



***Partnership for a Healthier Alexandria***  
**Healthy Lifestyles Work Group**  
Meeting Summary  
April 22, 2008

Attendance:

- L. Baker, Work Group Co-Chair, Office of Women
- C. Johnston, Work Group Co-Chair, ANSHI
- R. Wallin, Alexandria City Public Schools
- D. Del Rosario, City Personnel Services
- P. Cressy, Inova Health System
- L. Clark, City Recreation and Park Department
- M. Kennedy, Alexandria Citizen
- A. Hewitt, Alexandria Public Health Advisory Commission
- L. Cotton, Department of Human Services
- H. Jones, Virginia Cooperative Extension
- V. Tinner, YMCA
- B. Custard, Alexandria Health Department
- A. Huston, Interim Health Planner

1. Welcome and Introductions. L. Baker and C. Johnston, co-chairs, welcomed all members. All members introduced themselves.
2. Northern Virginia Healthy Kids Coalition.
  - a. C. Johnston and L. Baker reported on meetings during the past month with Early Childhood Development representatives in Alexandria. The Northern Virginia Childhood Obesity Survey data was presented and discussed with representatives from the Early Childhood Development office, Head Start and the Child and Family Network Centers. Following the presentation and discussion, the representatives agreed that their programs could benefit from education, training and resources for parents and staff. Anecdotally they reported this could be seen as a cultural issue with over 25% of Hispanic children being obese. It was suggested the city statistics are higher than the 25%. The organized centers and programs in the city follow the USDA guidelines for pre-school nutrition and the city's licensure for preschools requires physical activity. The key to solving the problem will be parental involvement.
  - b. Work Group Discussion – Members discussed possible next steps including further review and outreach to provider groups. Members suggested if Alexandria's preschool age children are in private, small home programs, the problem may be bigger than the data suggests.
  - c. P. Cressy suggested that we continue the fact-finding and look at best practices both nationally and locally. L. Baker has requested an outside

representative to join the Work Group to lead us in a discussion and development of a Logic Model, where we would involve preschool providers at meeting.

- d. The co-chairs will reach out to the half day and full day preschool providers for the next outreach meeting.
- e. R. Wallin suggested we also include education to the Pediatrician group at Inova Alexandria and P. Cressy willingly will present the survey data.
- f. Reminder: Northern Virginia Healthy Kids Intranet

<http://www.tippingthescales.net>

User Id: ahealth

Password: solution

3. Review of Healthy Lifestyles Work Group Activities in 2006-2007

- a. Point of Decision Stair Use in city buildings – Members agreed to expand this program to city leased buildings. L. Baker suggested the signs be laminated and work with D. Del Rosario on placement. Suggested buildings to explore: Patent Trademark Office, Inova Alexandria Hospital, City leased buildings including ACPS, Center on Alexandria's Children, Human Services, Duke Realty (city leased space). A final target will be residential apartments/building and city businesses.
- b. Healthy Workplace Competition – Website has been developed to assist in individual and team work place competitions. Cuisine Solutions has volunteered to be a pilot site for the website testing.
- c. Proud to be Smoke Free Initiative – will be moved to the new Environmental Health Work Group being formed now.
- d. [www.alexhealth.org/partnership](http://www.alexhealth.org/partnership)

4. Announcements

- a. City Employee Health Fair scheduled for Friday, May 23, 2008, contact David Del Rosario if you are interested in exhibiting.
- b. YMCA Interactive Zone is open targeting 8-14 year old adolescents. V. Tinner invited groups up to 30 – 40 kids at \$5.00/child or the Y will work with the groups for a reduced fee.
- c. Alexandria Public Health Advisory Commission will award the Annual Flora K. Casey Award to Dr. Robert Wineland tonight at City Hall. The public is invited.
- d. The City Office on Aging is co-sponsoring eight seminars this fall with other city agencies, AARP and the Alzheimer's Association chapter for caregivers, seniors and people with disabilities.
- e. The Alexandria Cooperative Extension Family Nutrition Program is newly named and will focus on low income family education.
- f. The Office on Women is seeking additional work sites for Take Your Daughter/Son to Work Day on April 25, 2008. Also the Walk to Fight

Breast Cancer is October 25 and the "Women Mean Business Silent Auction" is June 19 at the Crowne Plaza (\$30/ticket).

5. Next Meeting will be Tuesday, May 27, 2008 12:30 –2:00 p.m. at the Lee Center.

Submitted,

Ann D. Huston, MPA  
Interim Health Planner