

Child Well-Being Network: Health & Nutrition Workgroup Meeting Notes
Wednesday, March 23, 2016

- **Dr. Kerry Sease presented on the Greenville Children's Hospital's healthy lifestyle program, New Impact.** The program engages the entire family to improve eating and exercise habits to help children up to age 21 lose weight.
- **Communities and organizations can take action to decrease childhood obesity:**
 - Transportation: access to parks and the safety of the parks
 - Access to healthy food: community gardens
 - Universal BMI screenings: policy change needed to spur discussion between doctors and parents about child's BMI
 - Campaign against sugary beverages
 - Schools need to sell healthy food at an affordable price: many schools offer healthy choices, but they charge a high price for them.

Next Steps

- **The next meeting will focus on the importance of drinking water when maintaining a healthy diet.** If you are aware of a successful campaign that promotes drinking water, please email me (ttate@tenatthetop.org) if you are aware of a successful water drinking campaign.
- **Be looking for an email with the next meeting date.** A meeting will be scheduled after the April 19th Leadership Team meeting.
- **Consider attending the Housing Workgroup meeting on April 12th.** Chris Wilson, with The Dream Center of Pickens County will be presenting on their successful programs. [Click here](#) for additional information and the link to register.