

Nutrition Advisory Committee of Dutchess County

Meeting Minutes – August 16, 2012

In Attendance: Christine Sergent, Shayna Russo, Nancy Cimbrello, Lacie Schmidt, Rebecca Lull (CCEDC), Krista Adams (ARCS), Ozie Williams (DoH), Amy Baum (Dutchess County Healthy Families), Nancy Case (St. Francis Hospital), Lorraine Scuccimarra (Child Care Council).

Program Sharing

- CCEDC's Open House will be on 9/21 from 3:00-6:00. There will be workshops, activities in garden, cooking demo, food samples, and garden tours. Possibly some animals, too!
- ARCS is having an event at the Hudson Valley Renegades on 8/22. Bring in a personal hygiene item and go to a Renegades game for \$1. More information is on their website: <http://www.arcs.org/>
- A Hairdressers' Disco Ball and Fantasy Hair Show sponsored by ARCS on 9/9 from 7:00-11:00 pm. Check the website for more details: <http://www.arcs.org/>
- Lorraine passed around new brochures for Child Care Council.
- DC Healthy Families has started a new Mom and Baby Playgroup for pregnant moms, infants, and toddlers. Every Wednesday at 1:00-2:30 they will meet. Kay Bishop will be doing an educational piece. Last week 13 families attended. **FLYER ATTACHED**
- St. Francis just got approved to take MVP Option, for the MVP/Medicaid plan, for nutritional counseling.
- POK Farm Project is hosting a Soup-a-Bowl on 9/8 from 12:00-3:00. <http://farmproject.org/soup-a-bowl>
- The recent NYS Media packet has arrived. Fact sheet on sport drinks and schools. In 2010-2011, 55% students in middle school and 80% in high school can buy sport drinks while at school. The vending machine companies change the outside of the machine as to not promoting it but inside it is selling those types of products.
- Christine mentioned the hot topic on sedentarism in the media recently. There was an article in the Journal in the Academy of Nutrition and Dietetics. Sedentarism is a phenomenon on how you spend more than an hour or two in one spot. (*Article attached with e-mail of minutes*) Even in athletes, if they have more than two hours being sedentary, they are in the higher disease risk. Workplaces are getting on board with the issue and allowing employees to work standing. They also recommend office workers in getting up out of your seat every 55 minutes.
- Nancy Case mentioned that she attended a conference sponsored by American Institute of Cancer Research. At the conference they are conducting controlled studies where some of the employees are assigned to standing desks and treadmill desks. Is Sitting Too Long a Major Cancer Risk?

<http://www.webmd.com/cancer/news/20111103/is-sitting-too-long-a-major-cancer-risk>

- Breastfeeding Walk was last week. The walk was cancelled due to the rain but still had a great turnout for the event.

Follow-up actions from last meeting

- Christine mentioned that the Community Transformation Grant was submitted. Thank you to all the agencies for the support letters. The grant is for \$853,210 for a 24 month period through the CDC for prevention of chronic disease by changing communities. It is a very competitive grant; they received thousands of applications. The 65% of the funding goes to the communities. CCEDC and partners only retains \$100,000 per year for the core of the delivery of the services. The funding will allow sidewalks in Dover, Amenia, and Millerton to be extended to the grocery stores, system change in schools and child care centers. NECC and POK Farm Project are partners.

Summer Meals

- NECC has finished serving meals. Jenny Hansell hopes to expand the program in future years.
- Jackie Bucelot-Mills was not able to send an update. They are still serving meals for another week. The Beacon Outreach was great. The weather was a little iffy so they were in the church. Sixty kids attended the festivities. There was a traveling food pantry, through New Vision Church, along with Catholic Charities that traveled with them to every site. CCEDC were able to talk to adults about our nutrition program. Hudson River Health Plan, Department of Health, and Fareground were also there doing activities.
- Poughkeepsie sites are still serving meals.

