



Health Services Advisory Committee (HSAC) Meeting

February 10, 2015 Puget Sound ESD, Renton

Guests

Tamara Bout, SeaMar CHC
Debi Chadwick, Parent Representative
Jessica Donohue, Smile Partners
Courtney Druffel, Multicare Mary Bridge Children’s Hospital
Vicki Gezon, Tukwila School District
Gini Gobeske, Tacoma Pierce County Health Department
April Guzman, SeaMar CHC
Rachel Joyce, Community Health Care
Abbe Salk, Lindquist Dental Clinic for Children
Dr. Stuart Shorr, Renton Pediatric Associates
Gloria Smith, Tacoma Daycare/Puyallup YMCA ECEAP
Elise Tanner, The Tooth Fairies
Gabriela Villagomez-Morales, Parent Representative

Puget Sound ESD Early Learning Staff

Mary Eddy	Gene Gousie
Maggie Grate	Denyse Guthrie
Janice Heck	Tina Horner
Suzanne Kohaya	Katy Levenhagen
Catherine Marshall	Candace McKenzie
Nasteha Muse	Cheryl Polasek
Leticia Salcido	Marie Savage-Hopfauf
Stephanie Stevens	Laurel Tierney
Joanne Tran	Denetta Uzzell
Caitlin Young	

Welcome

Laurel Tierney, Senior Coordinator, Nutrition

Attendees introduced themselves

Healthy Habits Program Goal & Seminar Series

Maggie Grate, Nutrition Coordinator

- Maggie shared information regarding the 5-2-1-0 campaign, which promotes healthy choices for children and families
- Healthy Habits for School Readiness Seminar Series
 - Lesson plans will be provided to Family Advocates & Teachers
 - “Big Books” are being created for teacher use in classrooms
 - Maggie guided the group through a sample lesson on Fruit
 - Staff are looking for more books on healthy habits in various languages

CACFP Proposed Changes

Katy Levenhagen, Nutrition Coordinator

- The Child and Adult Care Food Program (CACFP) provides meal requirements and reimburses funds spent on meals & snacks
- CACFP is funded by the United States Department of Agriculture (USDA)
- CACFP is proposing changes to their infant meal pattern and their 3-5 year old meal pattern
- Highlights of proposed changes:

Current Requirements for 3-5 Year Old

Fruits & veggies combined in one food group

Whole grain or enriched breads/grains may be offered

Any breakfast cereal may be offered

Grain based desserts can meet grain requirements (i.e. donuts, cereal bars)

Frying is an approved method

Proposed Requirements

Fruits & vegetables divided into separate food groups (except at the breakfast meal)

One serving per day of grains must be whole grain-rich

Breakfast cereals must meet WIC requirements for iron, sugar, fiber, and fat

Grain based desserts are excluded from meeting grain component

Disallow onsite frying method (pre-fried, flash-fried or par-fried foods by manufacturer are allowed)

CACFP Proposed Changes, *continued*

Current Requirements for Infants

Infant age groups: 0-3, 4-7, 8-11
Solid food may be introduced at 4 months of age
Breastmilk is only reimbursable if bottle fed by child care provider
Fruit juice may be served at snack to 8-11 month olds
Fruit or vegetable not required at snack
Bread or crackers only

Cottage cheese, cheese, or cheese food spread allowed for infants over 8 months of age

Proposed Requirements

Proposed infant age groups: 0-5 and 6-12
Only breastmilk or formula may be served to an infant up to 5 months of age
Direct breastfeeding by mother at child care program is reimbursable

Prohibit serving juice to infants

Fruit or vegetable must be served in infant snack for 6-11 month olds
Ready to eat cereals are included under the grain category at snack time for 6-11 month olds
6-11 month old infants can no longer be provided any cow's milk products such as cheese, cottage cheese, or yogurt

Menu Review & Input

Katy Levenhagen, Nutrition Coordinator

- Katy passed out menu samples from Educare, Kent, and Federal Way
- Participants broke into groups to review and discuss sample menus, and provide feedback
- Participants also noted potential CACFP requirement changes

Announcements

PSESD Early Learning Staff

- Peer Programs began on January 20th with approximately 50 parents who will be trained as Peer Educators
- Pilot program for using Otoacoustic Emissions (OAE) machines rather than audiometers for hearing tests
 - 6 sites trained on OAE machines
 - Center based Early Head Start sites will be trained in March, home based Home Visitors will be trained in June
 - Screen, if child does not pass then re-screen in 2 weeks, and then refer to primary care physician for audiologist referral
- Federal Review for the Head Start Expansion grant (grant 187) will occur during March and April
 - Reviewers divided up topics and will visit the ESD and centers/sites times between March and April
 - 6 classrooms at 4 sites
 - Environmental health & safety review
 - No major concerns, few minor concerns

Community Agency Updates

Community Partners

- Dr. Shorr –current flu mist & flu shots are not as effective against influenza A, please watch for sick children. TamiFlu can be used to reduce length of illness, and in households with sick members, can be used as a preventative measure in children as young as 6 months of age.
- Gini – measles outbreak information; children exempt from immunizations need to be quarantined for two consecutive incubation periods if there is an outbreak at their school.
- Jessica – Smile Partners acquired more pre-K sites in Snohomish County, Federal Way, and Seattle
- Vicki – Science Café sponsored by Pacific Science Center. Trend of food allergies in developed countries, puffed peanut snacks study conducted in Israel shows incorporating foods early shows fewer food allergies
- Courtney – 5-2-1-0 message incorporated into Pierce County library system story times
- Rachel – 2nd round of EHS dental screening complete, parents are screened with children. Next round will be in July. Free baby shower event with Molina Health Care for low income women – baby shower theme with an educational component at Hilltop Regional Health Center at S 12th & MLK next Wednesday (February 18th)
- April – SeaMar is opening a site in Yelm
- Elise – 1 in 4 children under the age of 5 have dental cavities, stressed drinking water after eating to help rinse mouth if not brushing

The next HSAC meeting is Tuesday, May 12th 2015 from 11:30 - 1:30, PSESD Renton