

Let's Move Cities and Towns volunteer conference call 6/23/2011 5:00pm  
Estimated duration: 40 minutes  
Number of participants on call: ~15

Notes:

Introduction:

- Purpose of call to communicate and network with participants other than over emails.

Let's Move Summit summary:

- Note that Coppin State event postponed to September 4 downtown, the 10<sup>th</sup> is kick-off with education opportunity; Karen Bellesky has signed up for this.
- Summit focused on reducing obesity and hunger, faith based organization participation, minority involvement, ethnic diversity
- SNAP program, corner stores, study found sugar intake of 360kcal for \$1
- 3 summer programs take care of hunger
- Presidentschallenge.org—schools to take part in activity and get recognition
- Food safety alliance for healthy generation, Sesame Street
- Per Karen Bellesky the summit was difficult to get to know people, not enough networking time. Included 7-8 states + DC was the mid Atlantic region. Not sure if there will be another summit, will let us know maybe in another 18 months
- The mayor is not the one responsible for most places, list available to contact local coordinator vs mayor office
- Per Karen Bellesky state officials who do hunger, etc, know RDs are eager to help a lot during the school year. Programs such as snacks, breakfast, lunch, summer meal program need help and RDs can sign up to help eligible fill out forms

Questions/Comments:

- Per Ruth Nixon some people she reached didn't know about the Let's Move program
- Anders Grant in Westminster discussed Frederick Hospital and Pikesville have physical activity and nutrition handout, left at doctors' offices in Carroll County. How get brochure to media? Suggest send to newspaper
- Per Meena Somanchi cities unsure of incidence of obesity and rates. How know incidence of obesity? Suggest check websites like WIC, local health dept, Maryland Dept of Health and Mental Hygiene
- Program at Johns Hopkins example before school walking to school and need volunteers
- How do we help if cities already have programs in place? Suggest help in town plan of action implementation, media, RD/program visibility
- Where find materials/handouts? Suggest USDA website has table/chart to put in school classrooms to promote veggie eating; check Let's Move website

Feedback/update on mayor visits:

- Help needed! Rockville event July 22 "Let's Move Celebration of Health" includes 500 kids and booths which would include nutrition topic. Meeting July 6 with Betsy Thompson, superintendent of recreation

- Greenbelt called director of recreation, met with her twice
- Greenbelt activities walk around lake + diet education, national walk to school
- College Park left message with mayor
- Meena Somanchi will meet with principals at schools, find out if participate in program; a school got bronze medal and could move up to silver medal. Need to formulate strategy for physical activity and nutrition.

Next steps:

- Suggest deadline of initial visit/contact by July 15
- Tentative second conference call July 15
- Possible meet and greet for all Let's Move volunteers in Maryland

Recorded by Berit Christensen