



**Oregon Solutions Declaration of Cooperation**  
**Childhood Obesity Reduction Coalition of Wasco County**  
***May 27, 2015***

**I. Project Snapshot**

The rate of childhood obesity in Wasco County exceeds both the state and national levels. More than one in three children in our county are clinically obese, meaning they have a body mass index, or BMI, greater than the 85% percentile. Perhaps for the first time in our county's history, our children will not have a healthier life than their parents nor will they likely live as long. This Oregon Solutions project team is dedicated to reducing childhood obesity in Wasco County. The project team commits to creating a healthier built environment for our children's sake; educating and informing our community to change community norms around the importance of proper nutrition and being active; and working collectively and collaboratively to change the things we can within our own organizations and within the community to reduce the likelihood of childhood obesity. Our Oregon Solutions (OS) project team, represents a large cross-section of our community as shown in Attachment B.

**II. Oregon Solutions Process Description**

Oregon Solutions (OS) is a program of the National Policy Consensus Center at Portland State University. The mission of Oregon Solutions is to develop solutions to community based problems that support sustainable objectives for the economy, the community and the environment and are built through the collaborative efforts of citizens, businesses, government and non-profit organizations. The OS approach integrates and makes efficient use of public and private investments, elevates the visibility of the project and engages communities in creating solutions. The process provides a neutral forum – a place where various interests and stakeholders can come together as parties in a "Project Team," in a manner that is more neutral than a meeting sponsored or hosted by one of the parties at the table.

Through the Oregon Solutions process, collaboration among parties on the Project Team increased and evolved during the process. The intent was to foster and facilitate agreements amongst the parties about which potential actions, or suite of potential actions, may be taken to cumulatively lead to successful project outcomes, including identifying who may be appropriate to take specific actions, how and when. This collaborative work product is documented at the end of the OS process in the Declaration of Cooperation (DoC). The DoC, including the stakeholder commitments, is considered to be a "living" document that may evolve with the opportunities for parties to amend by unanimous consent from time to time, to represent changing situations often found during project development, until project completion or until suspended by mutual agreement.

### **III. Project Background**

#### **Historical Overview**

This OS project team is part of ongoing efforts to reduce childhood obesity in Wasco County. Initial work began in 2013 with the measurement of percentile BMIs of children in one public elementary school in The Dalles. Higher than state average overweight and obesity rates were noted, which prompted additional inquiry. A Columbia Gorge Health Council (CCO) transformation grant was obtained through PacificSource Community Solutions, to study the BMI percentiles of the 3 largest elementary schools in The Dalles. Those results again showed higher than state and national averages of overweight and obese children. The grant proposal was then revised from implementing a specific intervention aimed at parental education and increasing physical activity, to a much broader attempt to inform local leaders of the scope and intensity of the problem, and development of a coalition.

#### **Reducing Community Childhood Obesity Rates is Challenging**

The Oregon Solutions project team adopted the vision of “ensuring an environment where all children thrive.” The problem local stakeholders want to address is clearly defined: overweight and obese children in Wasco County.

The Oregon Solutions project team was charged to “create a community action plan that enables public sector, private sector, and non-profit organizations to agree on shared outcomes and coordinate team members’ specific activities.” The community action plan to reduce childhood obesity will ultimately involve actions making an impact at three levels: culture, policy and regulation.

Culture is our collective way of life: the thoughts, behaviors, languages, customs, the things we produce and the methods we use to produce them. An essential feature of culture is that it is learned and transmitted from one generation to the next. That does not mean culture is fixed, however. Culture is always in subtle transition. The changes that took place between our early lifetime and now represent subtle cultural shifts in values, the things we use, and the way we use language. People seldom make significant changes in their lifestyle without major changes to their environment. To change one's culture, there needs to be some stimulus that affects how they view and react to their environment.

Policy is the establishment of parameters for dealing with situations to promote a desired set of results. Policy encourages behavior that conforms to desired results by providing incentives or limiting choices so that certain activities become the norm or habit. Undesired activity is discouraged by providing barriers or obstacles that tend to lead activity back to the desired norm. Speed bumps and stop signs slow traffic and encourage drivers to use alternate routes, likewise, removing sugary drinks from a concession stand encourage patrons to make alternate beverage choices. The incentives or barriers encourage people to make their own choices without the necessity of an enforcement mechanism.



Regulation is the control of conduct through the use of sanctions. It dictates which activities conform and which activities do not, and those that do not are penalized. Regulation is the most direct route to control behavior. Everything from jaywalking to bank robbery, and from motorcycle helmets to land use permits deal with regulation. They are relative easy to enforce since nonconforming activity is easily detected and there is generally active patrolling to cite violators. It is also the most difficult to implement because the activity being regulated must be recognized as a danger or nuisance to the public.

Policy decisions can be used to help change culture, but changes in culture are difficult to implement and even more difficult to predict. The interplay between culture, policy and regulation can be seen in the public health example of seat belt usage. This public health success story began with healthy policy (seat belt laws) which led to a healthy environment (all cars have seat belts in them) which led to healthy behaviors (people use seat belts) which led to healthier people because they are safer.

The interplay of regulation and policy on shaping culture on a macro level is evidenced in the seatbelt example above. On a micro level, the interplay of regulation and policy happens through laws passed by elected officials, the policies of private sector companies, and most importantly, the ones that families institute, e.g. no soda in the home. In order for us to reduce childhood obesity in Wasco County, we need culture, policy and regulation working in unison. Toward that goal, the organizations signing this DoC have collectively created the Childhood Obesity Coalition of Wasco County.

#### **The Concept and Structure Moving Forward**

The Coalition's many activities can be thought of as sorting into five main areas. These mirror the Robert Wood Johnson Foundation's five approaches to reducing childhood obesity:

1. Ensure all children enter kindergarten at a healthy weight.
2. Make a healthy school environment the norm and not the exception across the United States.
3. Make physical activity a part of the everyday experience for children and youth.
4. Make healthy foods and beverages the affordable, available, and desired choice in all neighborhoods and communities.
5. Eliminate the consumption of sugar sweetened beverages among 0-5 year olds.

Coalition member organizations are currently engaged in a variety of existing anti-childhood obesity activities and they are also beginning new efforts. The DoC commitments illustrate these existing and new activities.

During the OS process several Workgroups were formed: Sports Facilities Workgroup, Sugar Sweetened Beverages (SSB) Workgroup, and the Healthy Food Workgroup. In

addition, there is an active Safe Routes To Schools (SRTS) effort that several Coalition member organizations are participating in.

