

# Transcription

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Katie: Hello everyone and welcome to this Hear From Your Peer Webinar on taking a landscape view to healthy living. Today, we'll be talking about how our surroundings influence our ability to live healthy and what changes Healthy Start programs can make to support living healthy at all levels. My name is Katie DeAngelis, I'm with the Healthy Start EPIC Center. And on behalf of the EPIC Center, the Division of Healthy Start and Perinatal Services and the advisory group that helped plan this webinar, we are very delighted that you are joining us today for this event. This webinar is kicking off our Healthy Start Healthy Living Initiatives which we are very excited about. Supporting Healthy Living is a priority for the division and we'll share a little bit later during this webinar what exactly this initiative looks like.

We have approximately 90 minutes set aside for today. This webinar is being recorded and the recording along with the transcript and the slides will all be posted to the EPIC Center website following today's webinar. Before I introduce our speakers for today, I have a couple of housekeeping announcements. We want your participation so please, at any point, if you have questions or comments, feel free to chat those in on the chat box in the bottom left of your screen. We'll only be taking questions by chat but we'll be stopping at a couple of points just to check in, see if there are any questions. So I encourage you to think about questions throughout and chat them in whenever you feel like it.

Also, we want your feedback on today's webinar. As I mentioned, this is our kickoff for a longer initiative, a series. And so we're interested to hear what you think and help us kinda figure out what the rest of the initiatives will look like in the fall. I will be starting our webinar today and then we are delighted to join today by three members of our Healthy Living Initiative Advisory Group. We'll hear from each of them a little bit later. And they are Christina Lottie, the project officer with the division of Healthy Start and Perinatal Services. Felicia Allen, family advocate at Healthy Babies Strong Family Health Start Program in Denver. And Lauren Clark, health education coordinator at Missouri Bootheel Regional Consortium.

With that, I'd like to get started with a story. Imagine that Maria is a participant at your Healthy Start Program. She is pregnant and she has a two year old named Marco and a five year old daughter named Luisa. At her past prenatal visit, she talked to her doctor and her doctor said, "Hey, are you eating your five fruits and vegetables every day? Are you getting 150 minutes of physical activity per week?" And Maria says, "Well, I try but it doesn't always happen that way. It's a challenge and,

you know, I know it's the right thing to do but it's a challenge for me to do so." And her doctor says, "Well, you're pregnant and this is important. And you need to be a healthy role model for your current kids and you need to have a healthy pregnancy, so you need to be able to do all these things and this is really important."

And Maria said, "Yes, I understand that. I will try harder." But here is what she's not saying. The corner store where she buys all of her food that's convenience for her on walk home doesn't always have fruits and vegetables. When they do have them it's very inconsistent. And furthermore when they're there, they tend to be more expensive than the less healthy options. Maria is a little scared because there are some stray dogs in her neighborhood and she doesn't feel comfortable with Luisa, her daughter, going out to play, nor feel safe always and she's outside with all these dogs around.

And when she tries to walk home from work which she occasionally does, it's very problematic because there are incomplete sidewalks and in a lot of places there aren't any sidewalks. And there's just a very narrow shoulder and when she's walking on the road, the cars go whizzing by and it doesn't feel very safe. And furthermore, she's finding that Luisa, her five year old daughter, is starting to demand candy at the checkout counter of her local corner store. And Maria is feeling like, you know, poor Luisa is getting bombarded with all this unhealthy advertising all the time on the cereal boxes and commercials. And she's just being bombarded and as a result, she seems to be very susceptible to some of these unhealthy marketing messages.

And it's coming out in what she's demanding at the checkout counter. And Maria is so tired that sometimes she just lets it happen and doesn't put up a fight. And on top of all that, Maria is getting stressed and overwhelmed with trying to balance all these concerns in her family and her job. And the way her doctor is approaching her and asking her questions is making her feel more guilty and more stressed, and it's compounding. So, I wanna start by saying how often do you think this happens? Which of these challenges are particularly common for your participants? We think that this story is probably is pretty common and probably reflects a lot of the challenges that you are hearing from your participants on a day to day basis.

So take a second and tell us in the poll which of the challenges we just talked about are particularly common for your participants? You know, we talked about access to healthy food, bombardment of unhealthy

marketing, particularly relevant for kids, access of places to be active, stress and anxiety, and lack of or having kind of support that's compassionate and supportive of these healthy living topics. Take a second and fill out the poll and then Jodie [SP] will close the poll and we will have a chance to see the results.

