MOCAN Workgroup Accomplishments

Through statewide partnership, professional organizations of the Missouri Council for Activity and Nutrition (MOCAN) have worked to begin and sustain several exciting efforts over the last year. MOCAN workgroups collaborate to support healthy eating and active living in Missouri communities through consistent messages, policy, systems, and environmental change.

**Membership Committee:**
- Established a membership database solution and plan to build a MOCAN database improving operational efficiency.
- Completed a MOCAN membership survey to identify strengths and opportunities for improvement within the network.
- Developed a plan to apply survey results building stronger membership and engagement.

**Healthcare Workgroup:**
- Continued support of the Missouri Children’s Services Commission recommendations on childhood obesity. Specifically, members advanced the reimbursement of licensed professionals for training to provide family-centered, evidence-based weight management programs through Missouri Medicaid as Missouri Medicaid released proposed rules to expand coverage.
- Recognized two professionals for the 7th Annual MOCAN Healthcare Professional Award for excellence in connecting community to health. A family physician and a public health nurse were awarded in 2018.
- Implemented the Healthy Lifestyles Initiative in primary care clinics.

**Worksites Workgroup:**
- Updated and revised the WorkWell Missouri Toolkit as a resource available to organizations seeking to improve employee wellbeing.
- Hosted and planned an additional Centers for Disease Control Work@Health Training to enhance employer knowledge of strategies and tools for workplace health interventions.
- Developed the Missouri Workplace Wellness Award to recognize employers across the state for outstanding efforts in worksite wellness.

**Food Systems Workgroup:**
- Established new partnerships to expand efforts across the state with programs like “Eat Smart to Play Hard” and “Grow Well Missouri”.

**Childcare Workgroup:**
- Updated and revised the Missouri Move Smart Workbook in efforts to promote the use of a regional, evidence-based resource.
- Started work alongside Missouri Department of Health and Senior Services to provide a training for childcare educators and professionals aimed to improve physical activity and nutrition practices in facilities across the state.
Schools Workgroup:
- Established and assisted in hiring the position for the Director of Missouri Healthy Schools.
- Combined efforts with the Missouri Coordinated School Health Coalition to improve communication among organizations and individuals working within schools.

Physical Activity Workgroup:
- Partnered with bicycle and pedestrian organizations to establish three Traffic Calming Lending Libraries in Kansas City (KC), St. Louis, and Springfield.
- Created a traffic calming infographic to highlight share the resource lending libraries produced across Missouri.
- Started work alongside Missouri Department of Health and Senior Services to host an active living training for multiple communities. The project is aimed to increase physical activity by improving pedestrian or bicycle transportation systems statewide.

Policy Workgroup:
- Formed the Columbia Food Policy Council in efforts to educate about and improve nutrition practices surrounding kids’ meals at local restaurants.
- Hired a graduate student to coordinate the Columbia Food Policy Council.