



**Healthy Births Learning Collaborative
SPA 8**

August 28, 2006

Harbor UCLA Medical Center
Professional Building Boardroom
21840 South Normandie Avenue
Torrance CA 90502

1:00 p.m. – 3:00 p.m.

Meeting Notes

Meeting Purpose:

1) Physical Activity Workshops Update

Co-Chair: Jennifer Haddad

1. Welcome and Introductions

2. Business

• **LA Best Babies Network Update**

Ms. Elena Halpert-Schilt announced the LA Best Babies Network is planning a shared BBC, HBLC, and Care Quality event scheduled for November 15, 2006, titled "Healthy Births Through Healthy Communities: Partners Symposium."

This event will be a follow-up to our "Healthy Births Through Healthy Communities Town Hall: A Call to Action," held last September, and is intended to provide a forum for BBC and HBLC members to share their accomplishments, update and communicate with one another. This will also give us the opportunity to provide skill-building training sessions to the attendees. We will be asking each of the Collaboratives to prepare a theme-based poster focused on one of the following topics:

- Lessons Learned
- Challenges and Solutions
- Top 3 Accomplishments
- Activities and Outcomes
- Our focus is On... (core approaches, priority issues, etc.)
- Events We Held
- Materials We Developed
- What's Next For Us

This poster will be exhibited at the symposium.

- **Symposium Poster, Planning and Subcommittee**

The group discussed the poster categories and selected their theme: Our Focus is On: Nutrition Workshops, Physical Activity, and Family Education. A committee, consisting of Kelly Hulbert, Sarah Comfort, Karina Reyes, and Yolanda Salomon-López, was created to work and on the poster project. The group discussed the poster content and decided to use the following materials:

1. Materials utilized at the nutrition and physical activity workshops
2. Photos taken during the workshops

The committee will convene on September 25, 2006. to work on the poster

Meeting location:

Harbor UCLA Medical Center
The Women's Health Care Clinic
Building N 28

21840 South Normandie Avenue
Torrance CA 90502

11:00 a.m. to 12:00 noon,

For additional information about this clinic, please call Jennifer Haddad at (310) 222-3707.

The committee is expected to prepare a poster summary. (See poster Production Guide attachment)

3. Group Discussion

- **Physical Activity Workshops**

- **Pilot**

Ms. Kristine Nodarse-Hernandez, shared the results of the assessment she conducted during July-August at the WHCC. (See Attachment).

- **Concern**

Ms. Nodarse-Hernandez informed the group she has six different activities to choose from for the physical activity workshops. The group evaluated the activities and decided the following activities more appropriate for this audience:

1. Cafeteria Run
2. Yoga
3. Toddlerobics
4. Stretching

Ms. Nodarse-Hernandez, will rotate the four activities with the groups.

- **Incentives**

Members advised Kristine to contact L.A Care Health plan to get incentives for the workshops, Ms. Salomon-López will donate neon color pencils, and Ms. Reyes will provide plastic bags. Yolanda will also be contacting First 5 LA to get plastic bags. LABNN staff will offer tote bags from the Town Hall.

4. Future Planning

- **Next meeting will be:**

October 30th, 2006 from 1:00 p.m. – 3:00 p.m.

Location:



Harbor UCLA Medical Center
Professional Building Boardroom
21840 South Normandie Avenue
Torrance CA 90502
We hope to see you there.

5. Announcements

6. Adjournment