

Let's Move Cities and Towns
Conference Call 7/27/11 @5pm
Agenda:

1. Everyone provide update on where they are at with mayor visits and/or community involvement
 - a. Rockville-met with Betsy Thompson, event tomorrow with 5 stations 2 are nutrition stations. Garden plant a seed, and pin the food on the body. Have a student helping Elaine. Ann from Bethesda might be able to help too.
 - b. Annapolis-Jane and Sheryl will meet with director Lee Plummer Truxton Parks and Rec tonight at 6pm.
 - c. Bethesda-Ann spoke with mayor of Somerset, will forward info and send to committee. Will meet in person to discuss opportunities.
 - d. Greenbelt-Meena contacted person to start garden in Spring Hill Lake Elementary school, trying to get funds to help start garden. Will get in contact with agencies.
 - e. Baltimore Co-Sue talked to Baltimore Co executive, never heard of Let's Move. Refer to health dept. Talked to contact at WIC...also did not hear about program. Having lunch with former boss—who to talk to. Maybe write letter or newspaper article.
 - f. Bowie (not participating city)-Became partners with alliance of healthier schools program. Have taken BMI of children, wrote letter to parents of overweight children. Parents were annoyed with schools for doing this.
 - g. College Park-called mayor but did not hear from them. Meena could use more help.
 - h. Westminster-Anders said program in place for 9 years looking at fitness, Carroll Co. Project Access Program meets components of Let's Move campaign. Elementary school level. Free resources, put in physician offices. Crunch Time program, nutrition program. School reaches out to community. Anders asked about meeting with mayor if city already has a lot of programs—yes please help promote RD.
2. Review of how mayor meeting should run (see ADA handout)
 - a. have list of existing programs in your community, statistics to share
 - b. call mayor's office and request appointment, state your purpose
 - c. during meeting discuss role of RD/DTR in community
 - d. offer how you can help in plan of action
 - e. continue contact, send thank you note
 - f. Question from Jane in Annapolis about contact list.
3. Opportunities to get involved
 - a. Del. Costa Childhood Obesity Workgroup
 - i. Healthy, Hunger Free Kids Act (Child Nutrition Reauthorization Act)
 - ii. Collect BMIs, enter into central database
 - iii. Create legislation to mandate RD jobs in schools?
 - b. School system
 - i. Work with RD in school district

- ii. Meet School Board
 - iii. Review wellness policy
- c. Parks and Rec
- d. Ideas:
 - i. Meena would like to be involved. Think BMI will help understand incidence of obesity in schools and city. How does CDC get data? School is good place to get data.
 - ii. Sue says WIC has ht and wt data but will not give out data, is confidential. Feels that parents are the biggest issue. Lutherville Timonium area could use more bike paths to get people out walking.
 - iii. Elaine question collecting BMI data—seems wrong, need to find out how data will be used. Left to doctor and parents, not schools.
 - iv. Some children who don't have insurance won't have ht and wt data.
 - v. Anders in Westminster idea to ask family, come to fair and go to BMI booth and is volunteer. Physical fitness night. RD comes to school once/month, teach.
 - vi. Andrea from Rockville/Gaithersburg has some experience with PTA. Suggestions working with your local elementary or middle school PTA include but are not limited to an annual "National Nutrition Month" promotion ie...conduct a school poster contest of the annual theme, submit nutrition articles in your local PTA newsletter, be a guest speaker at a local PTA meeting, partner up with your local school PTA Health Room Nurse or Nurse Tech to provide nutrition materials for their bulletin boards ie...ChooseMyPlate etc. and/or volunteer with your local school food service ie...test new school food service recipes prn. In middle school especially, you can be involved as a committee member at large or chair a "Fitness Family Day" in conjunction with a local fitness center. This was demonstrated last February 2011 and will be done again next school year February 2012 at Redland Middle School, Rockville, MD, a MCPS school. Great way to represent RD.

4. Questions/Comments

- a. Cities that still need volunteer: Aberdeen, Brentwood, Cecilton, Charlestown, Colmar Manor, District Heights, Elkton, Forest Heights, Frederick, Greensboro, Laurel, North Brentwood, Seat Pleasant.
- b. MDA President will contact bordering state dietetic associations to partner
- c. Check out MDA website
- d. Send Berit your pictures and meeting minutes

Recorded by Berit Christensen RD, LD