All right, I think we can close. Great. All right, so I'm seeing, interesting. Everyone said that stress in particular is a concern that is safe but also really high levels of people were talking about access to places that are to be active, and access to healthy food and unhealthy marketing. And even though over half are saying that, you know, that having a support system that's compassionate is something that is a concern. So I think we all know, you know, at some level that these kind of healthy living topics, you know, healthy eating, physical activity, and stress are important. And sometimes we're kinda we may think, well, you know, there's so many needs in the world and our participants have so many needs.

Housing, making sure pregnancies are healthy, mental health, substance abuse. So there's so many kind of competing concerns. How can we, you know, think about squeezing this in on top of everything else. And is this really important but we're gonna argue today that these are not separate topics, that these are really critical for Healthy Start outcomes. And as you all just demonstrated in that poll, the concerns that we're talking about and issues here are something that you're facing every day and your participants are facing every day. So, why does this matter and just kind of very quickly, what is the data say about this? We know and it's very well documented and you all know that healthy eating and physical activity are directly linked to chronic diseases like high blood pressure and diabetes.

And we also know that these kinds of diseases increase your risk of poor pregnancy outcomes like preeclampsia and premature birth, low birth weight. All of which are, of course, extremely important for Healthy Start and our Healthy Start outcomes. Similarly, there's well documented links between chronic stress and chronic diseases. And chronic stress is the stress that you feel, the outcome that's occurs and you're kinda constantly facing stressful situations every day. Things that happen from household strain or homelessness or racism in the community. These are documented to increase your risk of heart disease, anxiety, and depression, all of which are also links as we've just discussed to pregnancy outcomes, the pre-term birth and low birth weight.

So, of course, this matters during pregnancy as we've just shown and discussed, but it matters when the woman is not pregnant too of course. We want participants to be healthy at all phases of their life. When they're in their pre-conception or inter-conception period, we want them to be healthy enough for pregnancy if that is something that they desire. And when they're parenting and they have the kids, we want them to be positive role models and be able to role model for their children. I'm seeing a couple of chats that suggest that my audio has cut out, can people hear me?

Woman: I can hear you, Katie. I'll check into this on the back end.

Katie: Okay. I just wanna make sure since I saw a few comments there that I wanted to make sure I wasn't just talking to the air. All right. So we want parents to be able to role model for their children. So these are important at all phases and for participants and for people in general at all phases of their life. And moreover, these are very interrelated. And so when we kind of talked about healthy living, we talk about these all together because physical activity and healthy eating and stress, anxiety, and mindfulness have all demonstrated connections. And you are all probably very familiar with, you know, physical activity can improve your mood and reduce anxiety and decrease depression.

We're all probably familiar with how stress can make us eat certain things. But similarly, which we might not be as familiar with, what you eat can impact your stress and your anxiety levels. There's associations between mindfulness and being able to eat healthy. And engaging in physical activity has been shown to be correlated with fruit and vegetable consumption. So, they're all kinda mutually reinforcing and we talk about them together because of that relationship. And then furthermore, we kind of know on some level, if you're healthy physically and mentally and emotionally, your ability to kinda manage other stress and challenges is enhanced and you are better able to kind of tackle those challenges head on.

So that leads us to our healthy living initiative. And the purpose of this initiative is to help Healthy Start grantees, support, participants, and staff to be healthy in all areas of their life, physically, mentally, and emotionally. We talked about how this is being healthy eating, active living, and managing stress at all phases of the participants' lives. I note that we too here are talking about staff because staff health and wellness is critical in our ability to be able to support participants. So what does this initiative look like? Well, the initiative is starting today

with this foundational webinar on taking a landscape view. We're providing some context and a little bit of an overview. In the fall, we'll be having three topical webinars, each on healthy eating, physical activity, and stress management.

These will go much further in depth on these topics, which we're going to kind of cruise over today. And provide really specific examples about what works and how to engage participants. And we really wanna hear all about what you in the field are doing and raise those up and share those with others. So, I encourage you to start thinking about what stories you have to share on those webinars. We'll also have some complimentary activity including an emotion-based interviewing counseling which we'll talk about a little bit later today, some regional meeting activities and some community training that can support this work. I wanted to take a quick second to thank and acknowledge our working group who is overseeing the development of this initiative.

