

MISSOULA ACTIVE KIDS
September 9, 2010 MEETING AGENDA
Missoula City-County Health Department 3:30-5PM ROOM 210

Attending: Lisa Tims St. Patrick Hospital & Missoula City-County Health Department; Greg Oliver, Ellen Leahy & Mary McCourt Missoula City-County Health Department; Shirley Kinsey Missoula Parks and Recreation; Keri McHugh Missoula YMCA; Rachel Vielleux Missoula County Superintendent of Schools; Eva Dunn-Frobig Run Wild Missoula; Linda Henderson MSU College of Nursing.

Eva Dunn-Frobig requested a slot on the agenda to explore training & running programs for youth. She has had several parents request training for kids and wanted to explore current programs if they existed. The group shared what programs they were aware of: Franklin school has a running program in the spring; Shirley Kinsey from Missoula Parks & Rec recommended that Eva contact Scott Stires at Parks & Rec to perhaps partner; Keri McHugh suggested that perhaps one of the Active 6 programs could be a running club; Girls on the Run is a national non-profit that trains girls for a 3.1 mile race along with mentoring them in healthy lifestyle choices. If you have further information on kids and running please contact Eva at eva@runwildmissoula.org

Lisa Tims shared that CATCH (Coordinated Approach to Child Health) has been adopted by MCPS as their health enhancement curriculum. Many county schools have had CATCH components, but for MCPS to formally adopt the program is encouraging. CATCH is an evidence-based, coordinated school health program and is a cross-curriculum approach that teaches skills for life-long healthy living. It covers both nutrition and physical activity.

YMCA news: The Active 6 program, free membership and specialized programming for all Missoula county 6th graders, has begun recruitment and sign up. The specialized programs will begin on October 6th.

Greg Oliver led a discussion on expanding the Active Kids group to be a more inclusive approach including school age nutrition and physical activity. Since that discussion Greg has withdrawn his proposal and feels that Active Kids should remain focused on physical activity.

Next Active Kids meeting: Wednesday December 8th 3:30-5:00, Missoula City-County Health Department Room #210