



## Growing Healthy Communities

Arkansas Coalition for Obesity Prevention

### ArCOP Coalition Meeting

UALR Cooperative Extension Office,  
2301 S. University Ave. Little Rock  
Monday, October 24, 2016  
1:00pm-3:00pm

Andi Ridgway, past chair, welcomed everyone to the meeting and gave an update on the ArCOP Annual Celebration to be held December 1, 2016 at the Benton Event Center. [Save-the-date](#) notifications have been issued and [registration](#) is set up. Go to [www.arkansasobesity.org](http://www.arkansasobesity.org) and click on current events. You will find the link in the calendar on 12/1. There is a \$10 registration fee to help cover the costs, but there are also scholarships available for any community or organization that can't pay the registration fee. We also have [sponsorship forms](#) available for organizations who want to help ArCOP offset the costs of the celebration.

Katrina Betancourt, ArCOP president, showed the online application for the [GHC Recognition Level Applications](#), which are due November 18<sup>th</sup>. This is a rolling application, so communities need to re-apply each year to continue recognition. If you have applied during the calendar year of 2016, you don't need to apply again. If you applied during 2015, you will need to complete the application again.

Katrina updated the group on the expansion of the [Mayors Mentoring Mayors \(3M\)](#) project through funding with the University of Alabama at Birmingham Midsouth Transdisciplinary Collaborative Center for Health Disparities Research. The project will be extended to Alabama, Kentucky, Louisiana, Mississippi, and Tennessee. In May 2017, ArCOP will be hosting the 3M Multi-State Summit to highlight GHC in each state with their Mayors.

### **Current Project Updates**

- Youth Growing Healthy Communities – Focusing on 19 counties in the delta with funding and partnership with the Greater Alliance for Health. The project will focus on high school students who will work on PSE changes in their communities along with elected officials and the mayor.
- Worksite Lactation Accommodations – We are entering the 2<sup>nd</sup> funding cycle, targeting 10 worksites. The participants from the selected workshops will complete pre-post health ScoreCard Test for evaluation. The training will be held on January 13, 2017. This project will help the worksites fund accommodations to make changes for breastfeeding employees.
- HAA Summit Projects – Many of the funded projects from the HAA Summit are still in progress, scheduled to be completed by Feb 2017. Katrina showed some pictures from the projects that have completed.

## **Future projects:**

- Growing Healthy Worksites – partnering with Healthy Active Arkansas (HAA) to complete a survey to chambers of commerce around the state. Making policy, system, and environmental changes in nutrition, physical activity, tobacco, and lactation accommodations is the focus.
- DUFEB – The request for applications (RFA) was just released for the Food Insecurity Nutrition Incentive (FINI) grant to start in 2017. The due date is December 12, 2016. Katrina, Jeremy and Andi will be taking the lead on writing the grant application. We are eligible for up to \$500,000 and want to continue to expand to additional Farmers Markets
- Nutritional Standards and Guidelines in Public Facilities

## **Work Team Updates**

- Access to Healthy Foods – Jeremy gave update on DUFEB. Markets have hosted 9 incentive days where participants received an extra \$20 in Food Bucks. ArCOP is currently in discussion with Harp's Grocery Stores to pilot an expansion this fall. The full evaluation results will be published on ArCOP's website and made available to any organization requesting it. The Request for Applications for 2017 grant has been released as stated above.
- Built Environment – ArCOP submitted the Plan4Health grant to create a statewide task force to coordinate transportation efforts in partnership with the Arkansas Planning Association (APA) and the Arkansas Public Health Association (APHA). The committee is continuing Complete Streets policy work with communities and is also working with El Dorado and Batesville to complete Bike and Pedestrian Master Plans. Dave is working with Erin Gildner and Friends for Inclusive Parks to rank Little Rock parks for inclusivity. This would be published on Partners website for the public. Michelle attended the opening of the Big River Crossing between Memphis and West Memphis. The significance of this bridge is that it links bike tourism from east to west in the country. It will potentially be named a US Bike Route.
- Early Childhood and Schools – promoting and distributing Refrigerator Curriculum (one pager on promoting healthy behaviors). Growing Healthy Classroom application will be available online soon. Applications are due Nov 18. Coming Soon: Healthy Schools webinar series on Arkansas Ideas. Teachers will get PD credit. Next meeting: Nov 21<sup>st</sup> to review applications
- Worksite Wellness – promoting HAA worksite survey with Chambers of Commerce. Meeting 1<sup>st</sup> Thursday via Zoom

## **Presentation**

Scharmél Roussel, School and Community Garden Partnership, with [Arkansas Interfaith Power & Light](#). They are a nonprofit focusing on caring for creation, reducing the carbon footprint and taking care of the earth's resources. They are involved with the Promise Garden at 12<sup>th</sup> and Peyton in Little Rock. This is a teaching garden and they also teach

Cooking Matters classes. They are also doing work with solar panels to get credits on Entergy utility bills.

### **Announcements**

1. ArCOP Annual Celebration, December 1<sup>st</sup> 10-2pm at Benton Event Center
2. Lactation Accommodation Training, January 13<sup>th</sup>, 10-2pm Goodwill 7400 Scott Hamilton Drive, Little Rock
3. Next ArCOP Coalition Meeting Monday, January 23<sup>rd</sup>, 1-3pm at UALR Cooperative Extension Office, 2301 S. University Ave. Little Rock
4. Multi-State Mayors Mentoring Mayors, May 12<sup>th</sup> 8-2pm at the Arkansas Municipal League
5. View ArCOP's Calendar to see upcoming events. <http://arkansasobesity.org/news-events/event-calendar.html>