



## Health Services Advisory Committee (HSAC) Meeting

October 8, 2013

Puyallup Room – Puget Sound ESD, Renton

### **GUESTS**

April Guzman, SeaMar CMH  
Camile Mason, SeaMar CMH  
Federico Cruz-Uribe, SeaMar  
Gini Gobeske, Tacoma Pierce County Health Dept  
Gloria Smith, Puyallup YMCA  
Hannah Modin, Community Health Care  
James Pierson, Early Head Start  
Kristin Kucklick, MultiCare Mary Bridge Children's Hospital  
Laura Widdice, Renton School District  
Norma Solis, SeaMar South Park  
Stuart Shorr, Renton Pediatric Associates  
Roseanna DeShazo, EHS Policy Council Liaison  
Sarah Jacobs, EHS Policy Council Liaison  
Tamara Bout, SeaMar Puyallup  
Vicki Gezon, Tukwila

### **PUGET SOUND ESD STAFF**

Catherine Marshall  
Cheryl Polasek  
Claire Wilson  
Denetta Uzzell  
Denyse Guthrie  
Donna Andrews  
Janice Heck  
Laurel Tierney  
Leticia Salcido  
Libby Cruikshank  
Marie Savage-Hopfauf  
Naomi George  
Stephanie Stevens  
Suzanne Kohaya

### **WELCOME/INTRODUCTIONS**

*Laurel Tierney –Health/Nutrition Coordinator*

Meeting attendees introduced themselves around the room.

### **EARLY LEARNING PROGRAM REVIEWS**

*Laurel Tierney – Health/Nutrition Coordinator  
Cheryl Polasek, Health/Nutrition Director*

Laurel and Cheryl shared information about the upcoming DEL State Review for ECEAP and the Federal Head Start program review which will place during the 2013-2014 program year.

### **GOVERNMENT SHUT DOWN**

*Claire Wilson, Learning Teaching & Family Support Executive Director*

Claire communicated information regarding what would happen if the government shut down lasted longer than October 31, including budget cuts, furlough days. Should the shut down last longer than the next few weeks, more information will be presented on October 31. Regardless of the outcome of the budget talks, children and families will remain the priority of the Early Learning department.

### **EARLY LEARNING HEALTH/NUTRITION FOCUS AREAS**

*Cheryl Polasek –Health/Nutrition Director*

Participants broke into three focus area groups to discuss childhood obesity/physical activity, community gardening, and Early Head Start perinatal services, and then shared their discussions with the group. Groups shared:

- What the Early Learning department is currently doing around this focus area
- What resources/supports are currently available around this topic
- Where is there a need/gap around services and resources supporting this topic

- How HSAC can members support the Early Learning department in extending/furthering focus areas in their practice/agency?
- Any next steps or further conversations

#### **OBESITY/PHYSICAL ACTIVITY GROUP**

*Libby Cruikshank, Health/Nutrition Manager  
Naomi George, Health/Nutrition Coordinator*

- Childhood obesity & physical activity are important to link
- Cultures and ways to identify obesity
- Assessments in the first 90 days of being enrolled in Early Learning program
- Resources and training for staff
- “Sitting disease” resulting from sitting more than 4 hours; metabolic disorders
- 5-2-1-0 program; ICANN program at Valley Medical; BERB program

#### **EHS PERINATAL SERVICES GROUP**

*Donna Andrews, Health/Nutrition Manager  
Hannah Modin, Community Health Care*

- What perinatal services mean
- 4 Pierce County home-based EHS centers – dental screenings, mental health support, family support and health/nutrition support, as well as referrals to community agencies/services
- Breastfeeding program instituted at Washington Correctional Center for Women (WCCW) in Purdy, as well as an EHS program for all newly parenting women
- Environmental toxins education
- Oral health education through ABCD

#### **COMMUNITY GARDENING GROUP**

*Marie Savage-Hopfauf, Health/Nutrition Coordinator  
Naomi George, Health/Nutrition Coordinator*

- Farm-to-Table program twice per month at Educare Early Learning Center
- Grow lights & garden gloves donated to centers
- CACFP – Planting Seeds for a Healthy Future
- Container gardens at centers with instructions for home
- Seattle Tilth
- WSU Extension Master Gardeners
- Tacoma Health Dept & King Co Health Dept posters on soil safety
- Health benefits of gardening – fresh air & exercise
- Kids are more likely to eat what they grow

#### **EARLY LEARNING WEBSITE**

*Cheryl Polasek –Health/Nutrition Director*

Cheryl shared the new Early Learning website – [www.earlylearningwa.org](http://www.earlylearningwa.org). HSAC will have a spot under the “Early Learning” tab with agendas and minutes from previous meetings

#### **COMMUNITY UPDATES/SHARING**

Highlights included:

- Tukwila School District is the most diverse in the nation
- Renton opened the Meadow Crest Early Learning Center and have over 600 preschoolers currently enrolled
- SeaMar and the Health Department are helping people navigate the new Federal Affordable Health Care Exchange

- Flu season was light last year, so many people are declining to receive vaccination this year; flu shots are being promoted by the Health Department and Dr. Shorr's office
- CSHEL (Coalition for Safety & Health in Early Learning) shared an emergency ruling to comply with food safety; anyone can check the Department of Early Learning website for ER rulings
- SeaMar received a \$1 million grant and will be remodeling their building, increasing doctors
- Community Health Care is opening a new health care center in Hilltop (Tacoma) that includes urgent care available to the community, medical and dental services. Grand opening is November 2.
- SeaMar is adding an oral surgeon in Seattle
- Early Learning is promoting Pierce County Mary Bridge/5-2-1-0 messages and plans more promotions

Thank you to all for your time and input on this committee.

**NEXT MEETING**

**February 4, 2014**

**11:30 – 1:30**

**Puget Sound ESD, Renton**