We have representatives from Denver and Missouri Bootheel, as well as the Division of Healthy Start and Perinatal Services, and EPIC Center, all of whom you'll hear from later today. And by the end of the series, what we're hoping is that you'll be able to describe the importance of healthy eating, active living, and stress reduction, particularly the maternal health as it relates to Healthy Start. Recognize how our surroundings impact our ability to be healthy and those first two goals are really what we're focusing on today. And then in our later webinars, we'll be able to dive a little bit more in depth on messaging, and specific examples as it relates to these topics and support the ability to implement them accordingly.

So, as I mentioned today, we're really starting on and focusing on how healthy eating, active living and managing stress impacts health, which we've just kinda talked about. We're gonna talk next about how our ability to live healthy is influenced by our surroundings. And then we'll hear from Christina Lottie at the division to provide some examples of changes that can be made at various levels in Healthy Start programs. And we'll hear from two grantees at the end who will hopefully will help you kind of think about what are some potential action steps that we might think about at our home program, how we can support this work.

All right. So let's transition and talk about how our surroundings impact our ability to be healthy. You recall Maria's story at the beginning and we're talking about kind of the various challenges that she's faced with. And some of you may be familiar with this image, the socioecological

model, you know, a version of it which basically encourage us to think about the individual level factors that we're seeing in front of us in context of broader contextual issues. You know, what are the relationships, what are the organizational structures, and what are the community environments that can kinda help explain or cause the individual level behaviors that we're seeing.

So, in the case of Maria, you know, the doctors saw the behaviors kind of in the one-on-one setting but didn't really necessarily think about the broader context of what are the relationships are helping to cause these behaviors? What are the organizational supports, you know, where she lives, where she works? How is that supporting her ability to be healthy? And then in the community, what are the availability of places to buy healthy food and, you know, be active. And so it's really important to kinda think about all of those levels and how they influence kind of these behaviors that we're seeing in front of us. And the data really backs this up, you know, that our surroundings influence our ability to be healthy.

We know that people walk more when there are more facilities to be able to do so, you know, infrastructure, roads, streets, public transportation, all kind of increase your likelihood of being out and being active. Similarly, we know people eat healthier when there are fewer fast food restaurants and when there's less marketing of unhealthy foods. That's particularly true among young children and teens. And the data is not quite as strong but there's still some evidence that suggest that having more food stores that sell a full range of products and having pricing strategy that make healthier food competitive with less healthy foods has the potential to impact our eating practices.

And there's also some observational longitudinal studies that suggest that communities that have poorly maintained and vacant buildings, or social disorder, or drug use, or other other illicit activity and violence also have increased rates of stress and depression. And while individual factors are particularly important for stress and depression, it's also worth noting the role of the community in the context that we live in in our ability to be healthy. But it can be kinda challenging to think about things at the level of the community and think about how the community shapes our ability to be healthy. And part of the reason why it's so difficult to do so is I have an ingrained American belief that we have and there's no wrong, it's not wrong that we think that.

But there is just an American value that everyone is kind of responsible for their own success and we hear, you know, of the American dream.

Got to pull yourself up by your boot straps, so kind of an ingrained in our very fabric is this inclination to see the individual and the individual behaviors in front of us, and kind of only focus on that. And there's some interesting research that's been done by Frameworks Institute that kind of documents the prevalence of this value in how we think about things. As in contrast to if you kind of ask Europeans the same questions, they might be more willing and inclined to think about the community and how the community can work together.

So the problem is when we have that kind of mindset, what we end up thinking and how we're kinda prone to think is we see someone who maybe isn't eating fruits and vegetables and we think, well, they just need to eat more. And they're not being physically active, we just think they need to, you know, get out more or if they're kids, you know, parents should make their kids exercise. If we see someone who's anxious or stressed, we kind of have that, you know, inclination to think well, they just need to deal with it. But the problem is if we have...if we think about things as individual problems, we only can think about individual solutions.

