

**Health & Nutrition Managers**  
**2012 Wisconsin Head Start Association Winter Quarterly**

Interfacing Our Work	<p><b>Active Early: Promoting Physical Activity in Early Care &amp; Education</b>          Wednesday, January 12<sup>th</sup> from TBD  <i>Bridget Cullen, MSE</i>  <i>Wisconsin Department of Children and Families</i></p> <p><b>Healthy Bites: Improving Childhood Nutrition</b>          Wednesday, January 11<sup>th</sup> from TBD  <i>Molle Polzin, RD, CD, Nutrition Program Consultant</i>  <i>State of Wisconsin Community Nutrition Program</i></p> <p>In collaboration, the Wisconsin Departments of Public Instruction, Public Health, and Children and Families developed a set of guides to help early care and education professionals address childhood obesity by improving physical activity and nutrition in the program. <i>Active Early</i> focuses on physical activity, while <i>Healthy Bites</i> focuses on healthy eating, nutrition environments, and strengthening the Child and Adult Care Food Program (CACFP) meal pattern. Discussion may cover resources to help create program policies, what strategies to try, how to help staff improve physical activity and nutrition, or how <i>Active Early</i> and <i>Healthy Bites</i> fit with other Wisconsin early childhood initiatives and licensing.</p>
Connecting with Others	<p><b>Facilitated Networking and Share Shop</b>          Wednesday, January 11<sup>th</sup> from 1:00 to 4:00 p.m.  <i>Facilitators TBA</i></p> <p>Head Start and Early Head Start Health &amp; Nutrition Managers meet to network, identify and discuss current topics and trends, and share resources like program policies and products.</p> <p>Prior to the Quarterly, participants are encouraged to identify current trends and items of concern for discussion as well as suggesting program policies and products to share by notifying Mary Harriss at 608-442-6879 or <a href="mailto:harriss@whsaonline.org">harriss@whsaonline.org</a>. Summary lists of submitted topics, policies and/or products will be disseminated to meeting registrants prior to the event so <u>be sure to include your email address on your registration form</u>.</p>
Deepening the Content Educational Opportunity	<p><b>Earlier Is Better: Oral Health Education</b>          TBD  <i>Matthew Crespin, Associate Director</i>  <i>Children's Health Alliance of Wisconsin</i></p> <p>An overview of the plan and objectives of the Earlier Is Better project and partnership, including the contents and use of the Parent Oral Health Education Toolkit (POHET). The goal of Earlier Is Better is to reduce the dental caries experience of Wisconsin Early Head Start children through evidence-based prevention and educational intervention. Earlier Is Better program objectives include: 1) improving the existing partnership, 2) documenting parents/ caregivers behavior change after implementation of POHET, 3) increasing the number of EHSS children with a dental home, and 4) reducing the number of children with caries experience. The session will feature open discussion and dialogue between EIB partners and EHS directors/educators on the types of oral health data currently collected, how it is used and how we can work together to collect the appropriate data for this project.</p>