



## Los Angeles County Child Care Planning Committee

Minutes: April 4, 2007  
12:00 p.m. to 2:00 p.m.

Location: Glendale USD  
319 N. Central Avenue  
Glendale, CA 91203

**Members in Attendance:** (31) Prentice Deadrick for Cristina Alvarado, Rosa Arevalo, Whitney Byrd, Fran Chasen, Bobbie Edwards, Jan Isenberg, Pamela Kwok, Peggy Sisson, Pamela Schmidt, Corinne Sanchez, Tracy Colunga Hollingsworth, JoAnn Shalhoub-Mejia, Anita Tetrault, Jenny Trickey, JoEllen Tullis, Patrice Wong, Holly Daasnes for Layla About-Taleb, Carolina Alvarez, Grace Castro for Sandra Dennis, Alan Guttman, Pat Mendoza, Holly Reynolds, Mary Helen Vasquez, Maria Rochart, Craig Lancaster, Susan Baxter, Florence Nelson for Leticia Lara, Sheri Lewis, Sandra Menendez, Ancelma Sanchez, and Nellie Rios Parra

**Guests and Alternates:** Celeste Salinas, Roseann Ghiazza, Ree Harris, Julie Patterson, Janice Hart, Joy Cyprian, Matt Sharp, Aizita Magana, Linda Cooper, and Lisa Wilkin

**Staff:** Laura Escobedo

### I. Welcome and Introductions

Peggy Sisson, Chair of the Child Care Planning Committee (Planning Committee) opened the meeting at 12:12 p.m. She asked those present to introduce themselves and then read the opening statement.

There was no quorum at the opening of the meeting; the Chair moved to other items on the agenda.

### II. Update on Letter to Mayor Villaraigosa

At last month's meeting, the Planning Committee revised and then approved a letter to be sent to Mayor Villaraigosa regarding his plan for improving schools, which included a call for universal preschool. The letter provided data on preschool availability and the needs of Los Angeles County/City families. It was sent to Intergovernmental Relations (IGR) for review prior to being vetted by the Board Offices. IGR did not approve the letter. Staff at IGR made numerous edits, effectively changing the intent of the letter and determined that it was unwise for the County to comment on the internal plans of the City of Los Angeles. Staff of the Office of Child Care discussed this and have an alternative for informing policy makers of the specific needs for child care and development services in Los Angeles County: following the endorsement of the Child Care Needs Assessment by the Board and the Superintendent of County Schools, the Planning Committee would seek to send copies of the needs assessment to our State Legislators with a cover letter highlighting specific Los Angeles County issues. No vote was taken, but the Planning Committee was open to following this course of action.

### III. Presentation: Preventing Flu Pandemics in Early Childhood Settings

Aizita Magana from the Los Angeles County Department of Public Health provided an overview on flu season, pandemics, and prevention strategies. She stated that flu viruses are always shifting and changing, which is why the vaccines to fight them must be developed anew each season. People who have the flu are actually contagious at least 2 days before they begin to feel the symptoms. Flu is transmitted through "large droplets", as in sneezing. The virus is transmitted by direct contact by touching (hands, face, etc.). Flu is preventable; everyone should get vaccinated, if possible, since the vaccination helps prevent transmission to others, as well as helping the individual who has been vaccinated. People who work with children are particularly vulnerable and likely to transmit the flu. Anyone taking care of children should be vaccinated.

Other prevention strategies include: washing hands (20 seconds) as frequently as possible; coughing or sneezing into a sleeve; avoid touching face, eyes, and nose.

The Avian flu is not a pandemic because it is not spread easily. Avian flu is spread by wild birds (feces, etc.) to domestic birds. Domestic birds then transmit the virus to humans who have constant close contact with the birds. There is fear that this virus will mutate and be transmittable from human to human. This is not the case now.

A pandemic is a worldwide illness that is spread quickly and easily from person to person; there is usually no existing immunity in the population and it results in many deaths. Pandemics occur naturally in cycles. The last pandemic was the Hong Kong Flu in 1968, which caused 34,000 deaths. Another is expected.

This is the time to prepare for the eventuality of pandemic flu. Public health departments are developing their emergency responses, maintaining surveillance, stockpiling vaccines and antivirals, developing containment strategies, and communicating with the public so that they will be prepared. Emergency and containment strategies involve accommodating surges in medical needs, distribution plans for the vaccines, and developing social distancing measures (i.e. school closures).

In child care settings there is an increased risk of exposure. Programs should begin preparations now by: educating staff, instituting respiratory and hand hygiene, have staff and children stay home when sick, ensure that staff get annual flu shots, and develop plans for an emergency response. There is a checklist that can be used at [www.lapublichealth.org](http://www.lapublichealth.org). Aizita Magana is also working with Crystal Stairs to develop a tool kit for child care providers which should be available in the fall.