These Workgroups were critical to the success of the OS project team. Two Workgroups were tasked by the project team to provide specific recommendations to consider moving forward with. These two sets of recommendations were adopted on April 8<sup>th</sup>. They are contained in Attachment C.

The three Workgroups are the focal points of the Coalition's collaborative energy and activity moving forward. They will connect and coordinate with the Coalition Steering Committee as described in Attachment D.

Attachment E includes a list of potential funders for the Coalition to explore.

#### **IV. Commitments**

The goals and aspirations represented in the following pages form a public statement of intent to participate in the project, to strive to identify opportunities and solutions whenever possible, to contribute assistance and support within resource limits, and to collaborate with other team members in promoting the reduction of childhood obesity in Wasco County. Team members acknowledge that the best solutions depend upon the cooperation by all entities at the table. Accordingly, they recognize that each party has a unique perspective and contribution to make and legitimate interests that need to be taken into account for the project's success.

The Oregon Solutions process and the Declaration of Cooperation represent the goals and aspirations of the stakeholders which participated in the Oregon Solutions process for the childhood obesity reduction community action plan in Wasco County project. These goals and aspirations are necessary to: maintain the involvement of the project stakeholders, provide a mechanism for each stakeholder to continue to actively participate and serve as a roadmap to guide us towards successful implementation of this childhood obesity reduction community action plan.

#### **Statement of Commitment**

**This Declaration of Cooperation, while not a binding legal contract, is evidence to, and a statement of, the good faith and commitment of the undersigned parties. The undersigned parties to this Declaration of Cooperation have, through a collaborative process, agreed and pledged their cooperation to the following actions:**



*ACTS (Acclaiming Christ through Sports)*



*Declaration of Cooperation  
Commitments  
to the*

Wasco Childhood Obesity Reduction Community Action Plan



ACTS is committed to "Growing Kids to Greatness" physically, intellectually, emotionally, and spiritually. Over our 27 years of existence, we have seen an alarming increase in childhood obesity and the negative impacts it is having on our young people. We therefore see the immediate need for Wasco County to come together as a region to do everything possible to significantly reduce childhood obesity.



ACTS commits to the following:

1. ACTS is actively pursuing opening a community youth center to be used by ALL youth organizations. The ability to have a safe, supervised and indoor facility would encourage daily physical activity for children and teens.
2. Have a garden on site where young people learn how to grow healthy food.
3. Work with community organizations to offer cooking classes for children, teens, and parents at the youth center.
4. Support Mid-Columbia Medical Center's "Level the Playing Field" effort.



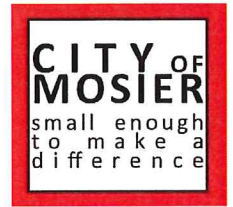
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Joe Martin, Executive Director

5/27/15  
Date

City of Mosier

# Declaration of Cooperation Commitments



to the

## Wasco Childhood Obesity Reduction Community Action Plan


The City of Mosier supports opportunities for healthy children and families through access to greenspace for recreation, connectivity, and walkability.



City of Mosier commits to the following:

1. Support the Sugar Sweetened Beverage Workgroup four recommendations.
2. Support the North Wasco Parks & Recreation District grant application to the State for a facilities master planning study.
  - Need to identify short term smaller projects with 1-3 year timeline (lower cost)
  - Need for long term plan for major facility construction/operation/maintenance
3. Support the Mosier Community School garden.
4. Start a conversation with school districts about making it easier for children to be active at their facilities before and after school and outside of the school year.
  - Allow access to facilities to promote exercise
  - Identify appropriate areas and uses
  - Develop support team, i.e. volunteers to supervise and lead activities
  - Identify funding sources
5. Hub project Mosier – The Dalles: actively support planning grants in phase, PSU MURP team for design applying for TGM – 2015.
6. Share a unified childhood obesity reduction 5-2-1-0 message through a community awareness campaign.
7. Adopt a Council resolution or policy that considers the impact of built environment policies and regulations on health.
8. Mosier has trails to green space / recently improved safety with painted sidewalks. Continue to make connectivity improvements through town to the trails. Create a consistent route - sidewalks all through town on major roadways on at least one side of street.
9. Support local farmers market.
10. Support having a healthy community through promotion of accessibility to recreational opportunities in nature and fresh local food choices.



  
Arlene Burns, Mayor 5/27/15  
Date





# Declaration of Cooperation Commitments

to the

## Wasco Childhood Obesity Reduction Community Action Plan



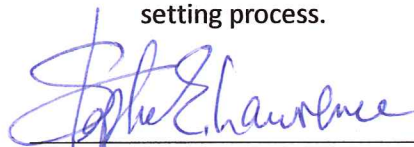
This project will enhance the quality of life in the City of The Dalles by supporting council goals related to healthy lifestyles, outdoor exercise and recreation. It will reduce long-term social costs associated with obesity, such as heart disease and diabetes.

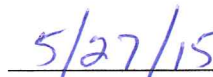
City of The Dalles commits to the following:



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5. Encourage, lead and facilitate community partnerships in support of outdoor recreation and greenspace as consistent with Council goals, including but not limited to:
  - Consider inclusion of a bicycle and pedestrian connection between the Mill Creek Greenway and Riverfront Trail, as part of the design process for the Mill Creek Greenway Project.
  - Redevelopment of Kramer Field as a multi-sports complex for the benefit of local recreation and to serve as a destination facility for outdoor sports-as-a-business in coordination with related activities:
    - Wasco County facility planning
    - Parks District facilities master plan
    - ACTS community center
  - Additional greenspace in the Chenowith area
6. Encourage consumption of heart-healthy beverages in city-owned facilities and the reduced use of artificially-sweetened beverages in vending machines located within city-owned facilities.
7. Explore policy incentives and partnerships to encourage the establishment of locally-sourced food suppliers and grocers in underserved neighborhoods and improved access to these suppliers .
8. During preparation of the Fiscal Year 2016-17 city budget, consider allocation of discretionary funds for pool transportation “scholarships” in partnership with other service organizations .
9. Explore adoption of HEAL Cities program as part of the Council’s 2016 goal-setting process.

  
Stephen E. Lawrence, Mayor

  
Date



Child Care Partners, CGCC



# Declaration of Cooperation Commitments

to the

## Wasco Childhood Obesity Reduction Community Action Plan



Child Care Partners supports the need for physical activity and nutritious meals and snacks in child care and education programs. Good physical health and nutrition are important to children's development and their ability to learn. Child Care Partners is committed to reducing obesity in our communities by providing training, support and technical assistance to early care and education programs on the importance of providing nutritious meals and snacks and opportunities for physical activity.



