



HLM Fall Collaborative Meeting **HIGHLIGHTS**
October 23, 2015, 1:30 PM- 4:00 PM
Harris County Department of Education

MEETING ATTENDEES

Ashlyn Allison, Neighborhood Centers Inc.
Dr. Austin
Dr. Ann Smith Barnes, Legacy Community Health Services
Mearaph Barnes, Neighborhood Centers Inc.
Rosalind Bello, MD Anderson Cancer Center
Lan Bentsen, Shape Up Houston
Alicia Bergeron Jarrett, YMCA of Greater Houston
Anna Brewster, MD Anderson Cancer Center
Renee Canales, Alief ISD
Felicia Ceasar-White, Houston ISD
Linda Civallero, MD Anderson Cancer Center
Rhonda Collins-Byrd, Houston Police Department
Jim Dees, Huffman ISD
Lauren Emmerson, University of Houston
Rachel England, Recipe for Success Foundation
Rebecca Fuchs, Spring Branch, ISD
Marcita Galindez, MD Anderson Cancer Center
Michelle Galindo
Aaron Herrera, Hunger Free Texans
Megan Hoag, Texas Hunger Initiative
Thy Ho-Pham, YMCA of Greater Houston
Sara Jefferson, It's Time Texas
Vickie Jennings, City of Houston
Kelsey Johnson, Texas Parks and Wildlife
Amanda Jones, Harris County Office of Legislative Relations
Stephanie Kellam, Fort Bend ISD
Brenda Kirk, Vision Weavers Consulting, LLC
Lisa Lauter, Spring Branch ISD
Elizabeth Love, Houston Endowment
Margaret Mayer, Texas Health & Human Services Commission
Kimberly Nicholson, Fort Bend ISD
Lexi Nolen, Episcopal Health Foundation
Pam Powers, Let's Move! Active Schools

Patricia Priego, MD Anderson Cancer Center
John Puder, Texas Hunger Initiative
Pat Rosenberg
Jenny Rowlands, Texas Children's Health Plan
Shannon Smith, Recipe for Success Foundation
Maggy Solis, MD Anderson Family YMCA of Greater Houston
Kimberly Sorensen, Texas Parks and Wildlife
Dona Stelzis, Texas Children's Hospital
Theresa Strong, Bel Inizio
Kelley Sullivan, Alief ISD
Anne Sung, Project GRAD
Pam Tevis, Pasadena ISD
Deborah Woehler, Oliver Foundation
Bel Wranich
Reginald Young, Houston Food Bank

Harris County Public Health & Environmental Services (HCPEHS) Staff:

Brenda Cabaniss
Nohemi Castillo
Albert Cheng
Varoy Davis
Jennifer Hadayia
Kelsie Landis
Jolene Norbert-Harrell
Kori Pesek
Kelly Reed-Hirsch
Abbhi Rajagopal
Rocaille Roberts
Hoda Sana
Dr. Umair Shah
Gwen Sims
Patricia Tinoco
Jenny Varghese
Amy Willa
Helena Wolf

MEETING HIGHLIGHTS

Welcome & Commit to Action

Gwen Sims, Director of the new Nutrition and Chronic Disease Prevention Division at Harris County Public Health & Environmental Services (HCPHES), welcomed members to the fall 2015 HLM Full Collaborative Meeting and introduced **Dr. Umair A. Shah**, Executive Director of HCPHES who called on the group to commit to putting planning into action for HLM going forward.

“The next phase will be action – doing things from the planning that has been done and from the community collaborations that have been built”
– Dr. Umair A. Shah

Dr. Ann Smith Barnes, HLM Executive Committee Chair

Dr. Barnes provided a brief overview of the meeting agenda, pointing out that the focus on how the education sector addresses health and wellness.

Meeting Spotlight: HLM & the Education Sector

Moderator: **Gwen Sims**

Ms. Sims explained that HLM is a multi-sector collaborative and that each meeting highlights a different sector and its work to advance HLM’s policy priorities. Today’s meeting focuses on model in the education sector:



Gwen Sims, Rocaille Roberts, and Dr. Umair Shah from HCPHES during Dr. Shah’s “call to action” to meeting attendees.

