamber of Commerce on a Mayoral Candidate Forum to ensure that questions related to health and social determinants are asked to the candidates.
- *Next meeting: Thursday, February 16, 2017 from 1:30 PM – 3:30 PM at Church Triumphant, located at 1030 Strawberry Rd, Pasadena, TX 77506.*
- *For more information, please contact Katie Chennisi at cchennisi@hcpches.org*

Healthy Living Matters in Near Northside

- HLM works to advance its policy priorities in the neighborhood of Near Northside by partnering with the GO Neighborhoods efforts there, specifically the GO Health Team. GO Health held its 2017 kick-off meeting February 8 at the Lionel Castillo Center with 38 attendees (including 8 Near Northside residents).
- *For more information, please contact Katy Atkiss at katya@avenuecdc.org.*

BUILD Health Challenge (north Pasadena)

- *The 2016 Annual BUILD Full Partnership Meeting was held on November 17 at the Pasadena Public Library. We heard first-hand accounts from partners involved in Healthy Dining Matters in Pasadena, Brighter Bites, and the BUILD Food Rx Program.*
- *Over 350 north Pasadena residents have been screened for food insecurity as part of the BUILD Food Rx Program to date. Over 200 food prescriptions have been issued and, so far, 68% have been redeemed.*
- *We welcomed Peppers Steak & Seafood as our third new Healthy Dining Matters location in north Pasadena.*
- *Our project was featured in a national BUILD webinar as a model partnership and has also been designated as a BUILD Exemplar site by the funders.*
- *For more information, please contact Jennifer Hadaya at jhadaya@hcpches.org.*

Healthcare Sector Updates (HSAT)

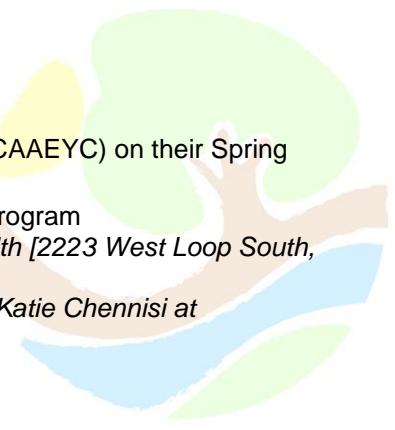
- *HSAT is continuing its work on the 2nd Priority: Clinical Social Determinants of Health (SDH) screening. In an effort to develop SDH Core Measures, HSAT reviewed case studies and invited speakers that focused on different social determinants of health and how they affect childhood obesity (e.g. intimate partner violence, housing)*
- *Invited Community Health Workers to hear the voice of the community and from those who are in direct contact with patients to better understand which SDHs seem to be most pressing on patients*
- *Made first cuts and narrowed the field of SDH Core Measures to 11 (not including food insecurity, which has already been established as a definite Core Measure) and continuing to analyze additional factors*
- *Next meeting: March 6, 2017 from 9:30 AM-10:30 AM at Harris County Public Health [2223 W Loop South, 77027 - Room 532 (5th floor)]*
- *For more information, please contact Tanweer Kaleemullah at tkaleemullah@hcpches.org.*

Early Care & Education/Out-of-School Sector Updates (ECOS)

- The Texas Department of State Health Services has approached us to help them coordinate a training for landscape architects and design student on how to design child care playgrounds using Preventing Obesity by Design (POD) best practice indicators and create **demonstration sites** in the Houston/Harris County area



- Partnering with Gulf Coast Area Association for the Education of Young Children (GCAAEYC) on their Spring Conference, which will focus on health
- Currently working on applying for funding to pilot a Healthy Child Care Recognition program
- *Next meeting: February 23, 2017 from 9:00 – 10:00 AM at Harris County Public Health [2223 West Loop South, Houston, TX 77027 - Room 723 (7th Floor)]*
- *For more information or to sign up for the ECOS monthly newsletter, please contact Katie Chennisi at cchennisi@hcphes.org.*



Youth Sector

- HLM hosted the first official meeting with HLM-Youth Council member leadership to design the youth structure and organize for future meetings.
- Confirmed commitments from ProUnitas and My Brother's Keeper.
- Currently working on developing partnerships with multiple City of Houston organizations.
- Finalizing and publishing HLM-Youth Council collateral.
- Continuing to meet and speak to youth related organizations including the Oliver Foundation and the Houston Youth and Adult Council (HYAC)
- *For more information, please contact Mark Solano at msolano@hcphes.org.*