Child Care Partners commits to the following:

1. Providing clear guidance to families and early care and education practitioners, on how to increase physical activity, improve nutrition, and reduce screen time in early care and education settings through "I am Moving, I am Learning" classes.
2. Advocate for rule changes with Early Learning Division to reduce the amount of screen time allowed in licensed child care programs.
3. Advocate for increasing transportation options for children to be able to use the pool in the summer.
4. Promote the 5-2-1-0 national message to promote five servings of fruits and vegetable a day, reduce screen time to less than two hours a day, increase physical activity to one hour a day and consume zero sugar sweetened beverages to early care and education programs.



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Nancy Patten, Director

Date 5-27-15

# Declaration of Cooperation Commitments

to the

## Wasco Childhood Obesity Reduction Community Action Plan



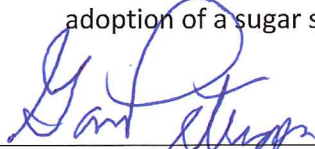
Columbia Gorge Education Service District is dedicated to enhancing the opportunities and educational efforts of our component school districts. To that end, we support our districts in their implementation of the Wasco Childhood Obesity Reduction Action Plan. Further, for those programs in which we provide direct services to children and their families, we will connect and support families in understanding and responding to the tenets of the plan.

Columbia Gorge Education Service District commits to the following:



1. Partner with OSU Extension to provide nutrition education to our children and their families.
2. Encourage our children and their families to become more physically active at school and at home.
3. Create and/or distribute educational materials for parents explaining how physical activity and good nutritional habits improve readiness for kindergarten.
4. Participate in the component district "Safe Routes to Schools" efforts.
5. Share a unified childhood obesity reduction message to our children and their families through a community awareness campaign.
6. Support school districts in their conversations about making it easier for children to be active at their facilities before and after school and outside of the school year.
7. Engage in internal discussion regarding the development and adoption of a sugar sweetened beverage reduction policy.



  
\_\_\_\_\_  
Gary Peterson, Superintendent

  
\_\_\_\_\_  
Date



# Community Harvest Cooperative Grocery

## Declaration of Cooperation Commitments

to the

### Wasco Childhood Obesity Reduction Community Action Plan



The mission of the Community Harvest Cooperative Grocery is to provide the highest quality, fairly-priced and sustainably-sourced products and to deepen the understanding of our customers, employees and community as to their importance.

Community Harvest Cooperative Grocery commits to:

1. Continue to work toward development of a cooperative grocery store to serve Wasco County and the greater Mid-Columbia in supporting the use of nutritious foods in the diets of local residents.
2. Stock nutritious, sustainably sourced, fairly priced and, as much as possible, locally grown and produced food items available for sale to local residents.
3. Provide education about how to choose wholesome foods, how to prepare them at home, and how to choose them from convenience product selections.
4. Support the development of new local farm products, improved local food access, sustainability and education.
5. Support reduction in consumption of sugar-sweetened beverages.
6. Participate, as appropriate, in the Food Education and Access Group.



*Kathy Ursprung*

5-27-15

Kathy Ursprung, Founding Team Chair

Date

10





# Declaration of Cooperation Commitments

to the

## Wasco Childhood Obesity Reduction Community Action Plan




Obesity reduction is definitely in alignment with the Department of Human Services mission to help Oregonians become healthy, independent and safe. The well-being of families socioeconomically will also be improved with successful efforts in Wasco County to reduce obesity.

The Department of Human Services commits to the following:

1. DHS will refer our families to community partners who offer opportunities to increase education and awareness of healthy eating habits, food nutritional value, and how to access lower cost high quality food.
2. DHS will support increasing transportation options for children to come to The Dalles new swimming pool through collaborating with LINK and The Dalles City Council.
3. DHS will share a unified childhood obesity reduction 5-2-1-0 message through a community awareness campaign.
4. DHS will participate in continued community meetings and events to promote healthy life styles and obesity reduction.



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David Pike, Interim District #9 Manager

6/5/15  
Date

Gorge Grown Food Network



# Declaration of Cooperation Commitments

to the

## Wasco Childhood Obesity Reduction Community Action Plan



Gorge Grown Food Network envisions a healthy, self-sufficient Columbia River Gorge where our food is produced with integrity and is valued, abundant, and accessible to all. We are devoted to connecting and supporting local farmers and ensuring access to good food for everyone.

Gorge Grown Food Network commits to the following:

1. Connect schools and Wasco leaders to statewide Farm to School and school garden resources.
2. Connect local producers to stores by providing Who's Your Farmer publications for regional distribution; promote local food through regional local food marketing campaign.
3. Conduct annual school garden summit and provide links to garden based curricula via new Gorge Grown Food Network website.
4. Support Wasco farmers markets by providing templates for vendor, SNAP match information, market manager job description, support through the rural farmer's market network and promotion.
5. Support the Community Harvest Cooperative Grocery planned food co-op by: providing educational materials for youth classes, connections to food producers, and information from needs assessment of value-added food producers.
6. Support The Dalles community center for youth sports and activities.
7. Support the 5-2-1-0 message.
8. Work with Oregon Food Bank and Mid-Columbia regional food bank to improve distribution to better utilize produce in the Gorge.
9. Work towards improving access to fresh, healthy food in The Dalles.
10. Work with farmers to increase supply and diversity of local food.



  
Sarah Sullivan, Executive Director

5/27/15  
Date



Governor Kate Brown's Office



# Declaration of Cooperation Commitments

to the

## Wasco Childhood Obesity Reduction Community Action Plan



Governor Kate Brown supports this Oregon Solutions project recognizing the opportunity it has to reduce the number of overweight and obese children in Wasco County.




Governor Kate Brown's Office commits to the following:

1. Provide opportunities to share this Coalition's work with the Regional Solutions Advisory Committee and appropriate Governor's Office staff.
2. Appropriately share information about the Coalition's community action plan activities.
3. Appropriately participate in grant applications.
4. Participate in Oregon Solutions reconvening meeting in about one year.



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Kate Sinher, Regional Solutions Coordinator

Date

5-21-15



Mid-Columbia Children's Council



# Declaration of Cooperation Commitments

to the

## Wasco Childhood Obesity Reduction Community Action Plan



The Obesity Reduction project is important to Mid-Columbia Children's Council (MCCC) because we serve children ages 0-5. If obesity issues can be addressed at this age, then children are more likely to be at a healthy weight in their adult life.

