



**Healthy Births Learning Collaborative
SPA 8**

July 25, 2005

Harbor UCLA Medical Center
Professional Building Board Room
21840 South Normandie Avenue
Torrance CA 90502

Meeting Notes

Meeting Purpose: 1) Continue Establishing Group Structure 2) CHB Perinatal Summit Planning

Co-Chair: Joanne Roberts

Co-Chair: Angel Hopson

1. Registration

2. Welcome and Introductions

Icebreaker

The Center for Healthy Births (CHB) staff facilitated an icebreaker called: "The Coin."

Method: Each person was instructed to pick out a coin from a little box that we distributed. Each person then looked at the year on the coin he/she selected and related a memorable experience from that year to the group.

3. Program Showcase

The Co-Chairs elaborated on the numerous services provided by their programs. The presentations helped heighten the groups' awareness of the services provided by L. A. County Department of Health Services in our areas.

4. Center for Healthy Births Perinatal Summit Planning

Ms. Tonya Gorham, Policy Coordinator for the Center for Healthy Births, facilitated an activity on Potential Policy Changes to prepare us for the Perinatal Summit that the CHB is co-hosting on October the 24-25, 2005.

The discussion focused on the Hot Topics list created in October 2004 by SPA 8 HBLC members.

Hot Topics:

Nutrition, Obesity, SPA 8 Resource Guide, Resource Directory,
Break down barriers to access services in the medical center
Encourage DHS to convince hospitals to accept Medical
Development models to interface with existing state funded programs and education.

The overlapping theme of the comments focused on policy change to improve nutrition and decrease obesity and diabetes among pregnant women.



The overarching policy priorities identified by the group was Nutrition Awareness and Education with the following three subcomponents:

1.) Food Stamps/WIC 2) Physical Activity and 3) Breastfeeding.

Under each component the group identified broad policy changes as well as specific policy changes for the health care leaders invited to the Perinatal Summit. The group also identified resources, potential partners and unanswered questions related to the policy issue.

Nutrition Awareness and Education

Health Plan Specific Policy Changes (and Broad Policy Changes)

- Education for consumer on nutrition and what they should be eating
- Provider is familiar with the American diet but consumer needs cultural guidelines – need healthy meal and food options that are a good fit with their culture
- Program on healthy lifestyles/healthy eating
- Needs to be thought of by health care leaders as normal preventative measures
- Partnership with groups like Weight Watchers and health plans to help sustain lifestyle change
- Encouraging patients to keep a food diary and monitor food intake

Media/Messaging Campaign (and Broad Policy Change)

- Working with churches and schools (community) to help implement healthy food change
- One message across all organizations
- Include the family in the healthy eating message
- Make sure every place a woman goes she is hearing about it the same message – unified commitment
- Nutrition messages – need message across socioeconomic levels
- Message may need to be “Limit your intake” rather than “Don’t eat this”
- Healthy eating campaign i.e. eating fast food 1 time a week or 1 time a month
- Message_ “Everything in moderation”

Food Stamps/WIC

Broad Policy Change

- Make the enrollment in food stamps program easier
- Make fresh fruits and vegetables affordable and accessible to every woman

Health Plan Specific Policy Change

- Partnership with Health plans, DPSS Stamps program or WIC to improve nutrition during pregnancy
- Encourage Food Stamps during pregnancy and to stay on food stamps after pregnancy



Physical Activity

Broad Policy Change

- Advocate safe places and more parks
- Activity at the parks for moms and walking programs/ Programs to help support the healthy lifestyle of moms through Department of Parks and Recreation
- After- school programs for everyone
- Schools need to hire play leaders to help coordinate outside activities for the children
- “Sports for all” national program – train trainers to run the programs
- Possible using schools on the weekend for a “safe place”
- Programs at schools for moms while kids are in schools (UCLA Lifestyle Balance Program 310 794 3783).

Health Plan Policy Changes

- Toolbox – make recommendations for nutrition and recommendations for physical activity
- Interconception care_ Reach clients while they are family planning patients and work on decreasing obesity for the family

Breastfeeding

Broad Policy Change

- Encourage Baby Friendly Hospitals

Health Plan Policy Change

- Promote Breastfeeding and proper nutrition before, during and after pregnancy

5. HBLC Advisory Board Update

Ms. Elena Halpert-Schilt gave us an update on the HBLC Advisory Board Committee.

The Center has partnered with the Department of Health Services, Maternal, Child and Adolescent Health Programs and the March of Dimes to host the Perinatal Summit - "Healthy Births Through Healthy Communities: Connecting Leadership to Achieve a Unified Commitment to Action." Dates; October 24, and 25, 2005.

Purpose:

The partners are hosting this two-day summit with the goals of engaging communities, connecting leadership, building sustainable policies and achieving a unified commitment to action.

6. CHB Shower of Opportunities



Center for Healthy Births

Building Blocks for Better Babies

The LABBC Center for Healthy Births is currently planning an event called "Healthy Births Through Healthy Communities Town Hall": A Call to Action, scheduled for Thursday, September 22, 2005 from 9 a.m. – 1 p.m. The event's purpose is to assemble together all HBLC members, current and prospective, to build excitement and momentum about the HBLC movement and to establish a community-defined set of perinatal priorities. (Note: this event was previously known as "The Shower of Opportunities", but renamed after as Advisory Board HBLC Committee Meeting)

Additionally, we will be bringing together approximately 300 staff members from Los Angeles County.

7. Next Steps

In consideration of the Town Hall meeting scheduled for September 22, 2005 and the Perinatal Summit scheduled in October the 24-25, 2005, our next meeting will be **November 7, 2005**.

Location: Harbor UCLA Medical Center
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Time: 1:00 p.m. – 4:00 p.m.

Ava Cato-Werhane and Nancy Adelman volunteered to Co-Chair the next meeting.

8. Adjournment



Center for Healthy Births
Building Blocks for Better Babies