And if you're thinking about the problem as an individual that doesn't have the information or the education or the willpower they need then the interventions that we think about and that are at our disposals is we need to educate them more or help them change their priorities. And as an aside, as I mentioned, a couple interesting papers that kind of hope show how this looks and the research that's been behind kind of our ability to think about things on the individual level, can be done from Frameworks. And [inaudible 00:19:11] Media studies for the [inaudible 00:19:13] here. But if we're only thinking about things as individual problems and only being able to come up with individual solutions, but all we get us so far is we've talked about, you know, a little bit before the community has a role in our ability to be healthy.

So, in order to think about community solutions we have to kinda think about these things as community problems. And bringing the issue here at the community level, so we think about a problem, you know, such as it's not fair that the community I live in doesn't have the same access to healthy foods that other communities have. Thinking about things like that can help us come up with the solution that is more supportive and community wide. We need to work together to change that. I thought this is a great analogy that was offered by Sandra Mathoslah who is also a project officer at the division who is on a site visit and unable to join us today. But she offered this analogy that being healthy is really like



building a house.

And you need the tools and resources and information, and the know-how to be able to do it. But even with those tools, you need a group of people to be able to come together and build that structure that's supportive and surrounding, and it's not something that you can do by yourself. So, if we can shift our thinking a little bit here and think about the community and thinking about this as a community problem and community solutions. It might take some extra effort to kinda go against what we might be inclined to think. But we might be able to start saying, "Okay, well, we see someone who is maybe not eating the fruits and vegetables or being physically active." Well, asking the kinds of questions of well, what access to healthy food exist?

What are some safe places that someone can be active and be outside? For kids, you know, what are some safe places for kids to be active? And then we see someone who is feeling stressed or anxious, maybe thinking about the question, you know, what social support is available that can help them? And this kind of a mindset change and the best way that I think about this mindset change is kinda going from a portrait, where we have this picture of one kid who I think maybe looks a little angry but I don't mean him to look angry. But we're focusing in on one individual versus choosing a landscape picture. And when we look at the landscape here, all the sudden you see much more information.

And we have to ask ourselves, why is this kid trying to cross the street at a place where there isn't a crosswalk and where he's hidden from view from oncoming traffic? What is it about the way that the road is designed, that he is trying to cross here and put himself in harm's way? So, with that I'm now going to turn it over to Christina Lottie, project officer at the division, who is going to talk to us a little bit about what we can do about this. And I will pass it over to you, Christina.

Christina: Thank you, Katie. You know, you just nailed it I think on the head. You mentioned about Sandra Mathoslah's, excuse me, mentioning about working together. And we are all in this together. So, be encouraged. We want you to know that all is not lost. There is hope, you know, that we can overcome the challenges that are before us. And it is within those challenges that will make a really big difference. I hope that you guys all agree with that. So, what we're gonna do is just take a moment and conduct a poll just to kind of see where we are. To see if you are supporting healthy living within your program. So we have a poll that launched here. And if you could please answer yes or no to the

question, are you supporting healthy living at your program? So, we'll take a few minutes to have this poll complete.

Okay, Jodie, I think we can close the poll. Wow, that is great, 100% yes, that is right. What great news coming from this. You know, just looking at Maria's story and how there were things happening at all of these different levels that influence Maria's ability to be healthy. And Healthy Start Programs have a lot of influence, wouldn't you agree? I mean just from the poll itself, it speaks volume. How awesome that many of you already are working at these levels to encourage participants and staff in ways to encourage healthy surroundings and culture. And there is no need to really go out and do something completely different, and you are already doing these things and doing so much and have so much of an influence.

So we really want to bring awareness to how all of the resources and tools that you have can make a bigger difference in the people's lives, in your lives as well. So it's clear looking at how well positioned Healthy Start Programs are to make a meaningful difference in everyone's lives when it comes to living healthy. Look at your CANs for example. For some that don't know, Healthy Start Programs work with community action networks to change community priority and to collaborate in meaningful ways. So, the Healthy Start Programs themselves are places where participants and staff frequent and therefore have the potential to really make a difference.

And, of course, the critical interpersonal relationships between staff and participants that support parents in all aspects of their work. So these are all the ingredients needed to support healthy living and you have them already. This is really great. We'll be spending a lot of time over the next few webinars in the fall to dive into the details of each of these. And on our next webinars, we'll talk about specific ideas and actions that you can take within your programs. But we just wanted to introduce some suggestions and concepts as we launch our first webinar today. So starting, when we're looking at the CAN or other community collaborations that you are a part of can be a real opportunity to raise up these conversations to a higher level.