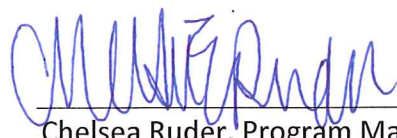
Mid-Columbia Children's Council (MCCC) commits to the following:



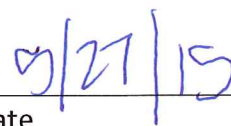
1. Continue serving family style meals, promoting nutrition and avoiding sugar-sweetened beverages (promoting milk and water only).
2. Continue using the curriculum "I am Moving, I am Learning" curriculum to promote physical activity in the classroom.
3. Continue promoting the 5-2-1-0 message to children and families.
4. Promote yoga in the classrooms and educate families on the benefits of yoga in children.
5. Educate women and families about the benefits of breastfeeding for baby and mom.
6. Support the Sports Facility Workgroup six recommendations.
7. Support the Sugar Sweetened Beverage Workgroup four recommendations.



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Chelsea Ruder, Program Manager



Date

# Declaration of Cooperation Commitments to the

## Wasco Childhood Obesity Reduction Community Action Plan



The Mid-Columbia Medical Center and Outpatient Clinics' mission is to lead and act as a catalyst in promoting health for all people and to empower people to become partners in their health care. This Community Action Plan to reduce over weight and obese children in Wasco County aligns with our mission and we promise to work for its success.

The Mid-Columbia Medical Center and Outpatient Clinic commits to the following:



1. Support the efforts of MCMC pediatricians in their comprehensive focus and management of obese children and adolescents.
2. Continue Shapedown Family Program at Water's Edge and offer sessions in Spanish and scholarships to enable participation.
3. Initiate an organization wide discussion and consideration of adopting a Sugar Sweetened Beverage policy.
4. Work in partnership with NWSA 21 to make state of the art fitness equipment available to all students of Wasco County. This includes facilities and qualified trainers to assist students in reaching their health and fitness goals via the "Level the Playing Field" initiative.
5. In accordance with school district policy, make available the facilities of the "Level the Playing Field" facility to community members at large for events related to fitness and health.
6. Provide free community resources on nutrition, parenting and children's health.
7. Actively participate in Coalition efforts and workgroups.



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Duane Francis, CEO

Date

5/27/15  
15



The Next Door, Inc.



# Declaration of Cooperation Commitments

to the

## Wasco Childhood Obesity Reduction Community Action Plan



The Next Door, Inc.'s mission is to "Open doors to new opportunities by strengthening children and families and improving communities." NDI is committed to strengthening children by working in collaboration with them, their families and community partners to improve their health by reducing obesity. As an agency, we recognize that promoting wellness among our employees is an essential first step.



The Next Door Inc. commits to the following:

1. Continue to educate our employees about our Wellness Policies.
2. Continue our Parenting Education program; finding time in classes for healthy lifestyles information.
3. Continue Pasos a Salud/Steps to Wellness classes.
4. Continue the organized hikes for women and children.
5. Continue the free Zumba classes.
6. Help coordinate regular guest speakers for Radio Tierra.
7. Participate in the Healthy Food Workgroup.
8. Support the Sugar Sweetened Beverage Workgroup four recommendations



Janet Hamada, Executive Director

5-26-15

Date





# Declaration of Cooperation Commitments to the

## Wasco Childhood Obesity Reduction Community Action Plan

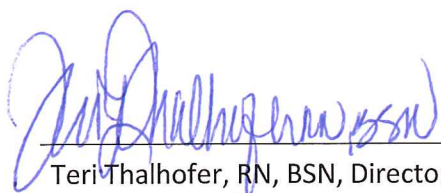


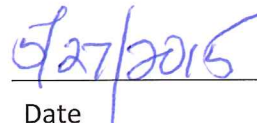
North Central Public Health District “discovered” the magnitude of the epidemic and are statutorily and morally committed to give every effort our resources allow to intervene. We know this community action plan will save lives, health care dollars and improve livability in Wasco County.

North Central Public Health District (NCPHD) commits to the following:

1. Support the Sports Facility Work Group recommendations as adopted.
2. Support the Sugar Sweetened Beverages Work Group recommendations as adopted.
3. Working with community partners and stakeholders to pursue grant opportunities that address childhood obesity, including the “Voices for Healthy Kids” opportunity through the Robert Wood Johnson Foundation.
4. Continue pre-conception health, WIC, home visiting and school nursing programs that support healthy eating/active living.
5. Provide letters of support and data as requested by community stakeholders when applying for funding opportunities.
6. Lead the creation of a “Safe Routes to Schools” action plan.
7. Apply for school based health center planning grant to explore the viability for Wasco County.
8. Continue to participate in the Coalition activities for a one year period.
9. Consult, as needed, with the State Public Health Division on surveillance data, metrics and evaluation, evidence-base, and funding opportunities.



  
Teri Thalhofer, RN, BSN, Director

  
Date

North Wasco County School District

Declaration of Cooperation  
Commitments

to the

Wasco Childhood Obesity Reduction Community Action Plan



The Board and staff of North Wasco County School District are fully committed to this plan. Childhood obesity has become an epidemic in Oregon as well as throughout the nation. The rate of childhood obesity in Wasco County exceeds both the state and national levels. Healthy eating patterns and increased physical activity are essential for students to achieve their academic potential.

North Wasco County School District commits to the following:

1. Explore with partners ways to support, expand, and enhance the school gardens and related curriculum used by the Wahtonka Community School.
2. Work with Gorge Grown and OSU Extension to enhance and expand "tasting tables" at elementary schools.
3. Revisit the Farm to Schools program with Gorge Grown and other partners.
4. Continue to follow Oregon Smart Snack regulations.
5. Identify students who are not involved in the many physical activities provided by the school and in the community. Pinpoint barriers and reasons for nonparticipation and develop effective strategies to address the barriers so that these students become more active on school property and in the community before and after school and outside of the school year.
6. Participate in exploring the viability of a school based health center in Wasco Co.
7. Continue to be an active participant in Safe Routes to Schools effort.
8. Further refine the Board policy regarding Sugar Sweetened Beverages.



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*Candy Armstrong*  
Candy Armstrong, Superintendent

*5/27/15*  
Date



# Oregon Child Development Coalition



OREGON  
CHILD  
DEVELOPMENT  
COALITION

## Declaration of Cooperation

# Commitments

to the

## Wasco Childhood Obesity Reduction Community Action Plan



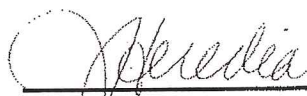
At Oregon Child Development Center, we believe that every single child should be cared for, educated and loved. We prepare young children for success in school, which prepares them for success in life. We also support parents to help families learn and grow together, and we help families engage with their community. This vision aligns with the Wasco Childhood Obesity Reduction Community Action Plan and we hope that as a team we can all make the positive changes needed to support families in engaging in a healthy and active community.