#### IV. Approval of Minutes from March 7, 2007

**The chair asked for a motion to approve the minutes from the March meeting. The motion was made by Susan Baxter and seconded by Pam Schmidt. There were no corrections or additions. Motion passed with one abstention.**

#### V. Approval of the Contract Extension for AB 212, Investing in Early Educators Program

Laura Escobedo explained that the California Department of Education, Child Development Division (CDE/CDD) had issued a contract amendment which would extend the period of our current AB 212 program through June of 2008, and increase the funding by another \$4.25 million. The Planning Committee was given the summary of the current plan of activities under this contract, all of which would continue with the additional funds. This funding would ensure that Cycle 9 of the teacher stipends could be implemented. If the Planning Committee approves the amended contract, it will then go to the Board of Supervisors for approval.

**After discussion, Peggy Sisson called for a motion to approve accepting the amended contract. Corrine Sanchez made the motion; Maria Rochart seconded. The chair called for the vote. The motion was carried, no abstentions.**

#### VI. Presentation by California Department of Education (CDE) Child Nutrition Program

Julie Patterson, Field Services Manager with the CDE Child Nutrition Program presented on childhood obesity and the importance of good nutrition early in life. She stressed what an important role child care and development programs play in helping to develop good eating habits.

She stated that the department would like to see good nutrition as a quality indicator for programs and providers. Currently there is a nationwide trend toward obesity with a substantial percentage of states' populations at 30% over the BMI (body-mass index). There is a higher rate of risk for obesity among low-income families. Currently 10% of all children ages 2 -19 have a higher BMI than is healthy. These obese children suffer discrimination by other children, have lower self-esteem, and there are negative effects on socialization. Obese children tend to associate with much younger children to avoid the discriminatory actions of their peers. These children are at increased risk of high cholesterol and heart disease. Most distressing is the very high incidence of Type II diabetes. This

used to be a disease occurring in mature adults. Now children ages 8 -12 are developing diabetes which will have long term impacts on their adult health status.

Some of the reasons for the increase in obese children and teens are: 1) much bigger food portions, which means higher calorie intake; 2) children watch more T.V. or play video games resulting in less physical exercise; 3) decline in the amount of vegetables, milk, and whole grains eaten; 4) too much fruit juice, often substituted for milk and very high in calories; 5) nearly 50% of a family's food budget is spent on food prepared outside the home, often high calorie fast food; 60% decline in breakfast consumption among children and teens.

Child care programs have an opportunity to educate children early about good food. Food should be offered every two to three hours for very young children. Children may have to be introduced to a nutritious food 16 times, in various ways, before the child accepts that food into his or her usual eating pattern. There are several resources for meal planning and for understanding the Child Nutrition Program. Programs can call on the CDE nutrition consultants for meal planning that fits within a center/home budget. There are also websites: <http://teamnutrition.usda.gov>; [www.cde.ca.gov](http://www.cde.ca.gov); [www.healthfinder.gov](http://www.healthfinder.gov); and <http://fitsource.nccic.acf.hhs.gov>.

Julie Patterson finished her presentation with a statement from Superintendent Jack O'Connell about expecting schools and child care programs to offer environments and culture that help to develop healthy habits and practices.

#### VII. Work Group Updates

Quality and Compensation Work Group will be meeting after the Planning Committee meeting adjourns.

The Inclusion Work group will meet on April 16 at The California Endowment.

The Joint Committee on Legislation is scheduled to meet on April 23 in Norwalk.

#### VIII. Announcements or Comments

The Planning Committee was reminded to complete applications for membership for 2007-08 and to distribute the applications to others. Applications are due on May 4, 2007.

Peggy reminded the group that the May meeting is scheduled for a Friday, not Wednesday. We will meet at The California Endowment.

The Infant Development Association has scheduled new trainings: April 24 and June 1 at the Child Guidance Clinic. Flyers are on the back table. Contact Fran Chasen for more information.

There will be a meeting on April 13 at the Mission Inn in Riverside to provide input into the development of plans for the Mental Health Services Act related to prevention. All early childhood people are encouraged to attend to ensure that child care is included when considering collaborations and to determine where funds should be invested for prevention. For more information contact Florence Nelson.

The Preschool Foundations are expected to be posted on CDE's website this week. The public input meetings are scheduled to begin April 10 in Los Angeles County. Formal hearings will follow. There is a study session tomorrow at Santa Monica College from 10:00 a.m. to 3:00 p.m. Contact Jenny Trickey for more information.

#### VIII. Adjournment

The meeting was adjourned at 1:55 p.m.