



# Communities for Healthy Living

**2020-2021 School Year**



**Welcome  
Back!**

- **Refresher on CHL project**
- **What is different this year?**
- **What is your role?**
- **Q&A**

# CHL Refresher



What is our  
**GOAL?**

To answer the question:

Can **parent empowerment** help to improve family health behaviors and, in turn, reduce and prevent childhood obesity?



How will we  
empower  
parents?

**Media Campaign**

**Nutrition Support**

**PConnect Program**

# CHL Healthy Habits



**Healthy Eating**



**Increase Physical Activity**



**Decrease Screen Time**



**Increase Sleep quality and duration**



**Avoid Unhealthy Beverages**

How will we  
know if CHL  
works?

- **Child heights & weights** = Child BMI
- **NPA** data = Child Health Behaviors
- **Parent Outcomes Survey** =
  - Parent Health Behaviors
  - Parenting Behaviors
  - Empowerment

What is different  
this year?





2020 - 2021

- **Have a new team member who will oversee CHL at CAAS: Meet Brooke!**
- **New website being developed!**
  - All materials available online through the site
- **All materials, communications, surveys, meetings will be virtual/online**
  - Brochures and other health materials will be emailed to parents
  - Will administer the Parent Outcomes Survey completely online – gift cards will be electronic

2020 - 2021

- **PConnect program will be held virtually**
  - Staff facilitator = CHL team member if needed
  - Support staff present at every session
  - **5 week implementation** with sessions held twice per week

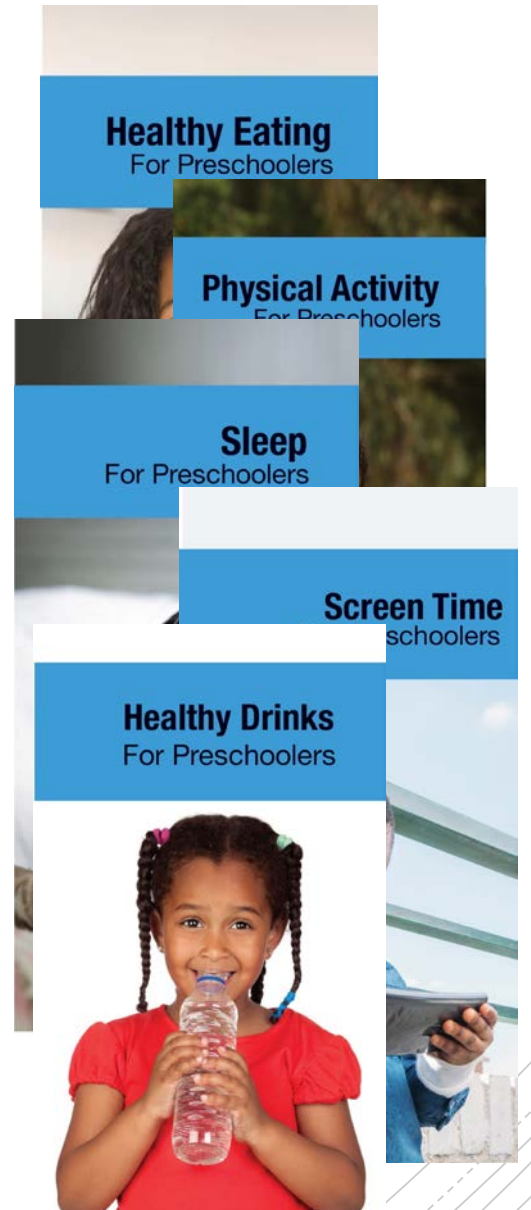
What is YOUR role?



What's YOUR  
role?

Media Campaign

- **Use our materials with your families!**
- **Our October CHL newsletter for Staff will contain:**
  - Links to brochure for Health Habit of the Month
  - Link to Resource Map



# What's YOUR role?


## Nutrition Support

### Be Familiar with:

- Primer Letter
- Health & Growth Packet

### Use the Staff Talking Points

### Know who to turn to if your families need more support



Your child's \_\_\_\_\_ Health & Growth Packet is coming!

Head Start cares about children's education and health. By gathering your child's health information and sharing it with you, we can help you monitor their growth and development.

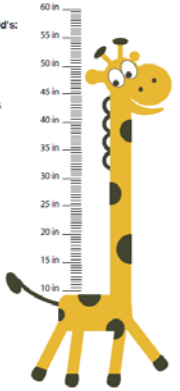
In the Health & Growth Packet you will find your child's:



- Height and weight measurements
- Hearing and vision screening results
- Somerville and Cambridge medical and dental home contact information
- Next steps to take if you have questions or concerns

If you have questions or concerns, there will be someone you can talk to!

- Health Services Supervisor: [Marie Evans](#)
- Health Coordinator: [Nene Nnolim-Amadi](#)
- WIC Nutritionist (if you receive WIC services)

We are here to support you and provide any resources you need.



