



IOWA HUNGER SUMMIT | 2019

GETTING A HEALTHY START MENTALLY AND PHYSICALLY

OVERVIEW

Organizers | **Nutrition 4 Young Children**

Subjects Covered | Advocacy, Childhood Hunger, Education, Nutrition, Volunteerism

Target Audience | General public, including members of religious communities, professional groups working with prenatal-age 5 children and their families, members of service organizations, volunteers who work with children prenatal-age 5

SUMMARY

A medical professional, a mental health specialist and a juvenile judge will talk about how adequate and good nutrition affect a baby's health prenatally and beyond as well as what happens when good nutrition and safe environments aren't provided. Eighty percent of the brain is developed by age 3 beginning in the mother's womb.

ACTION ITEMS

1. Share this information with others.
 2. Advocate with state legislators and national Congress representatives about the importance of adequate and good nutrition for optimal health of children.
 3. Organize adult forums in religious communities to build awareness, educate and motivate into action within congregational life and beyond into the community.
 4. Organize and implement Healthy Baby Showers using the Healthy Baby Shower Toolkit.
 5. Volunteer with professional groups working with pregnant mothers and mothers with small children.
 6. Organize an action-oriented group to focus on the importance of adequate and good nutrition for the healthy development of children, prenatal-age 5.
-

PANELISTS

[Moderator] **John Roehrick** | Criminal Defense Attorney and Vice President, *Priority One + Nutrition 4 Young Children*

Connie Cohen | Retired Juvenile Judge; Member, *National Council of Juvenile and Family Court Judges*

Rhonda Rairden-Nelson | Community Health Consultant & Childhood Mental Health Specialist, *IA DPH*

Rizwan Shah, M.D., | Retired Child Abuse Program Director + Emeritus Faculty; Member, *Blank Children's Hospital + Zero to Three Board*

ABOUT THE ORGANIZATION

Nutrition 4 Young Children

Nutrition 4 Young Children/Young Children-Priority One is focused on building awareness, educating and motivating those who care about the health and well being of children from prenatal life to age 5 to understand the foundational importance of adequate and good nutrition for optimal brain development.

CONTACT

Madeline Goebel | Director, Community Outreach | mgoebel@worldfoodprize.org | 515-245-3726