Oregon Child Development Coalition (OCDC) commits to the following:

1. Continue implementation of USDA services, providing all enrolled children with homemade, healthy, and well-balanced meals.
2. Continue implementation of wellness policies, which include provision of healthy food and beverage choices for agency events and meetings, and avoid promotion of unhealthy foods and sugar-sweetened beverages.
3. Continue implementation of 5210 campaign.
4. Complete application process for American Heart Association "Fit Worksite" status.
5. Roll-out "I am Moving, I am Learning" curriculum within 12 months at all centers.
6. Continue provision of family engagement and education around topics such as healthy lifestyle, nutrition, food budgeting, fitness, etc.
7. Continue Community Action Planning around Food Security for OCDC families as well as our greater community.
8. Continue implementation of restrictive screen time policies for all enrolled children.
9. Continue implementation of "Pocketful of Feelings Emotional Literacy" campaign with enrolled children and families.
10. Appropriately ask the "one key question" when visiting with clients.



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\_\_\_\_\_  
Jen Heredia, Program Director

5/27/2015  
\_\_\_\_\_  
Date

Oregon Solutions



# Declaration of Cooperation Commitments to the

## Wasco Childhood Obesity Reduction Community Action Plan



Oregon Solutions was tasked by the Governor to assist the co-conveners in managing this project team and providing a neutral forum in which team members could work productively toward creating a community action plan.

### Oregon Solutions commits to the following:

1. Highlight this Coalition on the Oregon Solutions website and other promotional materials.
2. Take the lead in re-convening the project team within the first year anniversary of the signing of this Declaration.
3. Co-convenor Dan Ericksen agrees to lead the Oregon Solutions re-convening meeting in about one year.
4. Co-convenor Michele Spatz agrees to lead the Oregon Solutions re-convening meeting in about one year.



\_\_\_\_\_  
Dan Ericksen, co-convenor

\_\_\_\_\_  
Date

\_\_\_\_\_  
Michele Spatz, co-convenor

\_\_\_\_\_  
Date



OSU Extension Service



# Declaration of Cooperation Commitments to the

## Wasco Childhood Obesity Reduction Community Action Plan



### OSU Extension Service commits to the following:

1. OSU will provide nutrition education materials to local partners (including but not limited to: SNAP/DHS, OCDC, MCCCHS, Food Banks, schools) to help in brief interventions and serve as a referral for longer interventions.
2. OSU will team with NCPHD AmeriCorps will complete SPAN-ET in all K-5 schools annually.
3. OSU will provide evidence based nutrition education to all K-5 students.
4. Participate in a group to create a regional resilient and sustainable food system.
5. OSU will provide evidence based nutrition education to adults eligible for SNAP benefits.
6. Work with Gorge Grown and NWCSO to expand "tasting tables" at elementary schools.
7. Work with schools to improve and enhance their "wellness" policies.
8. Support the Sports Facility Workgroup six recommendations.
9. Support the 5-2-1-0 campaign in our programming.
10. Support the Sugar Sweetened Beverage Workgroup four recommendations.
11. Advocate for policies that create shared use agreements for schools to improve access to safe and affordable spaces for physical activities.
12. Be involved in programming at community center to ensure healthy eating is incorporated into philosophy of the center.
13. Write article for newspaper columns discussing SSBs.
14. Explore SNAP-Outreach opportunity in tandem with new possible employee.

Lauren M. Kraemer

Lauren Kraemer, Instructor and  
Manager of SNAP-Ed Programs

5/27/2015

Date

# PacificSource Community Solutions

## Declaration of Cooperation Commitment *to the*

### Wasco Childhood Obesity Reduction Community Action Plan



PacificSource Community Solutions believes that all children deserve the opportunity to grow up healthy. We know our health is shaped by where we live, learn, work and play. Unfortunately, those environments don't always facilitate healthy choices. As a community and by partnering together across our sectors, we can create a culture of health so that healthy choice is the easy choice for children, youth and families. This will improve the health of our population as well as that of the health care system over the long-term.



PacificSource Community Solutions commits to the following:

1. Develop newsletter articles and/or other communication methods for OHP families on the health effects of obesity, include ways to connect to healthy eating and physical activity opportunities.
2. Encourage providers across disciplines (including oral health care providers) to educate families and promote healthy eating and active living as part of routine preventive care.
3. Partner with the Coalition on specific initiatives aimed to educate families and the community at-large around key obesity prevention messages (e.g. 5210).
4. Explore system approaches to overweight/obesity screening to facilitate risk identification and intervention; include BMI, sugar and sugar sweetened beverage consumption, screen time and physical activity measures (per 5210 message).
5. Collaborate with the Coalition as a member of the steering committee.

Dan Stevens, Senior VP Government Programs

5/23/15

Date

A handwritten signature in black ink, appearing to read "Dan Stevens", written over a horizontal line.



# Declaration of Cooperation Commitments

to the

## Wasco Childhood Obesity Reduction Community Action Plan



The efforts of this project team and emerging coalition are aligned with our Mission: *As People of Providence, we reveal God's love for all, especially the poor and vulnerable, through our compassionate service.* Preventing chronic disease, addressing concerns around weight, and improving nutrition are specific goals in our Community Health Improvement Plan and expressions of our core strategy of building healthier communities, together.

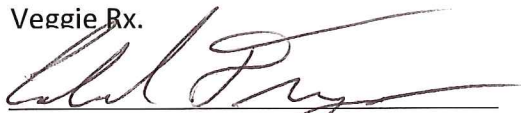
### Providence Commits to Pursue and Support the Following:



1. Support the Sugar Sweetened Beverage Workgroup four recommendations.
2. Actively participate in Coalition efforts and workgroups, as appropriate.
3. Continue our healthy dining policy, including the prohibition of sugar sweetened beverages in Providence facilities.
4. Continue to screen all children for BMI, screen time, physical activity, proper intake of fruits, vegetables and whole grains and other obesity-related behaviors in our family medicine clinics.
5. Provide counseling and appropriate referrals to children seen in our family medicine clinic whose screenings indicate obesity-related behaviors and risk factors, including use of the 5-2-1-0 message.
6. Serve as a conduit to align the activities of this coalition with partners in Hood River County and elsewhere in the Gorge, appropriate to identified needs, cultures and local structures.
7. Participate in collaborative approaches to reducing food insecurity and improving nutrition for low-income Gorge community members, such as Veggie Rx.

