



**Healthy Births Learning Collaborative
SPA 8**

November 7, 2005

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

Meeting Notes

Meeting Purpose: 1) To share information on the Town Hall and the Perinatal Summit 2) To discuss Action Plan 3) To select co-chairs for the following year

Co-Chair: Nancy Adelman

**1. Welcome and Introductions
Icebreaker**

The Center for Healthy Births (CHB) staff facilitated an icebreaker.

2. Business

LABBC-Center for Healthy Births Update

- Town Hall: September 22, 2005. There were 164 participants representing 113 organizations of Los Angeles County. From the information exchanged at the round tables the Center was able to create informational posters to be displayed at the Perinatal Summit. The information was also transferred into part a document that would be presented to health care leaders the second day of the Summit. Such topics as Priority Areas, Desired Results and Actions were discussed.
- Perinatal Summit: October 24-24, 2005. There were 170 participants representing 60 organizations at the Summit. The goal to identify the five key perinatal issues and recommended intervention for systems change to be presented to health care leaders on the second day of the summit was accomplished. Health care leaders did make a commitment to the recommended interventions. A report will be released January 2006 containing further information about their commitments.

3. Group Discussion

The group reviewed the priorities in SPA 8:

- Nutrition Awareness and Education
- Physical Activity

After a discussion the group developed their Action Plan for the following year and that will be:

In 2006 we are going to offer five presentations about the importance of healthy eating for women before, during and after pregnancy.



Center for Healthy Births

Building Blocks for Better Babies

Two of these presentations will be held at Carson library, and two more at the Gardena library. An additional presentation will be held at Carolyn Kordich Family Resource Center. Sara Comfort, from the L.A. County Public Library – Gardena Branch explained a new initiative that has been launched in 15 of the libraries. This initiative is designed to bring families with young children into the libraries by providing resources on nutrition, physical activity and child development. This action plan is a wonderful case where the program at the Library is a perfect fit with the action priorities of the HBLC. Therefore, the needs of the group and those of an individual organization are both satisfied by the development of this action plan, resulting in a true collaborative success!

A committee was created and will convene December 1, 2006 at Harbor UCLA. Agenda topics will include ways to communicate healthcare issues to pregnant women; the importances of prenatal care, healthy diet, exercise, etc. The committee will also develop pre and post tests for the workshop. (Please see attachment) The committee is working on a short timeframe, as the parent groups start meeting in January 2006. The committee will report the result of their tasks.

The group requested help in creating short messages and collecting written materials that could be available for the parents as handouts.

The committee agreed to identify the resources available within the SPA 8 area. We encourage SPA 8 HBLC members who missed our last meeting to get involved in this follow up meeting, we need your input and expertise at the table.

4. Next Steps

- Selecting Co-chairs

Ms. Jean Hansen and Ana Frescas accepted the co-chair positions for the following six months. Shirley Smith would be our third co-chair, and will facilitate the meeting when one the co-chairs are absent.

- Next Meeting

Our next meeting will be February 27, 2006 from 1:00 p.m. – 4:00 p.m. Location will be confirm and announced before the meeting.

5. Announcements

6. Adjourn