You know, as we've discussed, these issues are driven by community factors. So, in order to make meaningful change we have to also address and influence at these levels as well. And as you've seen previously, we need to address these healthy living factors in order to support positive health outcomes for our participants. So here are some

kinds of issues and questions that CAN or community coalition might address. For example, are there safe places to walk and play, as we've talked about earlier, with Maria having those difficulties that she was having in her family? Are there healthy, affordable foods available in corner stores and farmer's markets?

Another question that could be posed, how does the community support mental health, which is a really big important topic. So, engaging the CAN will be something we discuss more in the fourth webinar, so you don't wanna miss that, but we definitely want to be thinking in this direction. So, yes, the CAN can. So, are you thinking in your mind right now, you know, I'm in. This is exactly what I've been thinking about doing. Where do we begin? Great question. So, some of the first steps that you can be thinking about is conducting a walking audit with CAN partners to find out where are these opportunities for participants to find healthy, affordable foods? Where are their issues for safety and accessibility?

And discuss with CAN partners, how you see the impact of the surrounding on our ability to be healthy? So these are great question that you can kinda bring up as you begin to dive into a healthy living initiative within your program. You might want to also consider, you know, some of these key points, too. You have to think, you may not think immediately how your program site has the potential to influence a large number of people, but I want you to think again. People frequently are coming in and out of your program, right? This means you have the real potential to set a positive tone by commenting and committing to supporting healthy living at the organizational levels.

But some of the questions you should really consider when you're thinking about you and your program, what foods are you serving just within your program itself. When you get together and you have classes and you bring participants into your facility, what are you serving to them? Are we offering healthy choices at our events for participants? And does the vending machines have healthy options in it? Do we support and champion being physically active and do we have events that can get us up and about, like walking groups or even bowling night? And we, you know, have to think about also this question, do we build physical activity into our ongoing group activities for participants such as expecting mom's group and mom and baby groups, or father groups.

So these are all really great questions that you could be asking yourself as you begin to have or implement a really great healthy initiative

program within your own facility. Some other questions that you might wanna consider, how do we support participants' mental health? We talked about that a little bit earlier. And how do we support and address our own staff stress levels in order to best meet participants needs? You know, the polls show that stress was the number one reason. I think it's really, really important and crucial that we do not neglect and just not take out the effect that stress has on our own staff, so we really need to kind of address and look at this questions as a whole.

And what group norms are we fostering? So all of these questions are really relevant as you begin to implement them in your programs. So wondering now how we can get moving? Another good start might be to check out the CDC Worksite Health ScoreCard and to start to see how you could do these evidence-based practices to prevent heart disease, stroke, and related conditions such as hypertension, diabetes, and obesity. And finally, the interpersonal level. How we support participants? You know, participant engagement is so crucial and critical. Here are a couple of examples of engaging participants. Keeping the message simple is definitely a key.

You know, not overwhelming them with ingredients and grams that are in each and every individual item. Maybe offering feasible changes like affordable and healthy substitutions for meals they frequently eat. And importantly, approach with compassion, with understanding, and work with the participants to meet him or her needs. So, again, our future sessions will provide specific details at these levels. And then what better way than to hear from grantees about what is working for them. So if you have a story, because I know you do, please let us know. You can start now by chatting in anything that you're doing that we should highlight for future sessions, how you're supporting women, men, children, and staff to be healthy.

What are some examples of the work you are already doing to promote healthy environments for your participants and also for your staff. So now let's look back at Maria's case, you know, how engaging at these three levels can make a difference in Maria's life? Wouldn't it be amazing if Maria's community worked together to address the issue of stray dogs so she can now walk in the park with Luisa, her daughter. To make healthier choices available at the checkout counter at the corner store. Or even to put in sidewalks to make it easier for them to walk and for others to walk in their community. Wouldn't it be amazing if Maria's Healthy Start program offers events that help her to be more healthy, like bowling nights or even going to yoga classes, or meditation

classes?

Wouldn't it be amazing if Maria was approached in a way that made her feel supported to make these changes? What if her doctor had asked questions that uncovered buried emotions and really getting to the heart of the matter? Transformation can happen when you push all the right buttons and you uncover buried emotions. And when emotions are triggered, behavioral changes becomes easier. Wouldn't it be amazing if then on top of that, Maria's case manager was equipped with the tools to help support Maria, with feasible tips for changes and strength based counseling skills? That's what we wanna work towards as part of this initiative.