A. School Health Leadership Group

Kelly Reed-Hirsch, Health Education Programs Manager, HCPHES

Ms. Hirsch introduced the Whole School, Whole Community, Whole Child Model (WSCC). She noted that Harris County has 21 school districts with over a million students, so “it is not always an easy task to work with every school district.” She described a solution in the form of the School Health Leadership Group that was established in 2005 and has met 3-4 times a school year since then. The purpose of the group is to increase the capacity of school health stakeholders by providing resources and evidence-based approaches for making change in their schools. She provided the example of the CATCH program, which was implemented in 488 schools in a two-year period.

“We need to include community involvement in order to coordinate policies, processes and practice.”
– Kelly Reed-Hirsch

B. Teach Healthier App and Other Resources

Sarah Jefferson, School Programs Manager, Its Time Texas

Ms. Jefferson began by introducing the problem: “40% of children have diabetes and this would be the first generation in a 100 years with lower life expectancy.” She said that healthy has become hard, and the goal of Its Time Texas is to make healthy easy. Its Time Texas hosts several events each year to encourage healthy choices:

- **Its Time Texas Community Challenge:** a competition showcasing local community action (January to March)

- **Healthy Texas week** (April 11 – 15, 2016). Next year’s theme is Shop, Serve or Sweat.
- **Its Time Texas summit** (August 1 – 2, 2016 San Antonio, TX)

She then focused-in on the “Teach Healthier” app, a curriculum resource for educators aimed at integrating nutrition and physical activity lessons into the classroom. The app will calculate the amount of time an educator spends on physical activity; the teacher can also review content in the form of a lesson plan. The K-12th component of the app has been tested by UTSPH and reviewed by two Registered Dietitians; it is also backed by national standards. The Pre-K component is launching in spring via a pilot by United Way, Austin. Ms. Jefferson then led the attendees in a movement-based nutrition lesson from the app about popcorn!

C. Kinesthetic Classroom Collaborative

Kelley Sullivan, *Wellness Coordinator, Alief Independent School District*, introduced the concept of and evidence behind kinesthetic classrooms.

Renee Canales, *Principal, Best Elementary, Alief Independent School District* next described the experience of introducing kinesthetic classrooms and action-based learning into her elementary school and how it helped transform performance. Ms. Canales noted that the “typical programs” had not worked at Best, so she was open to “new innovative ideas,” which ultimately led her to adopting action-based learning throughout the school and curriculum. Best now has kinesthetic laboratories on site, a variety of movement-based desks in the library and classroom, and mandatory movement breaks in math, science, and reading classes. As a result, Best teachers report more engagement by students and fewer behavior problems. They also saw improvements in math and reading scores. Parents are also engaged in the approach and now want to keep their children at Best.



Attendees participating in a demonstration of the Its Time Texas “Teach Healthier” app lead by Sarah Jefferson

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Rebecca Fuchs, *Director of Student Wellness, Spring Branch Independent School District, Kinesthetic Classroom Collaborative* described the Classroom Framework for Action Based Learning. She pointed out that the recent medical advances show that movement is key to improve brain capacity and function, which has led to the spread of kinesthetic classrooms. She mentioned that the Kinesthetic Classroom Collaborative meets monthly; their next meeting will be November 18th, 9-11am at Spring Shadows Elementary (Spring Branch ISD).

Pam Tevis, *Coordinator of Health, Physical Education & Wellness, Pasadena Independent School District* closed the panel by asking HLM to help identify partners (e.g., universities or hospitals) to evaluate kinesthetic classrooms and action-based learning using a scientific approach. The need for data-driven evidence is crucial to convince policy makers about the importance of including movement in every classroom.

