



Arkansas Coalition for Obesity Prevention

ArCOP Coalition Meeting Notes
Hillary Rodham Clinton Children's Library & Learning Center
4800 W. 10th St., Little Rock, AR 72204
Monday, July 25, 2016
1:00 pm – 3:00 pm

Andi Ridgway welcomed everyone and asked for anyone new to this meeting to stand and provide a brief introduction. Once introductions were completed, Andi shared footage of Andrew and Claudia Carberry's trip through the Appalachian Trail. They have been keeping people informed of their travel since they left around March 23 and should be finished hiking around September 2016.

Joy reported that out of 25 Emerging Communities that attended the HAA Summit in April 2016, three have completed their projects. They are St. Francis Food Pantry, Tri Cycle Farms and Zenevirotech. Also, out of 13 Blossoming Communities that attended that same summit, one community has completed their project and that was the City of Yellville-Yellville Summit Schools.

Success stories can be found on ArCOP's website (<http://arkansasobesity.org/news-events/ghc-success-stories/>) for the following communities:

- City of Bryant – Pop-ups
- Clarksville – Major Trails
- Fit2Live North Little Rock – Employee Wellness
- Hot Springs – Farmers Markets and SNAP
- Cleveland County – Raised beds-local foods
- Promise Garden – Access to Local Foods
- Southside Bee Branch – School Based Health Center

ArCOP's Interactive Map will go live in August 2016. This map will show resources around the state. <http://arkansasobesity.org/who-we-are/interactive-map.html>

ArCOP is currently working on the following funding opportunities

- **Complete Streets Campaign** – ArCOP will submit an advocacy grant to the Voice for Healthy Kids/American Heart Association to work on local complete streets policies; approx. \$90,000
- **Growing Healthy Worksites:** Application to Blue and You Foundation was submitted to support worksite policy, system and environmental changes in nutrition, physical activity, tobacco and lactation accommodations; approx. \$150,000
- **Double Up Food Bucks** at farmers markets and grocery stores – Grant received. Will be seeking 2nd round of this grant which is due in the fall.
- **Delta Region** (including 19 counties) Growing Healthy Children Campaign working with the Greater Alliance for Health on increasing PA and healthy choices in schools; approx. \$50,000



Work Team Updates

- **Access to Healthy Foods** – no report
- **Built Environment** – Mechelle Winslow – The name of the team will be changed to Access to Physical Activity Team because a lot of people are not able to relate exactly what all encompasses the term “built environment” and the thought process is more people can relate to the terminology “access to physical activity team”.
 - Dave with Crafton & Tull stated this team will be doing walk audits with communities which will enable them to provide input for walking, bicycling and pedestrian trails. Camden was one of the communities this team worked with 2 years ago and it is now completed. Batesville is in phase 1 and Arkadelphia is almost finished.
 - The snapshot consists of about 20 plans. The communities are asking for walk audits and pop-ups.
 - Four communities they are working with: Clarendon, Lake Village, Jonesboro and Pine Bluff
 - **Q)** from audience – *What is a walk audit?* **A)**-Mechelle-People may call about a problem in their area and want something done to make getting around easier. We take community members, and we require the City Mayor to be involved, on a walk audit to see how hard it may be for anyone of any age and with any type of disability to walk the town. By taking people with different disabilities around with us allows everyone involved to experience the difficulties or frustrations others have within their own town or community. This visual helps the community members and City Mayor see what actions need to be taken to make getting around more accessible for all people who live and visit that particular community.
 - Voices for Healthy Kids Campaign – Mechelle stated ArCOP applied last fall for this grant and got denied. They want us to apply again and this time our goal will be to create local complete street policies.
- **Early Childhood and Schools** – Amy Routt reported on the development of the healthy family refrigerator curriculum. This includes information on physical activity, nutrition and wellness that parents can do with their families. They are also working on developing a Growing Healthy Classroom project that will use tiers of recognition similar to GHC. They are also working on a Healthy Schools professional development series.
- **Worksite Wellness** – no report



Other project reports

Double Up Food Bucks – Jeremy Adams presented on the Double Up Food Bucks program that ArCOP is currently implementing with the FINI grant from USDA and the WalMart Foundation grant. This program allows the consumer to purchase \$20 worth fruits and vegetables from Farmers Markets for \$10. It is designed for families to increase access of fresh fruits and vegetables without having to spend more money.

Kaitlin DeWitt is working with ArCOP for her field experience from the University of Tennessee at Knoxville. She presented her work with the Farmers Markets on developing evaluation tools, marketing materials and setting up nutrition classes at the farmers markets.

Partner Presentation

Christie Ferguson – Arkansas Children’s Hospital has been involved with wellness since 2008. In 2013, Children Hospital revamped their program and picked up the slogan “Travel to Wellness – Healthy Happens Here”. They also have made 75% of their food healthy. Beverages are at eye level that are considered healthier for you such as water and diet soda. Twenty-five percent of the food is considered indulgence such as salad dressing and salty snacks. Ninety percent of their catering services are now considered healthy and they made changes to their portion sizes. Other changes include labeling on most foods; removal of sweet tea and removal of all deep fryers. All foods are baked including the fish. Sweetener is still provided; therefore, you can add it to the tea.

- ACH has 2 fitness centers and offer personal trainers, group exercise classes, walking paths and a parent & caregiver fitness center; access to stairwells and safe crosswalks.
- They also offer emotional resilience which includes work life balance, employee assistance program, labyrinth, yoga and others.
- On May 1, 2015 they became nicotine free and no longer hire nicotine users. However, they do provide support for staff that are current nicotine users.
- Children Hospital has a mobile food pantry with the assistance of USDA feeding program. They offer 6 sessions of Cooking Matters and is part of the Helping Hand Food Pantry.

Presentation and tour of Hillary Rodham Clinton Children’s Library – Jon Bierman welcomed everyone again and said the library sits on 6 acres which includes a wetland and gardens. There is a calendar of events which also features a cooking matters class titled “Seed to Table”. He conducts this class and it is open to the public. The bee hive upstairs is a nice way to show off bees and then a tour of the grounds were conducted.

Meeting adjourned.