So, just looking here as an example of how emotional based counseling might look like, for example. And again, this is gonna happen in our later webinars to come. So imagine you are the case manager and you're speaking to a parent. And this is just an example of a role play that might happen with emotional based counseling. So, the case manager said, "How would you feel as a mom if you could reinvent a better future for your children? One without weight struggles, with healthier eating, how would that make you feel as moms or dads? Perhaps happy or successful? If you wouldn't mind, taking a look at these pictures and grab one that stands out to you the most."

And the parent says, "These plates stand out to me the most. They are both empty but more than likely I would fill the big plate with food." So the case manager might say something like this. "You are probably wondering how these plates, for example, are going to help my child or children in the future." Well, you see, the big plate is portioned. You put bigger portions on the plates. With smaller portions you think that you are starving your child or children and you say, "Oh, that doesn't look like much food at all." So you fill up the whole plate. I know many of you can relate to this. So if you use small plates, even parents can do that, you actually eat about 60 calories less per meal by using a smaller plate.

What do you think about the picture with the food on the plate? And the parent says, for example, "First thing that you noticed or that I noticed is that there's lots of colors." The case manager would say, "Yes, that's right. This is the half plate rule. You can have your favorite food that you love and enjoy on half of the plate as long as the other half of the plate are salads, veggies, and fruits." And by following that, you are eating more fruits and vegetables but you are still not depriving yourself of the

things you love. What do you think about the fruits on the table? Can this help benefit your child or children in the future? And the parent might say, "Having fruits you like out on the table might help you eat more of them."

And the case manager could come back and say, "Having fruits and even veggies in easy access and in sight makes it more likely that a child would grab for it." If the first thing that we see is a box of cereal or candy or a cookie jar or a bag of chips, we are more likely to grab that. So you can double your fruits and vegetable consumption just by putting them on the table and making them visible and have easy access for everyone. The case manager concludes with "You are all amazing parents," again the compassion, the understanding. "And just by treating yourself to what you enjoy, this helps you to be that more amazing. In addition, by doing these tips, you are giving your child or children gifts that don't just last a moment or a meal but these gifts last a lifetime."

So, again, this is an example of how an emotional based counseling session might go. And, you know, we got to stay tuned for up and coming emotional based interviewing webinars to come. So now I'm gonna pass it back over to Katie at the EPIC Center.

Katie: Thanks, Christina. Great, all right. So, at this point, we wanna share a video and I'm just gonna provide a little bit of context. You know, I think you're thinking, you're hopefully probably thinking you know, "Yeah, I'm in, to what Christina's said. I'm there, I'm excited." And what we thought would be a really great place to go is to hear directly from a participant and hear from them, you know, how they think this is really important in their lives. And we of the EPIC Center was lucky enough to be able to talk to a couple of Healthy Start participants and ask, you know, what do they find most valuable about what their Healthy Start Program provided?

I wanted to just share this brief clip straight from the horse's mouth if you will about how Healthy Start has made such a difference in this participant's life in terms of supporting her and her ability to be healthy. I'm going to play now.

Great. I just love that and I love hearing directly from her, you know, how her program has made a difference in her life. And I hope that you all enjoyed that, too. We're now going to hear from a Healthy Start program and I'm going to invite Lauren Clark who is the health education coordinator at Missouri Bootheel, to talk a little bit about how they are

implementing a healthy living initiative at their program and some suggestions, and hopefully give you all some ideas about other ways you might incorporate this into the I think initiatives that you already have. So, with that, Lauren.

Lauren: All right. Good afternoon. Can you guys hear me? Yes, no?

Katie: I can hear you loud and loud and clear.

Lauren: Okay. So, I'm gonna talk about three programs that we have, actually a program that's currently on pause, a program we're starting next month and then a program that's been ongoing for a while. So, the first program is our maternal wellness program. So, this is a program that we hosted in area churches. And actually, we're no longer hosting at this point. We should be restarting it sometime later this year or next year but a number of the churches we are working with have actually now adopted this program. And it was a six or eight week series of classes, where we would go into churches and sometimes area schools., and they'd pull together women from the congregation, community members, and we'd really talk about different healthy eating options.