Education (K-12) Sector

- *The Texas Education Agency (TEA) gathered ESSA (Every Student Succeeds Act) input through a survey last October/November. Currently, Title IV Block Grant Funds are being designed to improve students' academic achievement by increasing access to and opportunities for a well-rounded education for all students. Notably, a Well-Rounded Education includes Health and Physical Education.*
- TEA ESSA Survey results can be found at: goo.gl/xpJaqi
- Block Grant Budget overview is available in these slides from TEA here: goo.gl/Reeg7S
- For more information under ESSA Title IV on Allowable Activities to Support Well-Rounded Educational Opportunities; Safe and Healthy Students; and the Effective Use of Technology see: goo.gl/6MTaU8
- Through conversations with Harris County Independent School Districts (ISDs), an increased interest in Kinesthetic learning has been identified; barriers to making health improvements have been described and; areas needing support have been highlighted.
- A Menu of available School Health Partners/Presentations available to support ISDs is being developed; and opportunities to increase buy-in by District Superintendents and Leadership to the relationship between increased physical activity and health, increased academic performance, decreased discipline referrals and improved attendance, are being explored.
- TSHAC (Texas School Health Advisory Committee) has developed an 85th Legislative Session Tracking Sheet where you may follow bills filed this session that pertain to Coordinated School Health: goo.gl/v9t6om
- Attention 4th Grade Teachers! **Every Kid in a Park Houston** (EKIP) has funds to allow 4th Grade classes in Title 1 schools to visit area parks and they provide a wide variety of curriculum based natural, cultural, and historical field trips that are correlated with the Texas Essential Knowledge and Skills (TEKS). Teachers can go online to browse locations and make a field trip request. Act now - field trips are for this school year! <http://www.hereinhouston.org/ekiphouston>
- *If your agency, NGO, or non-profit would like to present to the Harris County Public Health School Health Leadership Group, please contact Kelly Reed-Hirsch kreed@hcphes.org.*
- *For more information, please contact Lisa Lauter at llauter@hcphes.org.*

Healthy Living Matters Policy Priorities



GLOBAL POLICY ON CHILDHOOD OBESITY – G1. Advocate for Texas legislators to develop a statewide strategic plan to address hunger, nutrition, physical activity and obesity in children and families.

EAT: The following policy strategies are endorsed by HLM to support access to, and age-appropriate sizes of, healthy foods for all children in Harris County.

E1. Support legislation and policies at the state level that incent the purchase of healthy foods with Supplemental Nutrition Assistance Program (SNAP) dollars.

E2. Advocate for the development and passage of a state law to create a grocery/food* store loan program to address the problem of food deserts. (*Not limited to grocery stores, may include local grocers, convenience stores, etc.).

E3. Support development and adoption of local laws to promote breastfeeding in Harris County, including recognizing designated breastfeeding-friendly hospitals, legally protecting breastfeeding mothers from harassment in public and while at work, and ensuring mothers are guaranteed a *Mothers' Bill of Rights*.

E4. Encourage use of available public lands in Harris County for the development of community gardens and farmers markets.

E5. Encourage school districts and appropriate public programs to increase awareness and promotion of school food options for low-income students during the summer.

E6. Advocate for low-fat, low-calorie drinks in schools and childcare facilities.

PLAY: The following policy strategies are endorsed by HLM to promote opportunities for safe, adequate, and appropriate physical activity for all children in Harris County.

P1. Support the development and adoption of "Safe Neighborhoods" Policy:

- Eradicate abandoned houses;
- Ensure sufficient public safety officer coverage, encourage community policing approaches;
- Improve animal control efforts to reduce stray animals;
- Fix streets & sidewalks, promote Safe Routes to Schools efforts, build sidewalks in new developments, promote Complete Streets policy;
- Improve lighting in streets and parks; and
- Support the ongoing development of safe trails and parks, such as the Bayou Greenway Initiative and Utility Corridor Improvements.

P2. Support Harris County School Health Advisory Councils (SHACs) in implementing policy that requires physical activity (PA) subcommittees and recommendations for joint-use agreements or community/school partnerships.

P3. Increase middle school physical education (PE) requirements to include moderate to vigorous activity for 6 semesters, high school PE requirements to 1.5 semesters, and make 1 semester of health education required for graduation.

P4. Institute a Texas policy on recess that encourages age-appropriate outdoor playtime.

P5. Conduct a study and encourage the Texas Education Agency (TEA) to establish guidelines for outdoor features on public school campuses to maximize outdoor physical activity.

LEARN: The following policy strategies are endorsed by HLM to promote health education opportunities related to nutrition, physical education, and general healthy living for all children, families and caregivers in Harris County.

L1. Develop guidelines to educate and incent administrators, school teachers, child care providers, and other staff to eat healthy and be physically fit as role models for children.

L2. Support a comprehensive "Community Health Literacy" strategy:

- Support a campaign for healthy eating for families;
- Expand community education programs on how to cook healthy;
- Expand public programs that teach community and backyard gardening; and
- Support a policy to expand coordinated school health strategies to grades 9-12.

L3. Establish state, city, and/or county healthy schools and healthy child care recognition programs with a training component.

L4. Promote outdoor classrooms and incorporate active learning into core curriculum subjects to increase physical activity in Harris County school districts.



I commit to:

- Follow my state legislators on Facebook and/or Twitter.
Support or find out more about:
 - 1. Children at Risk (Jamey Caruthers)
 - 2. Texas State Alliance of YMCAs (Arsheill Monsanto)
 - 3. Partnership for Healthy Texas (Kaitlyn Murphy)
- Lead or promote other HLM related policy priorities.
- Support HLM Advocacy Day

HCPHTX.ORG

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As a Healthy Living Matters advocate, we encourage you to commit to take action today!

Place a check mark by the actions listed below to let us know how you plan to advocate for young children and their families!