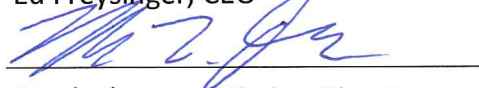


**Public Health**  
Prevent. Promote. Protect.



Ed Freysinger, CEO

5-27-2015  
Date



Mark Thomas, Mission Director

5-27-2015  
Date

St. Mary's Academy



# Declaration of Cooperation Commitments

to the

## Wasco Childhood Obesity Reduction Community Action Plan



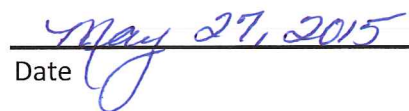
It is important for all organizations that work with children to place importance upon the needs of our youth. St. Mary's Academy is dedicated to helping our students and community be active members of society. Reducing obstacles that impede their ability to succeed is imperative for the success of our children.

### St. Mary's Academy commits to the following:

1. Explore with partners establishing community school gardens and related curriculum.
2. Work with Gorge Grown and OSU Extension to expand "tasting tables" at elementary schools.
3. Explore Farm to Schools program with Gorge Grown and other partners.
4. Continue to follow Oregon Smart Snack regulations.
5. Explore allowing kids to be more active on school property before and after school (access to stairs, track, tennis courts, etc.).
6. Explore viability of school based health center in Wasco County.
7. Active participant in Safe Routes to Schools effort.
8. Promote the SPARKS Physical Education program throughout all grade levels.
9. Continue to promote family style snack time for Pre-school through Kindergarten with no sugary drinks and only milk or water being served.
10. Explore family cooking events held at facility.



  
\_\_\_\_\_  
Kim Koch, Principal

  
\_\_\_\_\_  
Date



Subway Sandwiches & Salads



# Declaration of Cooperation Commitments

to the

## Wasco Childhood Obesity Reduction Community Action Plan



Subway franchise is committed to providing a healthy alternative to fast food. Proper nutrition and exercise is the key to a healthier future work force.

Subway Sandwiches & Salads commits to the following:

1. Work with partners to develop a health "star" rating system for local restaurants.
2. Work with beverage vendor to supply a naturally sweetened product i.e. Zero Water, sweetened with Stevia.
3. Contact Subway headquarters to partner with Jared campaign for eliminating childhood obesity.
4. Sponsor walkathons, runs, bike rides, etc. and provide water bottles.
5. Continue displaying calorie counts on menu.
6. Handout bookmarks to middle schoolers on importance of eating fruit and vegetables.



Shahira Dobrey 5/27/15  
Shahira Dobrey, Owner Date

**V. Attachments:**

- A: Governor Kitzhaber's Designation Letter
- B: OS-Wasco Childhood Obesity Reduction Coalition Participant List
- C: Workgroup Meeting Summaries
- D: Steering Committee Governance Structure Proposal
- E: Potential Foundation Funders List





November 30, 2014

JOHN A. KITZHABER, MD  
Governor

North Central Public Health District  
419 E 7th Street, #100  
The Dalles, OR 97058

Dear Board of Health Members:

I am pleased to have received the request from the North Central Public Health District to designate the Community Action Plan for Reducing Childhood Obesity in Wasco County as an Oregon Solutions project. After reviewing the assessment conducted by Oregon Solutions staff, I feel this project can demonstrate how aligning community members and integrating services and resources can make progress to improve healthy eating and active living for Wasco County children. Therefore, I am designating it an Oregon Solutions project and appointing Dan Ericksen and Michele Spatz as co-conveners.

The co-conveners will lead a team of stakeholders and community members to create a Community Action Plan that enables public sector, private sector, and non-profit organizations to agree on shared outcomes and coordinate team members' specific activities.

While grant funding from the Columbia Gorge Health Council to bring together partners is limited to Wasco County, my hope is that the North Central Public Health District will be able to eventually expand the Community Action Plan to include neighboring counties such as Gilliam, Hood River, and Sherman.

This project is a positive opportunity for the Wasco County community to move forward together. Success will depend on the connection and active collaboration among non-profit, private, and public sectors on the ground in your community. Please keep the governor's office updated on this effort and thank you for your work and enthusiasm thus far.

Sincerely,

John A. Kitzhaber, M.D.  
Governor

cc: Dan Ericksen, co-convener  
Michele Spatz, co-convener  
Teri Thalhofer, Public Health Director, North Central Public Health District

JAK:gw/lh

Attachment B- OS-Wasco Childhood Obesity Reduction Coalition Participant List

<b>Name</b>	<b>Title</b>	<b>Organization</b>
Andrea Rogers	Mayor (former)	City of Mosier
Bob Dais	HR Director	North Wasco County School District
Candy Armstrong	Superintendent	North Wasco County School District
Catherine Whalen	Director of Community Health	Mid-Columbia Medical Center
Celeste Hill-Thomas	Executive Director	Mid-Columbia Health Foundation
Chelsea Ruder	Program Manager	Mid-Columbia Children's Council
Dan Ericksen	Co-convener	Oregon Solutions
Dan Spatz	Councilmember	City of The Dalles
Gary Peterson	Superintendent	Columbia Gorge Education Service District
Jane Palmer	Public Health Nurse Supervisor	North Central Public Health District
Jennifer Heredia	Program Director	Oregon Child Development Coalition
Jennifer Zimmerman	Nutrition Counselor	Mid-Columbia Medical Center
Jill Testerman	Epidemiology	Oregon Health Sciences University
Jim Slusher	Executive Director	Mid-Columbia Community Action Council
Joe Martin	Executive Director	Acclaiming Christ Through Sports
Judy Richardson	Director of Physicians, MD	Mid-Columbia Medical Center
Kate Sinner	Regional Solutions Coordinator	Governor Kate Brown's Office
Kati Moseley	Health Promotion Strategist	Oregon Health Authority
Kathy Ursprung	Founding Team Chair	Community Harvest Cooperative Grocery
Kerry Linhares	AmeriCorps	North Central Public Health District
Kim Koch	Principal	St. Mary's Academy
Kirsten Richelderfer	Program Manager	Columbia Gorge Community College
Lauren Kraemer	Family Community Health, SNAP-Ed Coordinator	OSU Extension Service
Leticia Valle	Community Health Worker	The Next Door, Inc.
Linda Stahl	Health Resource Center Coordinator	Planetree
Mark Thomas	Community Health Development Coordinator	Pacific Source Community Solutions
Mark Thomas	Director of Mission Integration and Spiritual Care	Providence
Megan McAllister	Director	Community Connections
Michele Spatz	Co-convener	Oregon Solutions
Mimi McDonell	Health Officer, MD	North Central Public Health District
Molly Rogers	Director Youth Services	Wasco County Youth Services
Nancey Patten	Director, Childcare Partners Resource & Referral	Columbia Gorge Community College
Nancy Johanson Paul	Parenting Education Coordinator	The Next Door, Inc.
Paul Lindberg	Grantwriter	Hatcreek Consulting
Phil Lewis	Executive Director	North Wasco Parks & Recreation District
Rebecca Seel	WIC Program Research Analyst	Oregon Health Authority
Ronda Hull	Program Manager	Mid-Columbia Children's Council
Sara McCaffrey	Pediatrician, MD	Mid-Columbia Medical Center
Sarah Sullivan	Executive Director	Gorge Grown Food Network
Shahira Dobrey	Owner	Subway Sandwich
Susan Gabay	Program Manager	Department Human Services
Teri Thalhofer	Director	North Central Public Health District
Troy Vennewitz	Nutrition Services Director	North Wasco County School District
Vern Harpole	Deputy Health Officer, MD	North Central Public Health District