So the classes would go over things like traffic light eating so that, you know, they had an idea of just a simple way of looking at foods and be able to understand how they're gonna affect their bodies. Eating based off of your mood, so just really looking at like if you're stressed, how are you gonna be eating based on that? And then the second part of that was all based around the idea of soul food, especially because we were in the churches and we are a rural, more southern area. So we actually ended up giving out the Food, Faith and Heritage Cookbook. And in it we discussed not only the history of whole foods but also healthy alternatives for soul food.

So baked chicken instead of fried, or healthier mac and cheese that maybe have some vegetables added into it. And so this program was actually really popular to the point, like I said, area churches are now running this program on their own. The program we're getting ready to start, we're revamping our monthly healthy family classes, actually working with a med student from the University of Missouri in Columbia. And we're gonna be focusing on the same kind of topics we've been doing already, so stress release and nutrition and anxiety disorders. But we're gonna be including knitting and crochet education at the beginning of each class. Just to give our moms something that they can work on,

we're working off of some studies that say that having these handiworks really help with stress management.

And then there's also not quite as much of it. There's still some evidence that these kind of works can help with smoking cessation. We're just trying to get them on something positive that they can do. And small activities that they can complete and have that sense of accomplishment of finishing something. So, each mom will have the supplies to make either some baby hats or maybe a nursing shawl or cover up. And so, hopefully, if everything is according to plan, we should be starting the first class in July. And so, the class in July, we actually have a dietitian from a local university coming to speak and August it's going to be rolled into our larger breastfeeding event.

And we have a couple of breastfeeding... So we serve five counties, so we have breastfeeding support staff from the five county health departments coming to speak. And then we have a dental student coming down to talk about the importance of dental health during pregnancy. So, we're really trying to pull in our community partners to speak at these events. The last program I wanted to talk about was FLY which is our First Love Yourself women's support group. So, the woman pictured, she's actually one of the graduates from the program, both from our case management program and the support group program. And she went on to become the president of our CAN.

And so in the FLY groups is a, not a yearlong class. You can only take it once in a year. But it meets monthly and they talk about self-esteem, really setting goals and working towards what they want in the future. So, it turns out that her goal was to become a semi-driver. So, she actually, after finishing this class, we were able to help her get into a semi-driving school and she got that license and went on to do that for a few months. And then now she's working as a forklift operator. So, before she's in the program, she said a couple of times that, you know, she really didn't know how to cycle. She didn't know how to work towards having things to be better in the future.

So this is really our mental health component and it's run by a counselor who works for the VA who has the PH.D. in counseling, and it is completely confidential. So, I have limited knowledge on this since I'm not actually the facilitator for it. And then we have a couple of other small events. Our biggest annual event is coming up in August and that is our annual fishing clinic and take a kid fishing day. So this is a day right before school goes back where we provide transportation, we



provide food. There's prizes for the kids for fishing. There's longer poles, there's people on site who can help kids or adults maybe who don't know how to fish. So we take everyone out to a lake, kind of in the middle of nowhere, and we have maybe 500 to 600 people show up each year.

And the National Guard Event, so they teach archery and you may take the kids and their families out on boats. The National Guard does...like they have their big transport trucks and they let the kids kind of look around those and play a bit. And so it just is a really fun day to actually get everybody outside and to have the ability to have that outdoor activity. I think those are all of my slides.

Katie: Great. Thank you, Lauren.

Lauren: Thank you.

Katie: So, we're going to kinda move towards the end here and talk a little bit about, you know, what to do now and some action steps. But as we're kind of doing this and moving to wrap up, I do want to, you know, mention again that we really do wanna hear from you all, what you're doing already and be able to reach out to you, to potentially share those stories and share what you're doing that's working really well on these fall webinars. And particularly focus, you know, on healthy eating, active living, and stress reduction. So if you're doing other great things like some of the...in the same vein, some of the great things that Lauren just shared, please chat it in. I saw someone chatted in we have a dietician who provides healthy choices and simple recipes for patients to try, that's great.

Let us know and your contact information so that we can be sure to follow up with you and share those stories on our next few sessions. So while you're doing that, just wanna provide a couple of other, you know, ideas for how, what the next step could be. And the first thing we suggest and a great first step is always, you know, talk to your staff. Talk to your staff and have a conversation about these topics and about what you're currently doing. And what challenges do you think your participants are facing and how you might be able to support them?