“We are designed to move nearly 10 miles a day. Think about how much an average child moves these days.”
 – Rebecca Fuchs



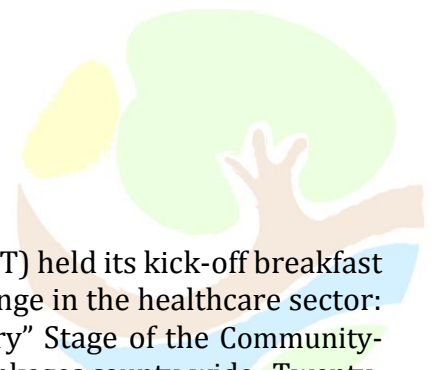
Attendees completing the Roundtable Discussion about the Whole Child, Whole School, Whole Community model.

Roundtable Discussions: Opportunities for Action

Ms. Reed-Hirsch asked participants to further discuss opportunities for action to advance HLM priorities in schools using the WSCC model as a framework. Each small group of attendees brainstormed potential stakeholders in and opportunities for policy advancement across schools and school districts in each of the WSCC Domains. Themes from the roundtable discussions per WSCC Domains are below:

Domain	Stakeholders	Strategies to Advance HLM Priorities
Family Engagement	Parents Schools Extended family and caregivers Texas Outdoor Family OLIVER Foundation Shape Up Houston MD Anderson Cancer Center	<ul style="list-style-type: none"> Collaborate with parent coordinators to implement cancer prevention and energy balance programs, involving Parents (model behavior) Collaborate with schools, houses of worship, and community centers Connect families with nature through overnight camping workshops (P2) Host family nights, school health fairs, and parent wellness classes
Employee Wellness	Parks HCPHES Houston Endowment Bel Inizio	<ul style="list-style-type: none"> Health assessment and wellness programs Fitness equipment and classes Incentives for bike commuting and other healthy behaviors Worksite Wellness Toolkits Recipe House Culinary Classes Gym at the worksite or office
Counseling, Psychological & Social Services	Counselors Communities in Schools Social Workers Psychologists	<ul style="list-style-type: none"> Guidance lessons Parent education Behavioral health support and resources

Health Education & Services	Nurses Athletic trainers HCPHES Physicians Hunger Free Texans TX Children’s Health Plan	<ul style="list-style-type: none"> • Student and parent support • Education • Immunization and general health services • Health care providers connecting patients with community resources • Keep Fit Program • Connect with TX Children’s Health Plan
Social & Emotional Climate	<i>Everyone on the framework!</i> Safety Risk Department Mental Health America Behavioral health initiatives School districts Youth Serving Agencies OLIVER Foundation HCPHES Faith-based communities Parks & Rec	<ul style="list-style-type: none"> • Safe Civil Schools training for Sstaff • Include as part of the School District’s strategic plan. • Develop healthy school environment • Gym or wellness center at office sites • Support to the parents (model behavior) • Planned access and visits to parks
Community Involvement	Parks Hospitals Schools Non-profits Elected Officials Youth Serving Agencies (out of school time) Youth Police Advisory Council HPD OLIVER Foundation YMCA Shape Up Houston Hunger Free Texans Neighborhood Centers Department of Education	<ul style="list-style-type: none"> • Host health fairs and health challenges • Engage families in outdoor activities • Youth safety • Veg Out! • Nutrition classes and healthy recipes • Teen Board via Community Service • Mentoring • Behavior changes through individual and Family support
Physical Education & Physical Activity	School districts Let’s Move! Active Schools Parks and Recreation (e.g., YMCA, Boys & Girls Club, etc.) Sports Teams HCPHES OLIVER Foundation Shape Up Houston Hunger Free Texans	<ul style="list-style-type: none"> • Improve facilities and provide resources • Education • Active learning • After school programs • Physical activity to 60 minutes daily through resources, grants, and program development • Grant writing • Contact and engage County Commissioners • Engage local businesses
Physical & Nutrition Environment	Parks & Rec Roads City governments Developers Recipe for Success OLIVER Foundation Healthcare providers Hunger Free Texans	<ul style="list-style-type: none"> • Improve public transportation • Provide bikes for rental • Connect families with nature through parks visits • Community school gardens • Pop-up culinary classrooms • Apps and movement opportunities in waiting areas