## Attachment C: Workgroup Summaries

### Oregon Solutions-Wasco Childhood Obesity Community Action Plan

#### Sports Facilities Workgroup Recommendations ADOPTED 4-8-15

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##### **Sports Facilities Workgroup:**

Participants included: Dan Ericksen, Dan Spatz, Jennifer Zimmerman, Joe Martin, Kathy Ursprung, Kerry Linhares, Mimi McDonell, and Phil Lewis (Executive Director of the North Wasco Parks & Recreation District).

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The objective of the Sports Facilities Workgroup is to provide specific recommendations for the Oregon Solutions project team to consider at its April 8th meeting. The Workgroup met on Wednesday, March 25<sup>th</sup> from 3 – 5 pm at City Hall in The Dalles.

The workgroup reviewed the attached list of sports, athletic and recreational facilities in Wasco County. They discussed how accessible these facilities are (open hours, restrictions, costs, supervision, transportation options to and from, etc.) They also discussed what new kinds of facilities they would like to see available.

The Workgroup is forwarding the following six recommendations:

- 1) Support the North Wasco Parks & Recreation District grant application to the State for a facilities master planning study.
  - Need to identify short term smaller projects with 1-3 year timeline (lower cost)
  - Need for long term plan for major facility construction/operation/maintenance
- 2) The new pool in The Dalles opens in mid-June. We support increasing transportation options for children to come to the pool including:
  - Explore with MCCOG/Link to provide a regular “swim bus”
  - Ask City Council for “scholarship money” from discretionary funds, explore pursuing a PUD grant and/or grants from service clubs
- 3) Support the creation of an indoor “Community Center” for youth sports and activities.
  - Secure property for possible construction of a facility
  - Form coalition of groups that can support grant requests and funding
- 4) Start a conversation with school districts about making it easier for children to be active at their facilities before and after school and outside of the school year.
  - Allow access to facilities to promote exercise

- Identify appropriate areas and uses
  - Develop support team, i.e. volunteers to supervise and lead activities
  - Identify funding sources
- 5) Support efforts to complete the Mill Creek Greenway
- Get greenway completion on top of list of community priorities
  - Recruit individuals and agencies to support effort
- 6) Actively participate in discussions with the County and others (including, but not limited to: North Wasco County School District, North Wasco County Parks & Recreation District, AYSO, The Dalles Girls Softball Association, Little League, Babe Ruth, Cherry City Crush, and adult softball) about the future of Kramer Field.
- Use 2006/7 (?) Ford Foundation Plan as starting point
  - Approach County Commission for concept approval
  - Investigate funding sources to facilitate relocation of current facilities/buildings

Each of these six recommendations would need to be fleshed out with specific action items.

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**Oregon Solutions-Wasco Childhood Obesity Community Action Plan**

**Sugar Sweetened Beverage (SSB) Workgroup Recommendation**

**ADOPTED 4-8-15**

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**Sugar Sweetened Beverage (SSB) Workgroup:**

Participants included: Michele Spatz, Jennifer Zimmerman, Kerry Linhares, Mark Thomas and Mimi McDonell.

OS staff: Jim Jacks

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The objective of the Sugar Sweetened Beverage (SSB) Workgroup is to provide specific recommendations for the Oregon Solutions project team to consider at its April 8th meeting. The Workgroup met on Wednesday, March 25<sup>th</sup> from 1 – 3 pm at City Hall in The Dalles.

The workgroup discussed two SSB toolkits: Voices for Healthy Kids – a joint initiative of the Robert Wood Johnson Foundation and American Heart Association, and The CDC Guide to Strategies for Reducing the Consumption of Sugar Sweetened Beverages.

The Workgroup is forwarding the following four recommendations:



- 1) Based upon an inventory conducted prior to the Oregon Solutions project team meeting:
  - a. Publically thank the organizations on the project team that have a SSB reduction policy in place. For those stakeholders without a policy, ask each organization participating on the Oregon Solutions project team to adopt a SSB reduction policy.
  - b. Publically thank any of the twenty largest employers/organizations in Wasco County that have a SSB policy in place (e.g. letter to the editor by the stakeholders or conveners).
  - c. Leverage the positive step of the organizations who have adopted a SSB reduction policy by asking other top employers to join them in their effort to *ensure a community where all children thrive*.
- 2) Support and work with area providers to offer opportunities for providers/medical staff and appropriate early learning educators/providers to expand their knowledge and skills for conducting SSB screening and request that providers include screening about SSB consumption as part of routine medical care.

Discuss with providers and early childhood education/day care leaders the unified community message proposed (5-2-1-0 see #3 below) and request endorsement/support.
- 3) Share a unified childhood obesity reduction message through a community awareness campaign. The 5-2-1-0 national message means 5 servings of fruits and vegetables each day, no more than two hours of screen time, one hour of physical activity and zero sugar sweetened beverages each day.
- 4) Support program for NCPHD Environmental Health to certify restaurants that voluntarily comply with a sugar sweetened beverage proportional pricing policy. The proportional pricing means one ratio of cost/oz for all sizes of same product. Price may vary from one product to another. This approach restricts free promotional samples and free refills.

Each of these four recommendations would need to be fleshed out with specific action items in the Community Action Plan portion of the Declaration of Cooperation.