New Business

- Weight of the Nation: Shayna passed around the DVD case along with the study guide. Shayna, Ozzie, and Liz Phillips, from Hudson River Health Care, met in June to discuss how they can get the community involved in watching and discussing the documentary. They broke the types of audiences to professional, schools, general public, and educators. The next step is to have a group of varied group of agencies and finding a date to facilitate a viewing to see how to go from there. Ozzie is researching a place to have the events that can accommodate the type of rooms that are needed. She checked with Adriance Library and the Mid Hudson Library System. If Adriance cannot accommodate us, she will check into Catholic Charities. Nancy Case mentioned about the Head Start sites might be available. They have active parent groups. Maybe a parent education group can be added as a target group. Might be worth it to have small group viewings. The movie has 4 different sections: Consequences, Choices, Children in Crisis and Challenges. Depending on the audience, certain sections will be shown. In moving forward with the planning, Shayna mentioned having a viewing at

our November meeting in Millbrook. If planned in advance, could agencies meet in Millbrook? Shayna and Ozzie will get in contact with Hudson River Health Care and the rep from Astor and move forward quickly.

- Nancy Case found an article featuring that school lunch changes are proven effective. *Link is: SR will share with group when received from N. Case.* The school menu for 2012-2013 has been gradually changing. But the change needs to also be done in the families. A discussion was made in how some progress has been accomplished. There is now a vending machine at the Poughkeepsie Galleria (by DSW Shoes) selling healthier selection of snacks. Also that mall has recently been declared a smoke free property.
- Farm to School: Christine talked about getting people together who want to learn from others from their success with Farm to School. The goal is to invite agencies who we have worked together previously to do the Farm to School. Weight of the Nations documentary is the first invitation to move us forward. Another topic is to bring together Farmers Markets; how to start them and how to make them more viable to diversified audiences. Many Farmer Markets are not addressing the needs of more than one or two sector groups. Also, farmers to revisit gleaning. To get CSA's more involved. Another topic is to convey to institutions and restaurants to use more local foods. Also, implement the food service guidelines in schools. We offer our office in Millbrook (central part of the county) for any meetings. Any other topics you have please pass them onto Shayna. A calendar might be used to plan quarterly meetings. As of now we don't have the resources to fund this project so the funds will be taken elsewhere. At the next NAC meeting, we will start planning on the topics for the coming year.
- Food Day is on October 24, 2012. The website is www.foodday.org. CCEDC can participate if we concentrate on the education part. The Eastern Dutchess Community will celebrate Food Day on 10/21/12 hosted by Hudson River Health Care. They are looking for agencies to participate.
- Along with Food Day they have updated their school curriculum. More information can be found at: http://www.foodday.org/for_schools

Updates

- FSNE - The 2013 Proposal passed by state, it is now going to the Federal. Operating on level funding since 2011. Looking ahead to 2014; gradually increase funding depending on food stamp participants. We are able to do some 1 time workshops that can be counted as caseload. Megan, one of our NIP educators, received her Bachelor's Degree this year. Lacie has two more classes to complete her Master's Degree.
- DCFA – The survey is being revised with the Health Department's input.
- Farmers Markets - There is a need for the increased use of the Farmers Markets in the Northeast area. There are 3 Farmers Markets in the Northeast area. Share the Bounty Market is the only market offering Fresh Connect coupons. It is open on Tuesdays 9-1 at HRHC in Amenia. Also NECC is giving out Health Bucks. The Amenia Town Market is open on Fridays from 3-7. Millerton Market is open on Saturdays from 9-1. Encourage your clients to utilize these farmers markets.

Next Meeting: September 20, 2012

*3rd Thursday of the month from 12:00-1:30 @ Family Partnership Center
downstairs by the cafeteria*

October 18

November 15 *(Possibly at Farm and Home Center in Millbrook with Eastern
Dutchess Group for Weight of the Nation Discussion)*

(No December meeting)