HLM Partners in Action

A. Healthcare Sector Update

Jennifer Hadayia, Senior Policy Planner, HCPHES

Ms. Hadayia reported that the new HLM Healthcare Section Action Team (HSAT) held its kick-off breakfast on October 12, 2015 where they identified priorities for advancing policy change in the healthcare sector: explore data collection on the social determinants of health (e.g., the “Inquiry” Stage of the Community-Centered Health Home model) and facilitating adoption of Community-Clinical Linkages county-wide. Twenty-one agencies signed-up for the Team; and their next meeting is November 10, 2015, 9-10 AM at HCPHES.

B. Harris County BUILD Health Partnership’s School-Based Initiatives

Rosalind Bello, Program Manager, MD Anderson Cancer Center

Reginald Young, Food for Change Manager, Houston Food Bank

Ms. Bello and Mr. Young presented updates on the Harris County BUILD Health Partnership to address food insecurity in north Pasadena. With Indoor Harvest as the commercial partner, the Partnership will build an indoor community-supported urban agriculture campus and promote workforce development classroom on what is currently vacant municipal property. The Partnership is also establishing educational partnerships with PISD, San Jacinto College, and ESL/GED providers for both the agricultural classroom curriculum and a new Food Scholarship Program. The Partnership has also developed its Charter, started recruitment for the BUILD Community Trustees (community members compensated to participate in the Partnership), preparing the evaluation protocol for submission to IRB, and seeking opportunities for sustainability.

C. Near Northside Updates

Anne Sung, VP and Chief Strategy Officer, Project GRAD Houston, Northside Education Coalition

Ms. Sung is on the Steering Committee of the GO Neighborhoods Initiative in Near Northside aimed at re-development in this HLM priority community. She announced that the Northside Education Coalition recently published a white paper on the challenges facing early care and education in the Near Northside. She also noted that “the statistics won’t be surprising – the majority of parents [in Near Northside] earn \$35K or less, current childcare capacity can accommodate 1,800 children (out of nearly 7,000 children in need), and adult educational attainment is low (well under 20%).” With the white paper, the Coalition hopes to communicate and connect with others working on this issue.

“The goal is family support, parent engagement, and a peer environment conducive for success, or, in other words, a *cradle to career* approach.”
– Anne Sung

HLM & Member Updates

Rocaille Roberts, HLM Director, Update on Collaborative Sustainability

Ms. Roberts provided an update on the next phase for HLM, informing attendees that the Houston Endowment has approved HLM’s request for project support for another three years. She noted that

“Look within each of your organizations for mutual alignment.”
– Rocaille Roberts

HCPHES has been the backbone committee for HLM but now is “ready and poised to take on the role of fiscal agent” as well. Moving forward, the focus will be on sector-specific engagements and requested that partners consider stepping into co-leadership roles with HCPHES. In addition, a new breastfeeding coalition will launch soon in Harris County, providing alignment with HLM priorities. She also asked the

partners to examine how they may be able to lead or advance efforts in the other HLM priority communities of Fifth Ward/Kashmere Gardens. For the next year, new HLM project staff will be on-boarded, the Executive

Committee will be updated, and actions will be taken to implement the CAP and create a shared measurement system for monitoring our successes as a Collaborative.

Closing & Adjourn

Dr. Ann Smith Barnes, HLM Executive Committee Chair

Dr. Barnes closed the meeting with a social media challenge: for everyone to follow HLM on twitter and Facebook and to visit HLM website at least once. All can be found here: <http://www.healthylivingmatters.net/>

“It is all coming together now, that is why a collaborative is crucial to connect the dots and bring people together.”
– Dr. Ann Smith Barnes

The next HLM Full Collaborative Meeting will take place January – February 2016.



HLM Collaborative Fall Meeting, October 23, 2015



(l-r) Members of the Kinesthetic Classroom Collaborative: Rebecca Fuchs, Renee Canales, Kelly Sullivan, and Pam Tevis