**Attachment D: Steering Committee Governance Structure Proposal**

**Oregon Solutions-Wasco Childhood Obesity Community Action Plan**

**Childhood Obesity Coalition Steering Committee**

**DRAFT PROPOSAL**

Monday, May 18, 2015

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**Context**

As per the April 8<sup>th</sup> Oregon Solutions Project Team meeting, the Childhood Obesity Coalition Steering Committee has formed. Their initial meeting occurred on May 11, 2015 in the MCEDD conference room. Co-conveners Dan Ericksen and Michele Spatz participated in the initial Steering Committee meeting. However, the commitment they made to the Governor and Oregon Solutions in December of 2014 to serve as co-conveners ends on May 31, 2015. Thus, they will not continue on the Steering Committee.

The charge of the Steering Committee is to create a governance structure that ensures the long-term success and viability of the Wasco County Childhood Obesity Coalition whose goal is to reduce the prevalence of obesity in children 0-18.

**Childhood Obesity Coalition Steering Committee members include:**

Co-convener Dan Ericksen

Co-convener Michele Spatz

ACTS – Joe Martin

Columbia Gorge Education Services District – Gary Peterson

Mid-Columbia Medical Center – Catherine Whalen

North Central Public Health District – Teri Thalhoffer

North Wasco County Parks & Recreation District – Phil Lewis

North Wasco County School District – Candy Armstrong

OSU Extension – Lauren Kraemer

PacificSource – Kate Wells

Staff: Oregon Solutions Project Manager Jim Jacks

**Next Steps**

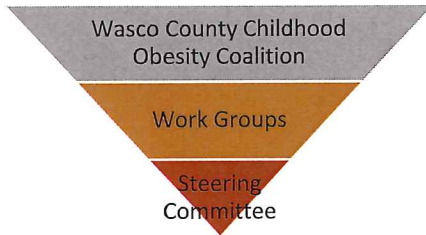
The Steering Committee submits the following draft proposal for consideration and approval by the Oregon Solutions Project Team, **referred hereafter as the “Coalition.”** Please email or call Jim Jacks any feedback you have and/or your approval by 3pm on Friday, May 22<sup>nd</sup>.

Upon adoption, this proposal (amended as necessary) will be attached to our Declaration of Cooperation.



# DRAFT PROPOSAL 5-18-15

## Structure



### **Coalition, Workgroups and Steering Committee**

The proposed structure allows for continued forward momentum by creating a mechanism for achieving progress through the Declarations of Cooperation and small work group accountability, prioritizing project team next steps, and establishing a vibrant communication network.

### **Coalition**

The vision for the Coalition, as approved in January 2015, is “ensuring an environment where all children thrive.” The Coalition will meet quarterly beginning on September 16, 2015 from 3:00 – 4:30 in The Dalles. Gary Peterson will organize and convene the September Coalition Meeting.

### **Workgroups**

The Workgroups are where much of the Coalition’s work will occur. Coalition members may serve on as many Workgroups as they desire and for as long as is necessary. Currently there are several Workgroups (Healthy Food, Sports Facilities, and Sugar Sweetened Beverages). We recommend that the Safe Routes To Schools (SRTS) partners be considered a Workgroup by the Coalition. The Coalition is free to create new Workgroups as necessary to assist the Coalition in accomplishing its goals.

Individual Workgroups will select a chair who will serve as point-of-contact to the Steering Committee. The Workgroups meet as frequently as the Workgroup members deem necessary. The Workgroups will send regular updates to the Steering Committee. These updates will be compiled and shared with the Coalition.

### **Steering Committee**

The Steering Committee’s purpose is to: Serve as an ongoing communication and facilitation network to keep the Coalition and its Workgroups connected and working towards the same goal of reducing childhood obesity. This group is comprised of diverse agency representatives and is an equitable partnership, thus there is no lead agency or backbone organization. This group will drive the timelines and accountability for the DoC agreements. The Steering Committee will coordinate and submit any grant applications or other requests for funding, e.g. project manager, on behalf of the Coalition. Such coordination will strengthen the efforts of the Coalition and also avoid duplication and competition with requests made by individual organizations.

The Steering Committee will meet monthly until such time as they decide meeting less frequently is feasible. This group of equal partners will share various duties. The meeting organizer and convener will rotate among the Steering Committee members and be chaired by the person organizing it. A volunteer committee member will serve as scribe. To start:

- Catherine Whalen will organize and chair the June 17<sup>th</sup> Steering Committee meeting. Agenda to include: review and analysis of DoCs for commonalities; discuss Lauren Kraemer's theoretical framework; discuss 5-2-1-0 educational resources and repository
- Teri Thalhofer will organize and chair the July meeting.
- Gary Peterson will organize and chair the August meeting.



## **Attachment E: Potential Foundation Funders**

### **Voices for Healthy Kids**

(Robert Wood Johnson Foundation/American Heart Association)

Goal: fund strategic issue advocacy campaigns focused on fighting childhood obesity through state, local, and tribal public policy campaigns. These are targeted to change local, state, and national policies.

### **Robert Wood Johnson Foundation**

Healthy Eating Research: Building Evidence to Prevent Childhood Obesity—Round 9

The program supports research on environmental and policy strategies with strong potential to promote healthy eating among children to prevent childhood obesity, especially among groups at highest risk for obesity. These are primarily grants designed to fund research, but with a program component.

### **Aetna Foundation**

The Aetna Foundation wants to understand the contributors to obesity, particularly among minority populations, and what supports and sustains better choices that can stave off overeating and reduce inactivity. Grant-making in this area focuses on initiatives that create a better understanding of the root causes of the obesity epidemic. Examples of grants we would support include projects that address:

- The impact of our neighborhoods and the “built environment” on promoting population health and weight loss
- Assessments of why communities with high rates of food insecurity also are more likely to experience high rates of obesity
- How children use recreation time
- How school lunch and food policies impact our children

### **Murdock Charitable Trust**

The Trust is interested in a diverse range of projects to enhance the quality of life in the region. Preventive efforts that address physical, spiritual, social, and psychological needs, especially those focused on youth, are preferred.

### **Ford Family Foundation**

The Ford Family Foundation supports efforts to increase the health of underserved children through funding nonprofits that provide improved access to health and dental services, preventative services and education. Ford Family also provides Technical Assistance funding that can help develop, maintain and facilitate community collaborative efforts.

### **Oregon Community Foundation**

Goal: Improve community-based health and wellness. Two grant cycles per year (July 15 and January 15)