 Health and Growth Letter 

Date: \_\_\_\_\_

Dear Parent/ Guardian of \_\_\_\_\_

I am a member of your Head Start Program's Health Services team. One of our goals at Head Start is to work with our families to help keep children healthy. We care about their physical, social, and educational growth and development.





The Health Services team measures your child's height and weight two times a year. The height and weight are used to calculate your child's Body Mass Index (BMI). BMI helps doctors make sure your child is at a healthy weight. I had the pleasure of measuring \_\_\_\_\_ on \_\_\_\_\_.

Please note that this is a screening tool and not a diagnosis.

The most recent measurements for your child are:

Height: _____ (inches)	Weight: _____ (pounds)
Body Mass Index (BMI): _____	BMI percentile: _____

Based on these measurements, your child is:

 Underweight, the 5th percentile or below	 Healthy weight, 6th percentile up to the 84th percentile	 Overweight, at risk of unhealthy weight, 85th to the 94th percentile	 Very overweight, (unhealthy weight), the 95th percentile or above
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Who can I talk to about my child's Health and Growth letter?

Head Start staff members are here to teach you about healthy habits and answer any health-related questions you may have. You can call or email us with questions.

- o Health Services Supervisor: Marie Evans- 617-623-7370 x.126, [mevans@casomerville.org](mailto:mevans@casomerville.org)
- o Health Coordinator: Nene Nnolim-Amadi- 617-623-7370 x.161, [nnolim-amadi@casomerville.org](mailto:nnolim-amadi@casomerville.org)

You can also bring this form to your child's next doctor appointment or your local WIC office (if you receive WIC services) and they can discuss the results with you.

- o WIC Senior Nutritionist: Caris Dodeyama- 617-576-5340, [cdodeyama@challance.org](mailto:cdodeyama@challance.org)

CAAS Head Start  
60-70 Union Square, Somerville MA, 02143  
617-623-7370 (Office Phone)  
617-623-2912 (Office Fax)

The design of this form was developed in collaboration with ABCD Head Start and The Healthy Kids Healthy Futures Program.

Talking Points for Family Advocates and Teaching Staff:  
Health and Growth Packet

Things to keep in mind when talking with parents

Teachers and social service staff are very often the first ones to interact with parents after they receive the results of their child's height and weight screenings. The following Talking Points are meant to help guide you through those conversations and quickly direct parents to CAAS resources.

Healthy Weight Talking Points

Remind parents:

- Trained Head Start staff measure all children's height and weight twice each year.
- A Head Start Health Services staff member or WIC nutritionist is available to talk with you about the results. It's also important to share the results with your child's pediatrician.
- Children grow at different times and rates. The results in the letter compare their child to an average child of the same age and sex.
- Results are shared with each family to make sure parents receive timely information about their child's health (just like other screenings).
- Results are not a diagnosis – it is meant to give all parents more information about their child's growth and development.
- Most of the population is currently struggling with their weight, and overweight status may not be visibly obvious in a growing child.

Helpful Tips for Staff when Talking with Parents

- Remember that it is not your responsibility to interpret or explain measurement screening results.
- Acknowledge that the parent may be upset. Please do not try to convince the parent that this is a mistake, often just stating that you understand their concern is enough to calm a parent so that they can hear what else you have to say.
- Do not pass judgment on the family or child.
- Do not suggest to the parent that the screening result is wrong.
- If parents say the information in the Health and Growth packet conflicts with what their pediatrician or WIC contact told them, you can let the parent know that their child's screenings were done using the same practices and standards that doctors use.

If parents have questions you cannot answer, or need more resources:

- Remind the parent that your program has a Health Services team, comprised of a Health Supervisor and Health Coordinator. The Health Services team oversees all child height/weight measurements, and is the best resource available to refer to a nutritionist and/or address these specific concerns.
- Offer to contact your program's Health Services team on the parent's behalf:
  - o Give the Health Supervisor or Health Coordinator a call and/or send an email; they will follow up with the parent.
  - o If the parent declines this offer, suggest that they bring the information to their child's pediatrician or WIC Nutritionist.

# What's YOUR role?

## PConnect Program

- **Help us figure out which sites could do a PConnect program in late October or November**
- **Do you have a parent in mind who would make a good leader??**
- **Let parents know PConnect is happening!**
  - We have an online link for parents, and will send this to them via email
  - We will also send the link to you, following this meeting, so that you can share it with your families
  - In the sign up, we will assess what days/times work best for them, and what technology they have access to

What can you expect  
after this meeting?



What can you  
expect after  
this meeting?

- **Follow-up email**
  - Staff Talking Points
  - PConnect Sign Up Link
  - Link to the Resource Map
  - Copy of this PPT
- **We will keep you informed through a monthly newsletter**
- **Email me if you have a parent in mind to lead PConnect!**





**Questions ?**



# Contact Information

- **Alyssa Aftosmes-Tobio:** [aftosmes@bc.edu](mailto:aftosmes@bc.edu)
- **Brooke Trefry:** [trefryb@bc.edu](mailto:trefryb@bc.edu)



**COMMUNITIES**  
— **FOR** —  
**HEALTHY LIVING**