And we can't really emphasize enough that it's gonna take, as you know if you're kind of already starting these initiatives in your own programs, a champion to push this forward and raise this to a new level. And, you know, we hope that that champion will be you because it could be and it

should be. The other thing that we think is a real turning point is to explore that CDC Worksite Health ScoreCards. And I will put it in the chat so that everyone has quick access to it. But, again, as Christina mentioned, this is a great way to kind of evaluate yourself about, you know, what are you doing? And does the Worksite Health ScoreCard lets you kind of go line by line and look evidence-based practices around physical activity and healthy eating and say, "Is this something you're already doing? And if not, is it something we could be doing?"

And prioritize some actions that's to change, and we'll go into more detail on what those action steps examples are. But many of which, you know, Lauren kind of referenced in her examples in terms of offering program supports and events but also ongoing supports and programs and facilities and things of that nature to support participants and staff to be able to live healthy. And it is a Worksite Health ScoreCard so it's designed thinking about your program as a workplace. But really, you know, everything as we've kind of talked about as a workplace, you obviously have staff but all the participants that come to your workplace and are coming in and out are kind of able to benefit from those changes and environmental support that you can offer, so it has the double benefit there.

So thinking about what are you doing as an organization and maybe help prioritize one or two small things or large things that you could do differently, or add to your healthy living initiative. And that is the link to the CDC Worksite Health ScoreCard in the chat. The next thing that we think could be a great action step is to meet as a team and kinda talk about and start outlining what resources you do have in your community to leverage? And we have put together kind of asset mapping tools to help you document in one place who are the contact people and the hours and locations and other notes for various physical activity and healthy eating and mental health resources in the community. he chat pod in the bottom left of your screen.

So, for example, you know, where is the staff enrollment office and who is in charge of...who can you contact there if you have questions? And where are the grocery stores in your neighborhood and where are the ones that your participants are shopping? And are there any notes in terms of discounts or subsidies or programs that are available there that you may have heard about from participants or from your own experience? And put that all in one place and have it as a tool that can be then shared with your participants and have that information documented. So that will be a follow-up resource that we'll be sending

after today's session. And you'll get it in the email that has the rest of the documents you should and from today's webinar.

And then fourth but not last, tell us what you're doing and as I mentioned, you know, chat it in or email us at [healthystartEPIC@jsi.com](mailto:healthystartEPIC@jsi.com) if you have any other ideas that you would like to highlight on future webinars. And with that, I wanna mention, you know, we're open to questions. And we have a few minutes here to respond a question if you have it. And so I encourage you to chat in for any of us and for Christina or for Lauren, if you're kind of curious to hear a little bit more about any of the programs and initiatives that Lauren had shared. And please feel free to do that now and you can use t  
Or, you know, chat to chat in a couple of other ideas of what you're working on, we'd be very excited to share those to others who are on the call today. And while you're thinking about those questions, just quoting up just so you have the reminders for some upcoming events and be able to put those on your calendar. A couple of webinars that are coming up in either through by the division or the EPIC Center, including an update on the online screening tool on June 29th, using performance measures for quality improvement on July 13th. [Inaudible 00:53:10] town hall webinar on July 20th, and Project Director Orientation Webinar that is tentatively not yet dated but just wanted to make sure you are aware that it was coming.

And then the next conversation of the division on August 17th. So, I'll leave it up here. We'll obviously send all of that information out by our, you know, e-news and it will be on the training calendar. So this will not be the only time you'll see these dates but I just wanna make sure that they were easily accessible to you and on your radar. So, with that I will pause for a minute here and see if we have any questions.

I'm not seeing any questions. I see no need to keep folks unnecessarily, but we do really hope that you'll share those stories with us, if not today then to future events or by email because we're definitely very curious to hear what you all are doing. We heard that 100% of you are doing something so there's definitely a lot to share. So, I think we can move to close. I just wanted to, again, say thank you all for being on, and I'll provide our email address again. And again, thank and acknowledge our advisory group whose been great in providing input and guidance into the development of this webinar, including the Denver folks and the Missouri Bootheel folks and Lauren who was on today. That concludes today's webinar. I hope you all have a great rest of your day and look

forward to having you join our fall webinars to continue this conversation.